

Read the article, “The 90-Minute Solution: How Building in Periods of Renewal Can Change Your Work and Your Life” and answer the following questions, while annotating your answers in the text if possible.

1. Identify the definition of *ultradian rhythms*.
2. Who discovered these rhythms.
3. What are the consequences to a lack of rest and following these rhythms?
4. Have you seen these issues in your days?
5. What does this say about our work and school days?
6. How do you propose we use this knowledge? Would you restructure the day in some way?