

## **Circadian Clock and Subjective Time Perception: A Simple Open Source Application for the Analysis of Induced Time Perception in Humans**

**Authors :** Agata M. Kołodziejczyk, Mateusz Harasymczuk, Pierre-Yves Girardin, Lucie Davidová

**Abstract :** Subjective time perception implies connection to cognitive functions, attention, memory and awareness, but a little is known about connections with homeostatic states of the body coordinated by circadian clock. In this paper, we present results from experimental study of subjective time perception in volunteers performing physical activity on treadmill in various phases of their circadian rhythms. Subjects were exposed to several time illusions simulated by programmed timing systems. This study brings better understanding for further improvement of work quality in isolated areas.

**Keywords :** biological clock, light, time illusions, treadmill

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