



26922-Review

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SIMILAR**Name of Journal:** *World Journal of Diabetes***ESPS Manuscript NO:** 26922**Manuscript Type:** MINIREVIEWS**Sleep, circadian dysrhythmia, obesity and diabetes****Gumpeny Ramachandra Sridhar, Narasimhadevara Santhi Nirmala Sanjana****Abstract**

Synchrony of biological processes with environmental cues developed over millennia to match growth, reproduction and senescence. This entails a complex interplay of genetic, metabolic, chemical, light, hormonal and hedonistic factors across life forms. Sleep is one of the most prominent rhythms where such a match is established. Over the past 100 years or so, it has been possible to disturb the synchrony between sleep-wake cycle and environmental cues. Development of electric lights, shift work and continual accessibility of the internet has disrupted this match. As a result, many non-

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