**‘LARK’ AND ‘OWLS’, GENDER, AND CARDIOVASCULAR HEALTH**

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Chronobiology is a branch of biomedical sciences devoted to the study of biological rhythms. Individual circadian rhythms may play a role in some personal characteristics, defined as ‘chronotype’ (Horne & Ostberg, 1976). A person's chronotype indicates how a person may perform at different times of day. Some people ('larks') find themselves most alert earlier in the day, and will go to bed early. 'Owls' may be most alert at night and prefer to go to bed late. A growing body of research indicates that chronotype, and sometimes gender, may be associated with a series of unfavourable conditions, such as metabolic disorders and body composition. Among a wide series of activities, the circadian clock also regulates energy homeostasis, and its disruption may contribute to many human diseases. Sleep duration also represents crucial point for a healthy life. Living "against the clock" may be accompanied by unhealthy habits, eg, reduced physical activity and wrong dietary habits, so favouring the onset of metabolic disorders. In particular, evening subjects (‘owls’) are most interested, starting with the younger generations. Eveningness tendency –more often when associated with female gender– may present many unfavorable aspects. Although chronotype is a characteristic of a person in a certain point of one's lifetime and it slowly changes with age, it is evident that our society is transforming into a technologic society populated by forced and unforced ‘owls’, characterized by an evening/night use/abuse of devices, i.e., laptop, pc, tablet, smartphone, equipped with light-emitting diodes (LED) with a short wavelength (blue range).