

“Find your
rhythm.
Start *now*.”



Synchronization of daily rhythms – a shared pace.
The circadian rhythm influences key biological systems, including:



HORMONE-
RELEASE



SLEEP



METABOLISM



IMMUNE-
SYSTEM

Attention

Our internal clock and daylight regulate the release of hormones such as cortisol and melatonin – they determine when we are most alert and when our body needs sleep.

Sleep quality

The internal clock regulates the optimal timing for sleep, directly affecting recovery, memory performance, and cellular repair.

Metabolic processes

Genes of the internal clock regulate how our body processes nutrients. Eating at the wrong time can increase the risk of metabolic disorders.

Immune system

The immune system also follows the rhythm of the internal clock. The timing of when a pathogen encounters the body can be crucial in determining how effectively we respond.

Those who understand their rhythm can take a more targeted approach to their health – and benefit in the long term.



Who we are and what *drives us?*

Prof. Dr. Angela Relógio and **Dr. Benjamin Dose** are the founders of TimeTeller® GmbH, a spin-off of Charité – Universitätsmedizin Berlin.

Angela Relógio, as Professor of Systems Medicine, brings the scientific foundation and circadian expertise into the company, and Benjamin Dose, as a PhD biochemist and expert in the certification of medical devices, is responsible for the regulatory strategy and the transfer into medical practice.

Together, they bring insights from chronomedicine into practice – for targeted prevention, more effective therapies, improved health outcomes, and personalized medicine of the future.



TimeTeller GmbH is a spin-off of Charité – Universitätsmedizin Berlin, based on excellent research in the field of circadian medicine.

Each of us has our *own* circadian rhythm



Time
Teller

Unlock your own rhythm with TimeTeller®

Our internal clock determines when we are awake, focused, or tired – and influences key bodily functions. When this rhythm is disrupted, the risk of disease increases.

Living in alignment with your internal clock strengthens health, promotes restful sleep, and helps you cope better with everyday stress.



Do you know your internal rhythm?

TimeTeller® analyzes your individual circadian rhythm – simply, risk-free, and conveniently from home.

Using your saliva samples, our team creates your personal timing profile and provides recommendations on how to better align your sleep, nutrition, and activity with your internal rhythm.

Because when you live in sync with your internal clock, your health benefits – at both the molecular and systemic levels.

Healthier. Fitter. Younger. In harmony with your internal clock.

The TimeTeller® test shows you how your internal rhythm works – and when sleep, exercise, and meals suit you best.



Fall asleep more easily

Find out when your body is ready for sleep. This helps you unwind more easily in the evening.



Time meals and physical activity optimally, fewer midday energy slumps

Start your day the right way and use your energy levels strategically. This helps you stay focused for longer. Eat and move at the right times. This helps prevent afternoon energy slumps.



Identify and take advantage of peak performance periods

If you know your peak phases, you can perform better mentally – exactly when it matters. Schedule important tasks during your strongest periods. That way, you work more effectively.



More balance

A rhythm in sync with your body promotes greater inner calm. With good timing, stress peaks can be avoided – for more ease in everyday life.

Simple, convenient, and can be done from home

Order a test kit

The sampling is simple, risk-free, and can be done at home. Order your test kit, collect saliva samples, and send them back for analysis.



Receive your test results

Download your report with your circadian rhythm and personalized recommendations for optimal planning of your daily activities (sleep, meals, daylight, exercise).



Strengthen your health

Use your results to better align your daily routine and lifestyle with your internal clock – for more energy, balance, and long-term prevention.

