

- Eat: Supper
- Brush teeth
- Exercise
- Shower

**Middle Watch** midnight-4am

**Afternoon Watch** noon-4pm

- Eat: Lunch
- Brush teeth
- Project

**Morning Watch** 4am-8am

**Polyphasic Scheduler**

**Dog Watches** 4pm-8pm

- Eat: Breakfast
- Brush teeth
- Work period 1

- Eat: Tea
- Brush teeth
- Clean up mess
- File papers

- Eat: Second Breakfast
- Brush teeth
- Work Period 2

**Forenoon Watch** 8am-noon

**First Watch** 8pm-midnight

- Eat: Dinner
- Brush teeth
- Recreation