

- Eat: Supper

Middle Watch midnight-4am

Afternoon Watch noon-4pm
- Eat: Lunch

Morning Watch 4am-8am

Polyphasic Scheduler

Dog Watches 4pm-8pm

- Eat: Breakfast

- Eat: Tea

- Eat: Second Breakfast

Forenoon Watch 8am-noon

First Watch 8pm-midnight
- Eat: Dinner