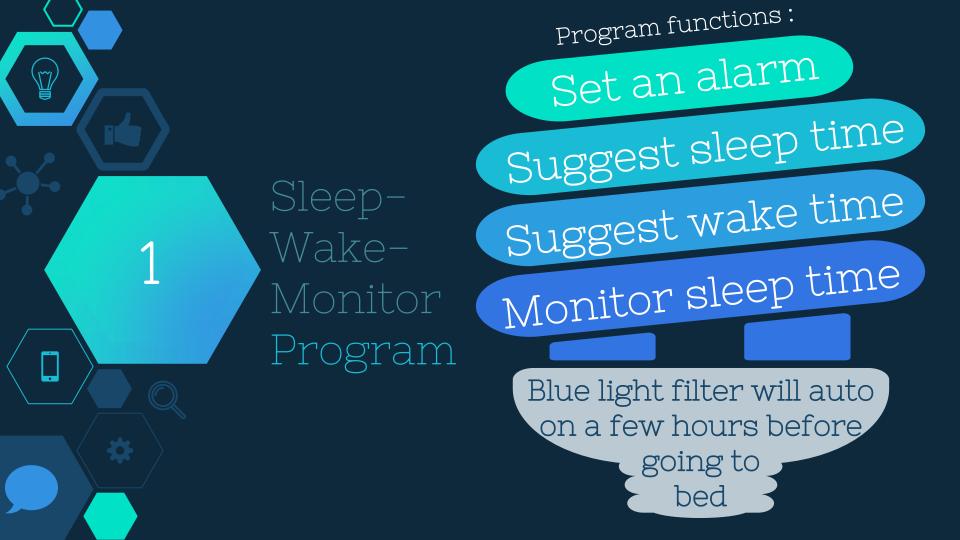


Sleep Shift Scheduling Tool

By nomnomnom







Select mode: 1.Normal 2.Travel 3.Out in space 3 Find your: 1.Sleeping time 2.Waking time OR 3.Monitor sleep OR 4.Set an alarm 4 Set an alarm to wake you up(HH MM): 10 35

Find your: 1. Sleeping time 2. Waking time OR 3. Monitor sleep OR 4. Set an alarm 1 What time do you plan to wake up?(HH MM): 09 00 Recommended time to sleep: 00:30 (optimum) 03:00 (minimum) Note: Sleep schedules for most missions are 8.5 hours but an average astronaut sleeps 6 hours per day.

Suggest Sleeping Time

Suggest Waking Time

```
Find your:

1.Sleeping time
2.Waking time
OR
3.Monitor sleep
OR
4.Set an alarm
2
What time do you plan to sleep?(HH MM):
00 00
Recommended time to wake up:
08:30 (optimum) 06:00 (minimum)
Note: Sleep schedules for most missions are 8.5 hours but an average astronaut sleeps 6 hours per day.
```

Press S to start monitoring your sleep

s

Press E when you wake up

e

You slept from 04/10/20 23:57:58 to 04/10/20 23:57:59.

Total duration of sleep is 0 hours, 0 minutes, 1 seconds

You are lack of sleep last night.

Please compensate for the sleep lost today by taking naps,

melatonin or adjusting your schedule.

Please check "history.txt" for full sleeping history.

Monitoring Sleep

2

Choose your mood of exercise type (Light / Moderate / Vigorous)



Enter your weight and the duration of time you plan for exercise



The program will suggest the best 3 types of exercises for you





Nutrition Guide

Astronaut in space: Yes/No

Enter AGE, GENDER, HEIGHT and WEIGHT (non-astronauts enter their ACTIVITY FACTOR) Recommend total calories per day and proportion of carbohydrate, fat and protein



4

Astronaut's Daily Schedule

- Automated display upon selecting function
- Aids in maintaining a balanced, productive and healthy lifestyle

Time	Tue
6.00am	Wake up / Bath
6.40am	Breakfast
7.00am	Audio conference with Earth
7.30am	Scientific research / Maintenance & Logistic tasks
12.30pm	Lunch
1.00pm	Maintenance & Logistic tasks / Scientific research
5.00pm	Exercise
7.30pm	Dinner
8.00pm	Free time
9.30pm	Lights off

Daily T	imeTable — 🗆 🗙	•
Time	Tue	,
6.00am	Wake up / Bath	
6.40am	Breakfast	
7.00am	Audio conference with Earth	
7.30am	Preparation for spacewalk	
7.50am	Start spacewalk	
1.50pm	Head back to ISS	
2.30pm	Lunch	
3.00pm	Nap	
4.00pm	Exercise	
6.00pm	Audio Conference with Earth	
7.30pm	Dinner	
8.00pm	Free time	
9.30pm	Lights off	
р	3	

Time	Sun	
6.00am	Wake up / Bath	
6.40am	Breakfast	
7.00am	Free time	
12.30pm	Lunch	
1.00pm	Free time	
5.00pm	Exercise	
7.30pm	Dinner	
8.00pm	Free time	
9.30pm	Lights off	



Thanks!

