



# Sleep Shift Scheduling Tool

By nomnomnom





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## Sleep- Wake- Monitor Program

Program functions :

Set an alarm

Suggest sleep time

Suggest wake time

Monitor sleep time

Blue light filter will auto  
on a few hours before  
going to  
bed

# Setting an alarm

```
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 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

1

2

# Exercise Planner

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






3

# 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

| Daily TimeTable |  |
|-----------------|--|
| 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   |

Normal weekdays

| Daily TimeTable |                             |
|-----------------|-----------------------------|
| 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                  |

EVA weekdays

| Daily TimeTable |                |
|-----------------|----------------|
| 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     |

Weekends



Thanks!

