Reference:

Password encryption, so we can check if the entered password matches the encrypted password in the database):  
<http://php.net/manual/en/function.password-verify.php> and <https://bcrypt-generator.com/> and <https://stackoverflow.com/questions/30345945/how-to-verify-password-against-database>

Date time stuff, so we can figure out if it is morning, noon, or night time for the user;  
<http://php.net/manual/en/function.date.php>

The date time was in not in our time zone, so I have to set the time zone:  
<http://php.net/manual/en/function.date-default-timezone-set.php> and <https://paulund.co.uk/datetime-php>

Tutorials:

<https://www.youtube.com/watch?v=xb8aad4MRx8>

<https://www.youtube.com/watch?v=Pz5CbLqdGwM>

<https://www.youtube.com/watch?v=e8TP2FERKls>

<https://www.youtube.com/watch?v=DG0C3Tntl1M>

<https://www.youtube.com/watch?v=N6ENnaRotmo>

<https://www.youtube.com/watch?v=xdvVKywGlc0>

<https://www.youtube.com/watch?v=CGhzCOOEUJU>

<https://www.youtube.com/watch?v=V-n6lJ-M-oo>

<https://www.youtube.com/watch?v=tbob0uSdSUg>

<https://www.youtube.com/watch?v=yp_gH3zPfbo>

<https://www.youtube.com/watch?v=MGLx_kAe_OQ>

<https://www.youtube.com/watch?v=x1Pok0oU-jA>

<https://www.youtube.com/watch?v=3r9vIx_J5lY>

<https://www.youtube.com/watch?v=9HI2TqTU9vs>

<https://www.youtube.com/watch?v=2scRQVyzEQQ>

<https://www.youtube.com/watch?v=D35CNi9YvIM>

<https://www.youtube.com/watch?v=UhqJMH5HalQ>

<https://www.youtube.com/watch?v=C--mu07uhQw>

<https://www.youtube.com/watch?v=_E_fgyQoQhc>

<https://www.youtube.com/watch?v=NHuibtoL_qk>

<https://www.youtube.com/watch?v=zYz8ZdAveXo>

<https://www.youtube.com/watch?v=-wZsSIkoE4I>

<https://www.youtube.com/watch?v=Oxxtb8Fz9k8>

<https://www.youtube.com/watch?v=KWYRfn9_rFk>