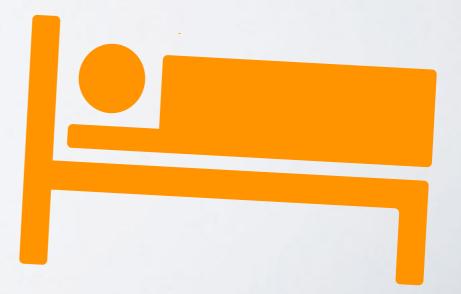
## SLEEP

- Stanford Study
- Survival ≠ optimal



## TIME MANAGEMENT TOOLS

Obvious ones

Timeline

Trello

Basecamp