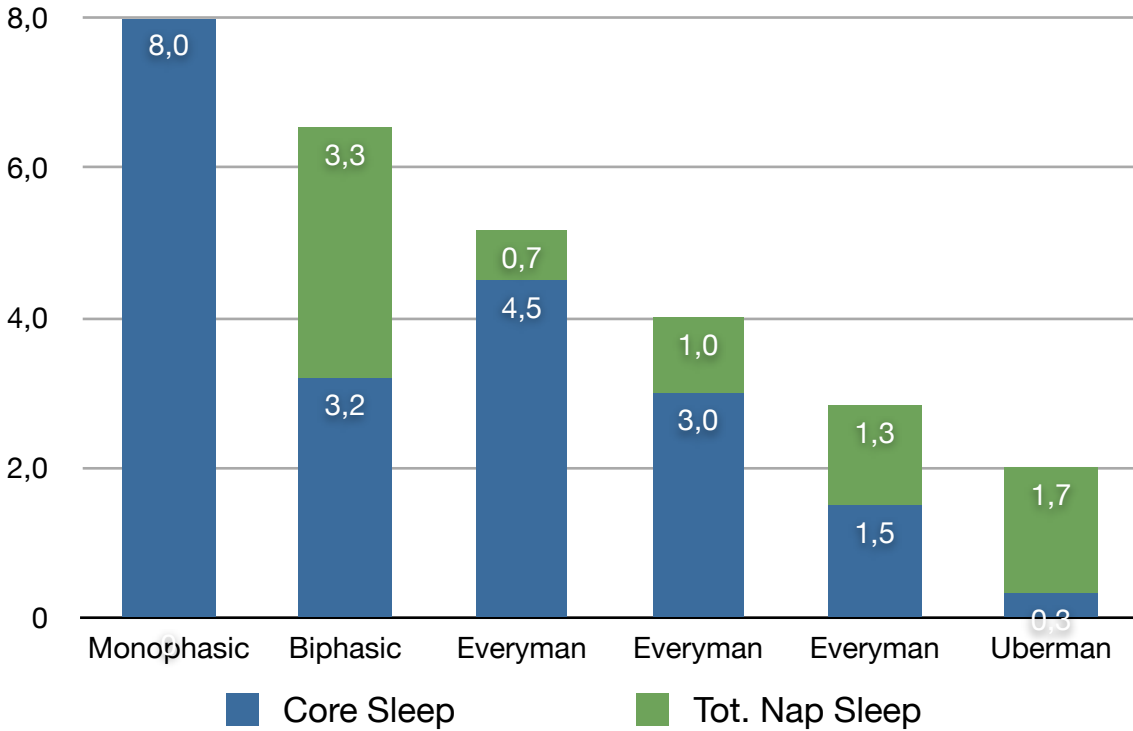
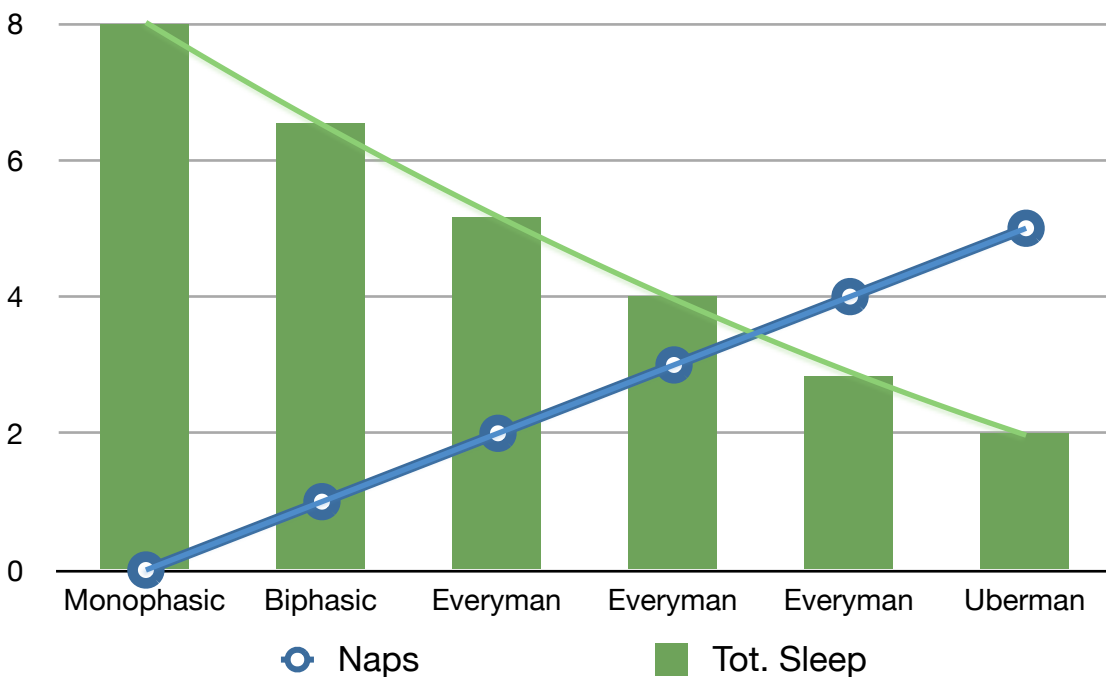


Sleep Type	Description	Core Sleep	Nap time	Naps	Tot. Nap Sleep	Tot. Sleep	Delta	Error
Monophasic	One	8,0	0	0	0,0	8,0	16,0	360
Biphasic	Half and Half	3,2	200	1	3,3	6,5	8,7	180
Everyman	Core + 2 naps	4,5	20	2	0,7	5,2	6,3	90
Everyman	Core + 3 naps	3,0	20	3	1,0	4,0	5,0	45
Everyman	Core + 4 naps	1,5	20	4	1,3	2,8	4,2	22
Uberman	6 naps	0,3	20	5	1,7	2,0	3,7	10

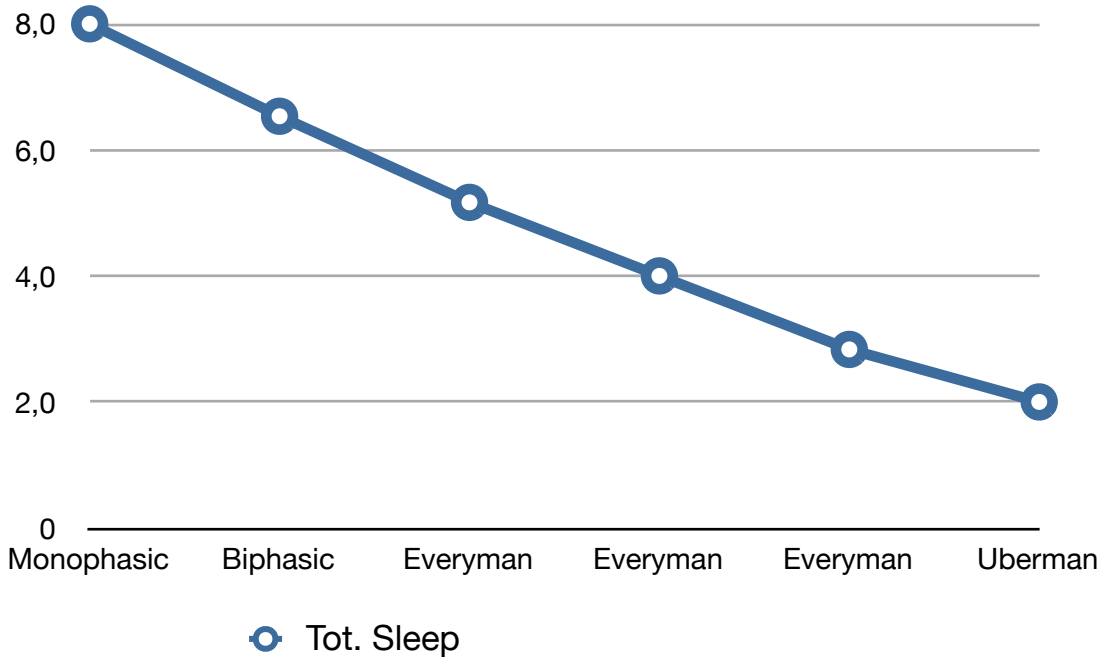
Sleep Hours Comparison



Sleep Hours vs Naps



### The Sleep line



### Example Schedule (mins)

Sleep Type	naps	nap 1	work 1	nap 2	work 2	nap 3	work 3	nap 4	work 4	nap 5	work 5	nap 6	work 6
<b>Mono</b>	1	480	960										
<b>Biphasic</b>	2	192	528	192	528								
<b>Everyman</b>	3	270	377	20	377	20	377						
<b>Everyman</b>	4	180	300	20	300	20	300	20	300				
<b>Everyman</b>	5	90	254	20	254	20	254	20	254	20	254		
<b>Uberman</b>	6	20	220	20	220	20	220	20	220	20	220	20	220

### Example Schedule

