

# Calendario dei 9 giorni

(24hx7d=168h) /9d=18h 40min

Giorno	Durata	Nanna
I	00:00-18:40	12:40
II	18:40-13:20	07:20
III	13:20-08:00	01:00
IV	08:00-02:40	20:00
V	02:40-21:20	15:20
VI	21:20-16:00	10:00
VII	16:00-10:40	06:40
VIII	10:40-05:20	23:20
IX	05:20-00:00	18:00

