

9 days week calendar (6 hours sleep)

(24h x 7d = 168h) / 9d = 18h 40min

Day	Duration	Sleep
I	00:00-18:40	12:40
II	18:40-13:20	07:20
III	13:20-08:00	02:00
IV	08:00-02:40	20:40
V	02:40-21:20	15:20
VI	21:20-16:00	10:00
VII	16:00-10:40	04:40
VIII	10:40-05:20	23:20
IX	05:20-00:00	18:00

How to read the calendar:

the first day begins at 00:00, then at 12:40 you go to sleep.

You wake up after 6 hours at 18:40 and the second day begins.

And so on.

