

ReThink

Human Performance™

FORMULA TO APPROXIMATE YOUR BEST COGNITIVE TIMES OF DAY

THIS FORMULA IS DEPENDENT ON SEVERAL FACTORS LIKE STRESS AND YOUR GENERAL HEALTH
BUT MAY BE USED AS A GUIDE TO HELP YOU ESTIMATE YOUR HIGH AND LOW PERIODS OF THE DAY

Time to Sleep	to	Time Wake	=	Total Hours Slept
_____ o'clock		_____ o'clock		_____

Total Hours Slept	÷	2	=	Half Hours Slept
_____				_____

Half Hours Slept	+	Time to Sleep	=	Mid Point of Sleep
_____		_____ o'clock		_____ o'clock

Mid Point of Sleep	+	8 hours	=	Highest Point of Day
_____ o'clock				_____ o'clock

Mid Point of Sleep	+	12 Hours	=	Lowest Point of Day
_____ o'clock				_____ o'clock

Mid Point of Sleep	+	16 hours	=	High Point of Day
_____ o'clock				_____ o'clock

Mid Point of Sleep	+	20 Hours	=	Low Point of Day
_____ o'clock				_____ o'clock