In the example, the first day recorded is a work day. The person has medication and coffee at 2pm and exercises from 5-6pm. The person drinks alcohol at 11pm and goes to bed at 1am and falls asleep at 4.30am. They sleep until 2.30pm and get out of bed at 3pm. It is a day off. A nap is taken at 4.30-5.30pm and alcohol is drank at 7pm. They go to bed at 7pm, but do not fall asleep until 9.30pm.