PRODUCER SLEEP SCHEDULE

Week 43 — optimised for creativity, tested on 1 producer (me)

DAY	GO TO SLEEP	WAKE UP	NOTES
Monday	10:00	16:30	Slept after finishing a beat nobody will hear
Tuesday	06:00	06:20	Power nap. Woke up because the loop was still playing
Wednesday	—	—	No sleep. "One more bounce" (x31)
Thursday	13:00	13:15	Accidentally fell asleep on the MIDI keyboard (C♯ held for 15 min)
Friday	03:33	23:59	Recovery sleep. Missed Friday entirely
Saturday	19:00	19:40	"Just resting my eyes" before the session
Sunday	05:00	05:01	Had an idea at 05:01. It was not good

Total sleep this week: 1 day 3 h 51 min. Total beats finished: 0. Total beats started: 46.