

Time	Day						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning (07:00-12:00)	Add details for participants, stimuli and procedure in methods section of dissertation.	Create graphic illustrating procedure for methods in Paint and/or Word.	Research more into dreaming (topic of seminar 1) and note down interesting findings and references.	Write conclusion for dissertation and search for relevant papers.	Part-time job work shift.	Write more on the discussion section, including strengths and limitations of the study.	Practise writing exam essays in untimed conditions.
Afternoon (12:00-17:00)	Yoga session. Make notes from 2 key papers from seminar 1 in Cognitive Psychology of Sleep module.	Practise timed essays using past papers. Cardio workout.	Troubleshoot coding problems for the R data analysis script. Make use of Research IT drop-in.	Pull results from R script and write up results section of dissertation.	Make notes on papers and integrate findings into discussion of dissertation. Tennis session with friend.	Zoom meeting with friend. Make notes from key papers in seminar 2.	Finish dissertation and proofread first draft.
Evening (17:00-22:00)	Review group presentation from seminar 1 and add to notes.	Makes notes for key papers in seminar 1 in Preference & Choice module.	Practise timed essays using past papers	Read notes from workshop materials and books on how to structure arguments.	Relaxation	Relaxation	Relaxation