

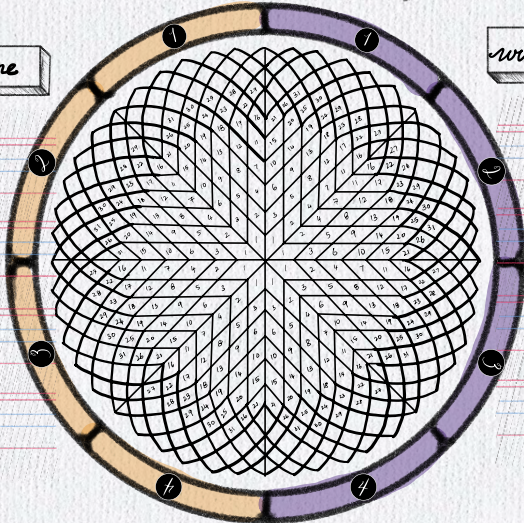


Day-in Day-out



Wake up routine

Wind-down routine



1

2

3

4

1

2

3

4