

SLEEP EXPERIMENT — 14 DAY TRACKER | 4 Hours SLEEP & RECOVERY 9 Hours SLEEP
Blood draws on Days 1,4, 7,11,14 (fasted, 7–8 AM) · Keep diet, exercise, caffeine constant throughout
PHASE 1: SLEEP RESTRICTION (Days 1–7) — 4 hrs/night | 2 AM → 6 AM
PHASE 2: RECOVERY SLEEP (Days 8–14) — 9 hrs/night | 10 PM → 7 AM

Patient ID: AS-28821	Patient Name: Abhijeet Satani	Age : 28	Start Date: 2026-03-1	End Date: 2026-03-14
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Date	Phase / Sleep	Sleep Window	Blood Draw	Daily Tests	Key Watch-outs
PHASE 1: Day 1	BASELINE DRAW	2 AM → 6 AM (4h)	BLOOD DRAW #1 (Baseline)	Reaction time, HRV, Mood, Stroop test	No intense exercise day before
PHASE 1: Day 4	Phase 1: 4 hrs	2 AM → 6 AM (4h)	BLOOD DRAW #2 (MID - RESTRICTION)	Reaction time, HRV, Mood, Stroop test	Mid-point cognitive test
PHASE 1: Day 7	MID DRAW	2 AM → 6 AM (4h)	BLOOD DRAW #3 (END - RESTRICTION)	Reaction time, HRV, Mood, Stroop test	Same fasted protocol as Day 1
PHASE 2: Day 11	BASELINE DRAW	10 PM → 7 AM (9h)	BLOOD DRAW #4 (MID - RECOVERY)	Reaction time, HRV, Mood, Stroop test	No intense exercise day before
PHASE 2: Day 14	Phase 2: 9 hrs	10 PM → 7 AM (9h)	BLOOD DRAW #5 (FINAL)	Reaction time, HRV, Mood, Stroop test	END-point cognitive test

The Variables	The Hormonal & Stress Panel	Metabolic & Lipid Panel	Hepatic & Organ Stress	The Complete Blood Count	Performance & Biometrics
Day (1–14)	Testosterone (T.T) (ng/dL)	Fasting Glucose (mg/dL)	ALT (Liver Enzyme - U/L)	WBC (White Blood Cell Count) – (10 ³ /μL)	Reaction Time (ms)
Status (Baseline, Restriction, Recovery)	Cortisol (ug/dL)	LDL Cholesterol (mg/dL)	AST (Liver Enzyme - U/L)	RBC (Red Blood Cell Count) – (10 ⁶ /μL)	HRV (Heart Rate Variability - ms)
Sleep Hours (Actual hours recorded)	C-Reactive Protein - mg/L)	HDL Cholesterol (mg/dL)		Hgb (Hemoglobin) – (g/dL)	Grip Strength (kg)
		Triglycerides (mg/dL)		Platelets – (10 ³ /μL)	Mood Score (1-10)
				Neutrophils (%) First-line defenders	
				Lymphocytes (%) Adaptive immunity	

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Category	Parameter	Unit	Day 1	Day 4	Day 7	Day 11	Day 14
General	Day	—	1	4	7	11	14
	Status	—	Baseline	Mid-Restriction	End-Restriction	Mid-Recovery	Final-Recovery
	Sleep Hours	hours	8	4	4	9	9
Hormones	Testosterone	ng/dL	610	565	495	550	595
	Cortisol	µg/dL	12	14.2	21.5	15.5	12.8
Inflammation	CRP	mg/L	0.5	0.9	1.8	0.8	0.6
Metabolic	Glucose	mg/dL	88	93	99	89	87
	LDL	mg/dL	95	102	115	105	98
	HDL	mg/dL	55	53	48	52	54
	Triglycerides	mg/dL	90	110	145	105	95
Liver Function	ALT	U/L	22	25	31	26	23
	AST	U/L	19	21	26	22	20
Hematology (CBC)	WBC	10 ³ /µL	6.5	7.1	7.8	7	6.7
	RBC	10 ⁹ /µL	5.1	5.15	5.22	5.15	5.12
	Hemoglobin (Hgb)	g/dL	15.1	15.3	15.6	15.4	15.2
	Platelets	10 ³ /µL	230	245	275	250	235
	Neutrophils	%	54	59	66	60	56
	Lymphocytes	%	34	30	24	29	33
Performance / Neuro	Reaction Time	ms	270	312	338	315	292
	HRV	ms	50	42	34	44	47
	Grip Strength	kg	52	50	46	49	51
	Mood Score	scale	8.5	5.5	3.5	7	9

Baseline Health Panel

STATUS: BASELINE

Patient Name: Abhijeet Satani

Patient ID: AS-28821

Age: 28

Test Date: 2026-03-1

BMI: 22 - 24

Gender: Male

Experiment Day: 01

Sleep Protocol: 8 Hours

Clinic: Satani Research Centre

HEPATOCTYCE & HEMATOLOGY

WBC Count **6.50** $10^3/uL$

RBC Count **5.10** $10^6/uL$

Hemoglobin **15.1** g/dL

Platelets **230** $10^3/uL$

ALT / AST **22 / 19** U/L

ENDOCRINE & METABOLIC

Testosterone **610** ng/dL

Cortisol **12.0** ug/dL

Glucose **88** mg/dL

CRP **0.5** mg/L

Triglycerides **90** mg/dL

PERFORMANCE & PHYSIO

Mood Score **8.5** / 10

HRV **50** ms

Reaction Time **270** ms

Grip Strength **52** kg

Lymphocytes **34** %

Clinical Note: Measurements recorded under standard conditions (Fasted). Current data point: Day 01 (Baseline).

Mid-Restriction Health Panel

STATUS: MID-RESTRICTION

Patient Name: Abhijeet Satani

Patient ID: AS-28821

Age: 28

Test Date: 2026-03-4

BMI: 22 - 24

Gender: Male

Experiment Day: 04

Sleep Protocol: 4 Hours

Clinic: Satani Research Centre

HEPATOCYTE & HEMATOLOGY

WBC Count **7.10** $10^3/uL$

RBC Count **5.15** $10^6/uL$

Hemoglobin **15.3** g/dL

Platelets **245** $10^3/uL$

ALT / AST **25 / 21** U/L

ENDOCRINE & METABOLIC

Testosterone **565** ng/dL

Cortisol **14.2** ug/dL

Glucose **93** mg/dL

CRP **0.9** mg/L

Triglycerides **110** mg/dL

PERFORMANCE & PHYSIO

Mood Score **5.5** / 10

HRV **42** ms

Reaction Time **312** ms

Grip Strength **50** kg

Lymphocytes **30** %

Clinical Note: Measurements recorded under standard conditions (Fasted). Current data point: Day 04 (Mid-Restriction).

End-Restriction Health Panel

STATUS: END-RESTRICTION

Patient Name: Abhijeet Satani

Test Date: 2026-03-7

Experiment Day: 07

Patient ID: AS-28821

BMI: 22 - 24

Sleep Protocol: 4 Hours

Age: 28

Gender: Male

Clinic: Satani Research Centre

HEPATOCYTE & HEMATOLOGY

WBC Count **7.80** $10^3/uL$

RBC Count **5.22** $10^6/uL$

Hemoglobin **15.6** g/dL

Platelets **275** $10^3/uL$

ALT / AST **31 / 26** U/L

ENDOCRINE & METABOLIC

Testosterone **495** ng/dL

Cortisol **21.5** ug/dL

Glucose **99** mg/dL

CRP **1.8** mg/L

Triglycerides **145** mg/dL

PERFORMANCE & PHYSIO

Mood Score **3.5** / 10

HRV **34** ms

Reaction Time **338** ms

Grip Strength **46** kg

Lymphocytes **24** %

Clinical Note: Measurements recorded under standard conditions (Fasted). Current data point: Day 07 (End-Restriction).

Mid-Recovery Health Panel

STATUS: MID-RECOVERY

Patient Name: Abhijeet Satani

Patient ID: AS-28821

Age: 28

Test Date: 2026-03-11

BMI: 22 - 24

Gender: Male

Experiment Day: 11

Sleep Protocol: 9 Hours

Clinic: Satani Research Centre

HEPATOCYTE & HEMATOLOGY

WBC Count **7.00** $10^3/uL$

RBC Count **5.15** $10^6/uL$

Hemoglobin **15.4** g/dL

Platelets **250** $10^3/uL$

ALT / AST **26 / 22** U/L

ENDOCRINE & METABOLIC

Testosterone **550** ng/dL

Cortisol **15.5** ug/dL

Glucose **89** mg/dL

CRP **0.8** mg/L

Triglycerides **105** mg/dL

PERFORMANCE & PHYSIO

Mood Score **7.0** / 10

HRV **44** ms

Reaction Time **315** ms

Grip Strength **49** kg

Lymphocytes **29** %

Clinical Note: Measurements recorded under standard conditions (Fasted). Current data point: Day 11 (Mid-Recovery).

Final-Recovery Health Panel

STATUS: FINAL-RECOVERY

Patient Name: Abhijeet Satani

Patient ID: AS-28821

Age: 28

Test Date: 2026-03-14

BMI: 22 - 24

Gender: Male

Experiment Day: 14

Sleep Protocol: 9 Hours

Clinic: Satani Research Centre

HEPATOCYTE & HEMATOLOGY

WBC Count **6.70** $10^3/uL$

RBC Count **5.12** $10^6/uL$

Hemoglobin **15.2** g/dL

Platelets **235** $10^3/uL$

ALT / AST **23 / 20** U/L

ENDOCRINE & METABOLIC

Testosterone **595** ng/dL

Cortisol **12.8** ug/dL

Glucose **87** mg/dL

CRP **0.6** mg/L

Triglycerides **95** mg/dL

PERFORMANCE & PHYSIO

Mood Score **9.0** / 10

HRV **47** ms

Reaction Time **292** ms

Grip Strength **51** kg

Lymphocytes **33** %

Clinical Note: Measurements recorded under standard conditions (Fasted). Current data point: Day 14 (Final-Recovery).

Comprehensive Marker Comparison

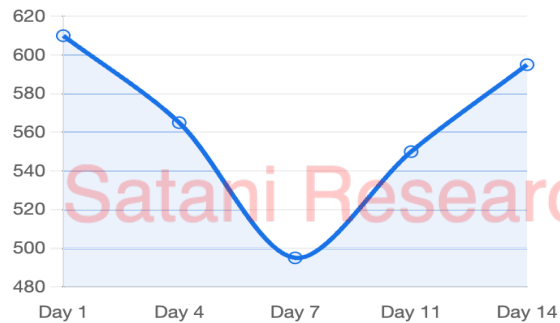
EXPERIMENT: 4H VS 9H SLEEP

Patient Name: Abhijeet Satani
Patient ID: AS-28821
Age: 28

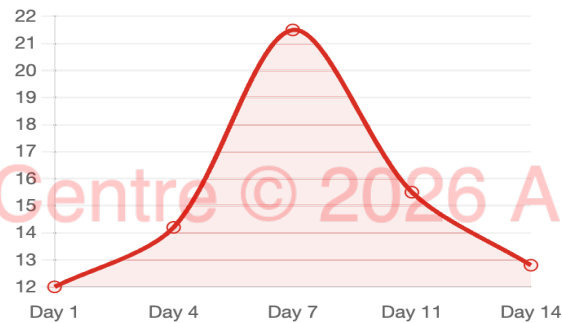
Start Date: 2026-03-1 : 2026-03-14
BMI: 22 - 24
Gender: Male

Duration: 14 Days
Status: Final Report
Clinic: Satani Research Centre

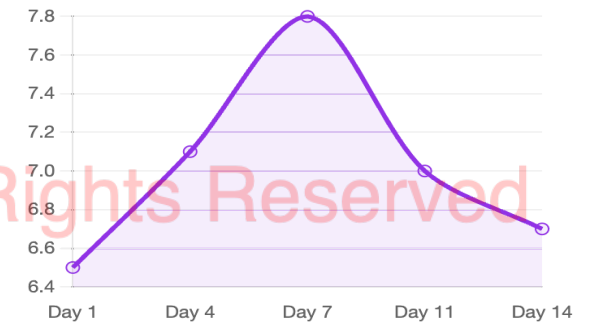
TESTOSTERONE (NG/DL)



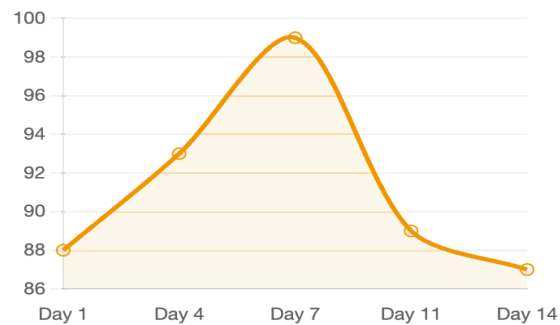
CORTISOL (UG/DL)



WBC (10E3/UL)



FASTING GLUCOSE (MG/DL)



REACTION TIME (MS)



MOOD SCORE (1-10)

