CG Klock Lokaci-alwatika

New-Age time-management

1 ALLAH halicci lokaci zuwa awo farko da kuma ƙarshen!

Wakĩli Guardian Klock (CG Klock) domin gajeren lokaci (Hour)
lokaci-management, ya maye gurbin duk sauran agogo (Kwatanta 24h v 21h) :

a rana yana da 21 hours> 1 hour yana da minti 21> 1 minti 21 seconds yana
> 1 biyu yana da 21 blinks> 1 ƙyaftawar yana da 21 filasha> 1 flash yana da 21 akafi

	C-G Klock		D	h	m	s	b	f	c
1	D	Day	1						
21	h	hour	1	21					
21	m	minute	1	21	441				
21	s	second	1	21	441	9,261			
21	b	blink	1	21	441	9,261	194,481		
21	f	flash	1	21	441	9,261	194,481	4,084,101	
21	c	click	1	21	441	9,261	194,481	4,084,101	85,766,121

Clock kuma agogon amfani da 3 line nuni:

14h-12m-16s — **Layin 1:** da 14th hour, 12 minutes, 16 seconds.
207 *DY* - **4** *DW* — **Layin 2:** 207th ranar shekara, 4th ranar mako
Y1 - M8 - W2 - D4 — **Layin 3:** Shekara 1 - Watan 8 -Week 2 - Day 4
ko: Mid-mako na Week 2 a Jupiter-watan Shekara 1

ambata sunayen, mako: Rana

rana 1 Day 2 Day 3 Mid-mako rana 5 Week-karshen Fun-Day

1st Day 2nd Day 3rd rana 4th Rãnar 5th rana 6th rana 7th rana
Lahadi * Litinin * Talata * Wednes-rana * Alhamis * Jumma'a * Asabar *

A tasha-agogon zai nuna ma ƙyaftawar, flash kuma danna lokaci ... A
CG Klock aka nuna ta kowane lokaci, agogon kuma tasha-agogon. Tambayi watchmaker don samun ku 1 (21h Agogon, watch, agogon awon gudu, ..) .

Ya sa'o'i da aka kafa a kowace shekara bayan guntu dare a Fitowar. Kowane 73

kwanaki (5x a shekara) 0 hour ne sake saiti (Hasken rana-ceto) . Daylight- saving ake bukata don samun up a matsayin kusa da fitowar rana kamar yadda zai yiwu. Samun har a lõkacin hũdõwar rãnã ne na halitta da kuma lafiya.

Lokaci-alwatika

rana farko : Ya sa'o'i **Fitowar**

farkon yini ne daga 0 - 7 hours 7 hours

ne **Mid-Day**

Late Day ne daga 7 - 14 hours 14 hours

ne **Sunset**

dare ne daga 14 - 21 hours

kwatanta 21h CG Klock / 24h arna Agogon

Lokaci-Bamuda	* **24 hour arna Agogon**
Rana yana farawa a **0 hours Fitowar >**	6 hours
farkon yini ne daga 0 - 7 hours >	6 - 12 **Morning**
7 hours ne **Mid-Day >**	12 **noon**
Late Day ne daga 7 - 14 hours >	12 - 18 **Afternoon**
14 hours ne **Sunset >**	18 - 22 **maraice**
dare ne daga 14 - 21 hours.	22 - 24 + 1 - 6 **dare**
dare **dokar hana fita** daga 14 - 21 hours.	dare **dokar hana fita** 22 - 6

Night-dokar hana fita

Jikin mutum da aka ba tsara don zama nocturnal. Mutane ba'a su brain- ikon ya halicci nocturnal salon. Wannan salon ba da amfani ga mai kyau kiwon lafiya.

Night-dokar hana fita ake bukata domin kiwon lafiya mai kyau.

A 7 hour Night-dokar hana fita daga 14-21 hours (22- 6 hours, 24 hour Pagan- Agogon) ne m. Ga kyau kiwon lafiya, akan rage a samar da makamashi consump- illolin, raguwa a gurbatawa da kariya daga namun daji,. Raguwa a aikata laifi, Munã rage kudin da gwamnati, karfafa multiplication.