

# Time of the Organ Network

11 PM – 1 AM  
Gallbladder

Midnight

1 AM – 3 AM  
Liver

9 PM – 11 PM  
Triple Heater

7 PM – 9 PM  
Pericardium

3 AM – 5 AM  
Lungs

5 PM – 7 PM  
Kidney

3 PM – 5 PM  
Bladder

5 AM – 7 AM  
Large Intestine

1 PM – 3 PM  
Small Intestine

11 AM – 1 PM  
Heart

7 AM – 9 AM  
Stomach

9 AM – 11 AM  
Spleen