Humans have about 60 milliliters (60 cm$^3$) of blood per kilogram of body mass, and blood makes a complete circuit in about 20 seconds, to keep tissues supplied with oxygen. Make a crude estimate of the additional power output of your heart (in watts) when you are standing compared with when you are lying down. Note that we're not asking you to estimate the power output of your heart when you are lying down, just the change in power when you are standing up. You will have to estimate the values of some of the relevant parameters. Because we're only looking for a crude estimate, try to construct a model that is as simple as possible. Describe the approximations and estimates you made.