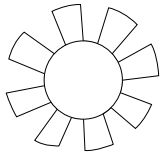


Sleep Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Complete in the MORNING

I went to bed last night at (time)							
I got up this morning at (time)							
I slept for a total of (hours)							
I woke up during the night (# times)							

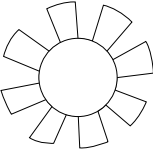


Complete in the EVENING

Number of caffeinated drinks today							
Time of last caffeinated drink							
Exercise completed today (minutes)							
What I did in the hour before I fell asleep							
Mood today? (0=awful, 10=great)							

Sleep Diary

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Complete in the EVENING							
Number of caffeinated drinks today							
Time of last caffeinated drink							
Exercise completed today (minutes)							
What I did in the hour before I fell asleep							
Mood today? (0=awful, 10=great)							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Complete in the MORNING							
I went to bed last night at (time)							
I got up this morning at (time)							
I slept for a total of (hours)							
I woke up during the night (# times)							