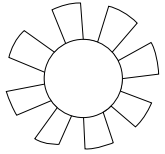


# Sleep Diary

	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):							

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