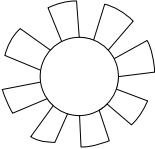



Sleep Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div> Complete in the MORNING</div>							
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):							
<div> Complete in the EVENING</div>							
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):							