Sleep Diary

Every morning when you get up complete the sleep diary for the previous night. For example, on Monday morning fill in the information for Sunday night.

Day	Last night I went to bed at:	It took me ____ This morning Ip I woke up at:	Total amount minutes to fall asleep:	of sleep:
***Example*:**				
Sunday	*12:15*	*9:20*	*25*	*9' 10"*

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