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Wolters Kluwer

24-hour sleep log

24-hour sleep log

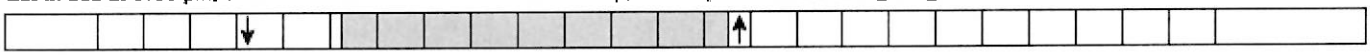
Date	6pm	7	8	9	10	11	12am	1	2	3	4	5	6	7	8	9	10	11	12pm	1	2	3	4	5	6pm	Comments

Key:

↓ = Got in bed Shaded in = Asleep ↑ = Got out of bed

Example:

Got in bed at 9:00 pm, took 2 hours and 10 minutes to fall asleep, woke up at 7:30 am and got right out of bed.



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