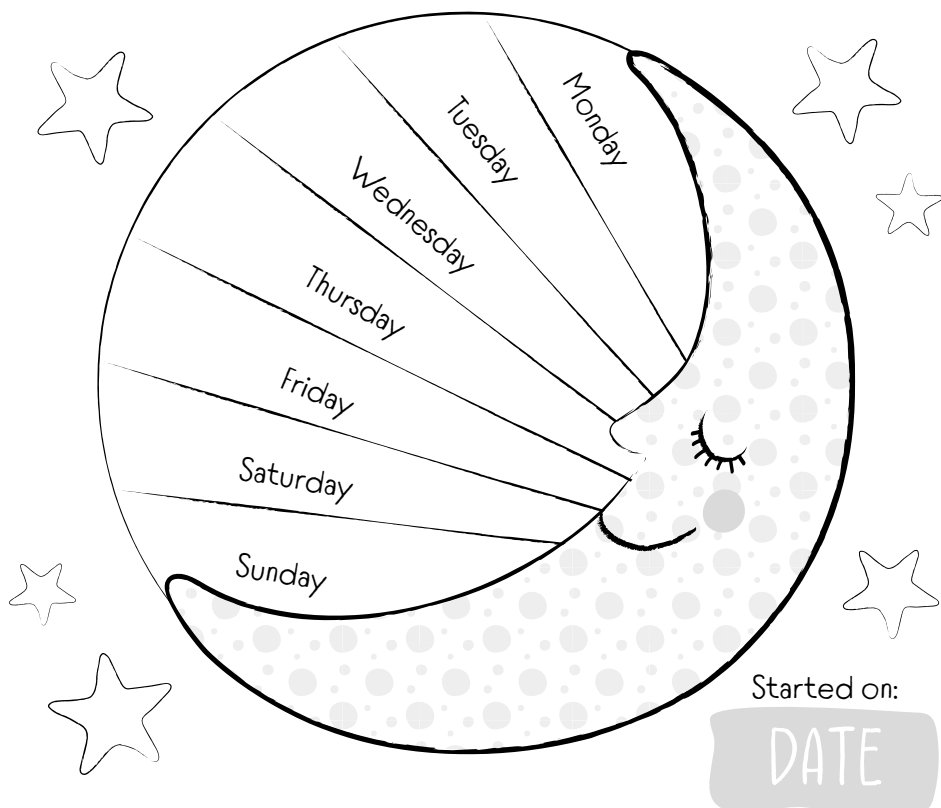
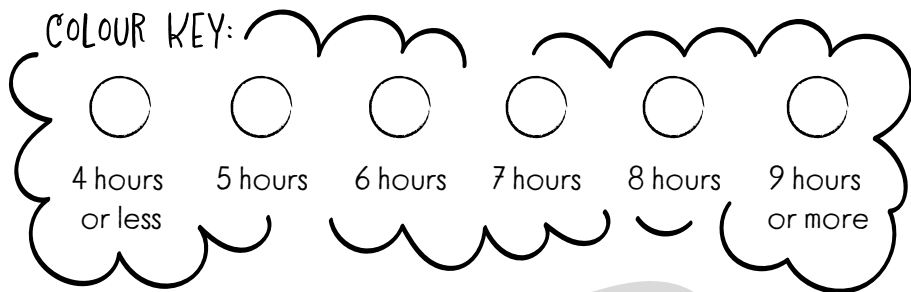


# 1 WEEK SLEEP TRACKER



COLOUR KEY:



**TOP TIP**

Try not to look at any screens (phones, computers, tablets, TV) for at least an hour before you go to bed... read a book or draw a picture instead :)