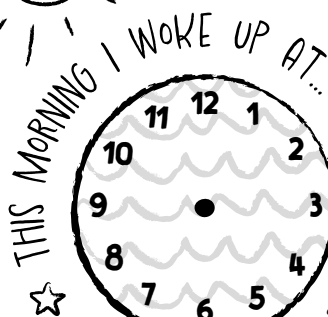
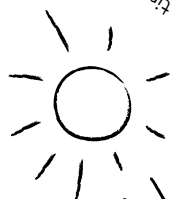
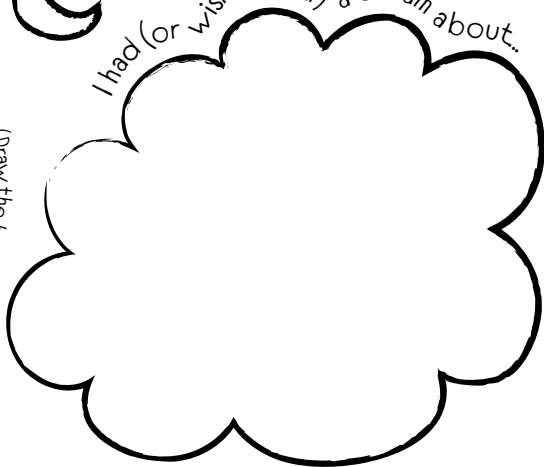


# 1 NIGHT SLEEP TRACKER



I had (or wish I'd had) a dream about...



WHEN I WOKE  
UP I FELT...



RIGHT NOW  
I FEEL...



Tonight I think I need to sleep...

☐

More

☐

Less

☐

About the same amount  
... as last night

Today is...

DAY/DATE