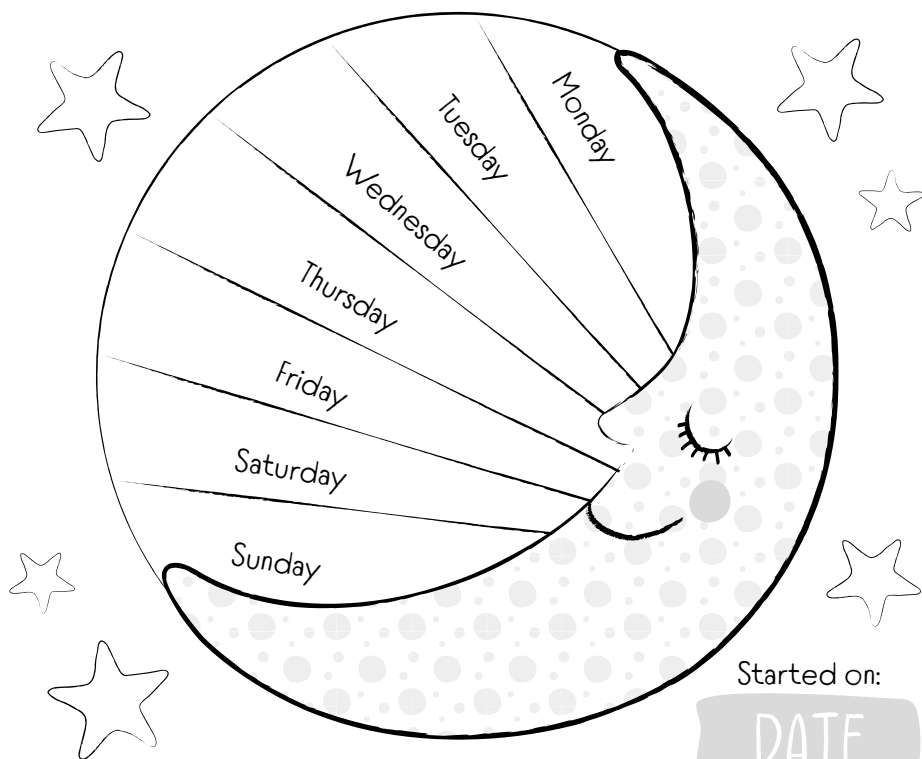


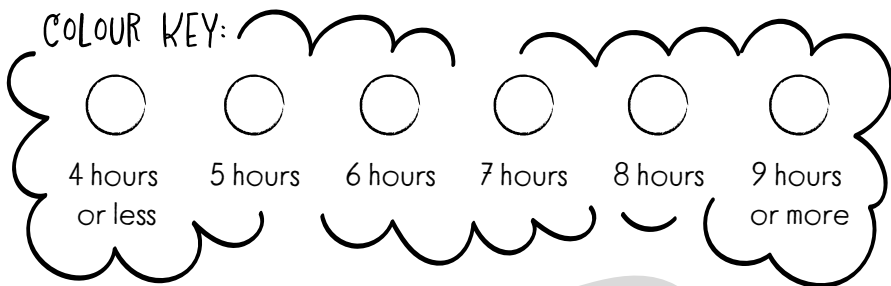
1 WEEK SLEEP TRACKER



Started on:

DATE

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 :)