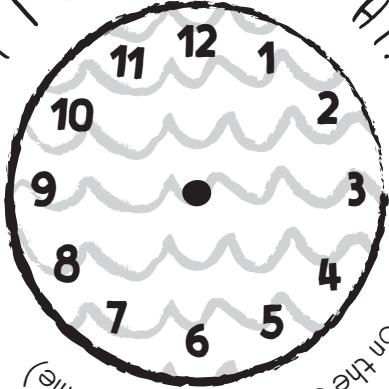


1 NIGHT SLEEP TRACKER

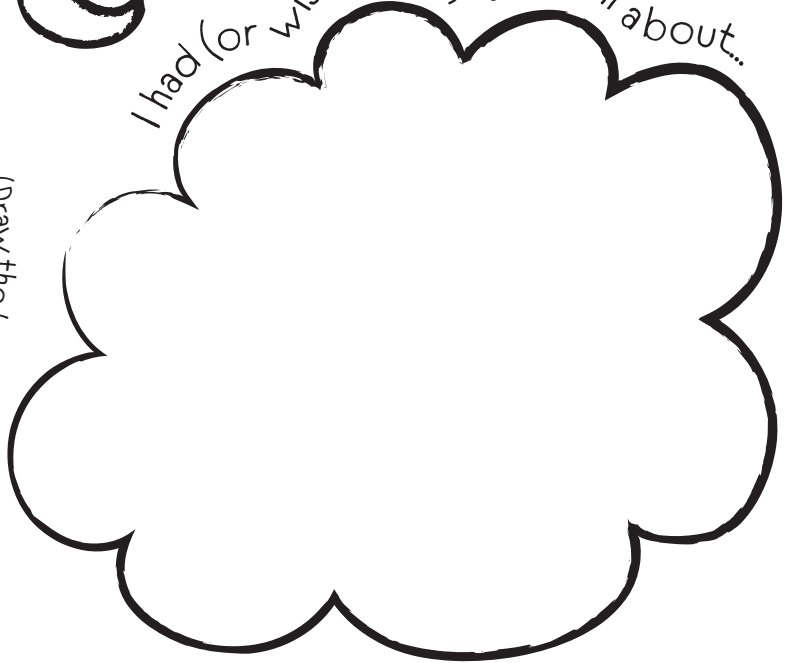


LAST NIGHT I WENT TO BED AT...

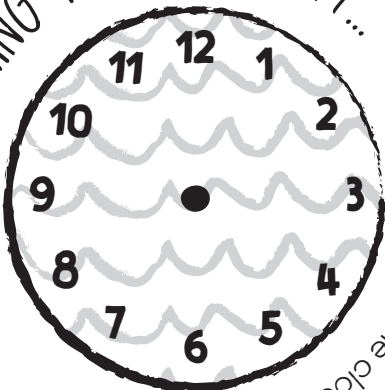


(Draw the hands on the clock or write the time)

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



THIS MORNING I WOKE UP AT...



(Draw the hands on the clock or write the time)

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

DAY/DATE

Today is...