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Sleep Log

Date	Time went to bed	Time got up in morning	Time to fall asleep	Time Awake #1	Time Awake #2	Time Awake #3	Time spent in naps
Example: Jan 5th	**11:00 pm**	**7:00 am**	**25 minutes**	**1:00-1:30**	**3:00 – 3:30**		**45 minutes**