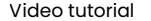


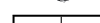


To be completed 14 days in a row, including weekends
To be completed in the morning, without checking the time at night.
The dynamic over 2 weeks is more important than precision.



Age:

How to fill in the diary

	Bedtime		Our of bed
	Sleep or nap		1/2 sleep
S	Sleepiness	T	Insomnia treatment

<https://www.thesleepinitiative.org/agenda>