
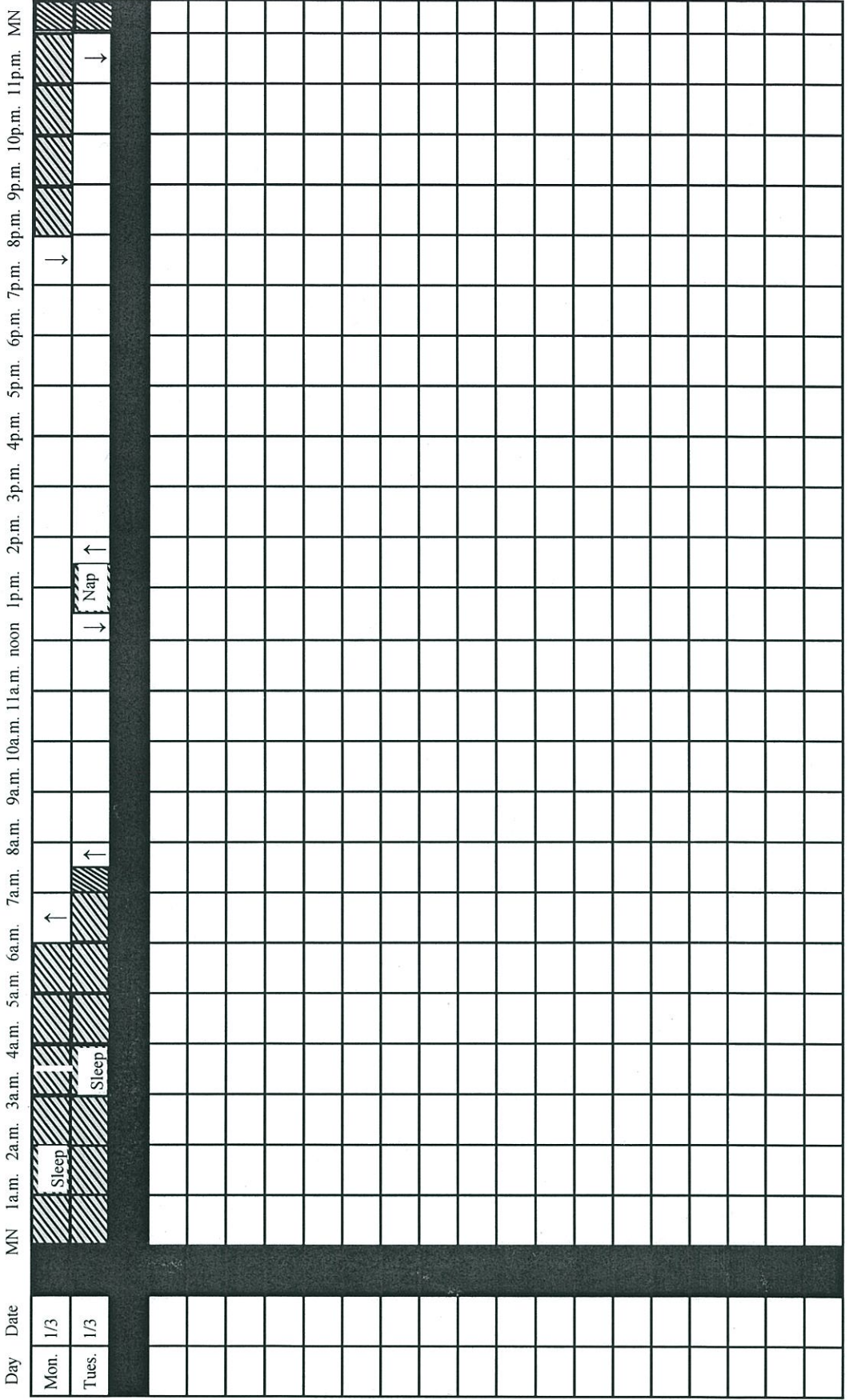


Sleep Chart

1. Mark each time of getting into bed with an arrow pointing downward— ↓ Name: _____
2. Mark each time of getting out of bed with an arrow pointing upward— ↑
3. Mark periods of sleep as shaded areas between vertical bars— 



Acct #	MR#
Loc:	DOB: