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| Date | Example:  1/1/18 |  |  |  |  |  |  |  |
| Time went to Bed | 10pm |  |  |  |  |  |  |  |
| Time got up for the day | 6am |  |  |  |  |  |  |  |
| Total amount of sleep | 7hrs |  |  |  |  |  |  |  |
| Naps (length and time) | 1hr at 3pm |  |  |  |  |  |  |  |

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