01/01/2023	₽		Û					M" melatonin 3 mg	•				Û		ή.			Û	"A" Coffee			'A" Coffee		Watched TV from 2-3pm, unrested in t morning
Y / DATE 12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM		1:00 AM	2:00 AM		4:00 AM	5:00 AM	6:00 AM	7:00 AM	8:00 AM	9:00 AM	10:00 AM		COMMENTS
AMPLE: INITATED NAP A	AT 1:30 PM, SLEPT	FROM 2PM - 3	PM, UP FROM	NAP AT 3:30 PM.	Went to bed at 9	30 PM, fell asleep	at 10pm. Slept ti	II 1am, got out of be	ed at 1:30am.	Went back to bed		up at 6am, and MIDNIGHT	out of bed at 6:30a	ım.										
Y / DATE 12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM	12:00 AM	1:00 AM	2:00 AM	3:00 AM	4:00 AM	5:00 AM	6:00 AM	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	COMMEN
NOON												MIDNIGHT												
cord all haps in the same w			cord which me	edication and do	se were used in	the comments s	ection																	
Draw a vertical line up and down to show when you think you woke up. Record all naps in the same way (follow steps 1-6).																								
aw an arrow up to show who																								
cord meds for sleep with an			which medical	ation and dose w	ere used in the	comments section	on.																	
ade in all the boxes to indica			ou icii asicep.																					
aw an arrow facing down to aw a vertical line (up and do			nu fell seleen																					
w an arrow facing down to	indicate when vov	an to hed																						