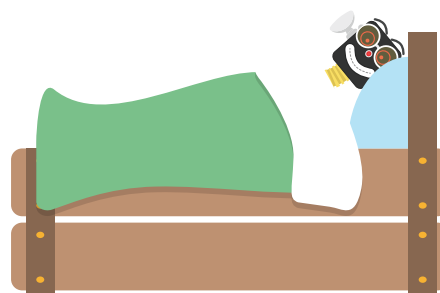



Keep a sleep diary this week to see how much sleep you get and draw an emoji face to show how you felt the next day



	Time I went to sleep	Time I woke up	How many hours I slept for	How I felt the next day
Example	8pm	8am	12	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				