



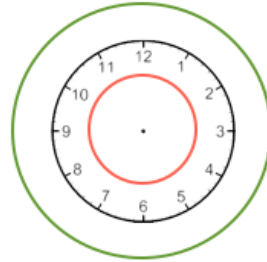
SOMA Sleep Diary™

Week-at-a-View

Suggestions

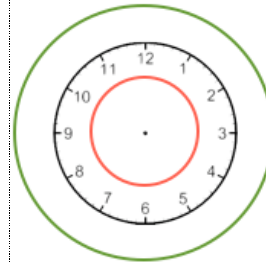
1. Colour the **outside** circle when you are awake (going to bed, getting up or any other time)
2. Colour the inner circle showing when you were sleeping – even if you think you were sleeping.
3. If you get up, make an arrow to the outside; when you return, make an arrow to the inside

Date



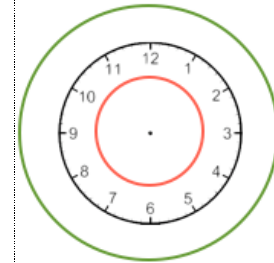
Notes

Date



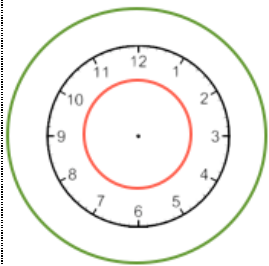
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Date



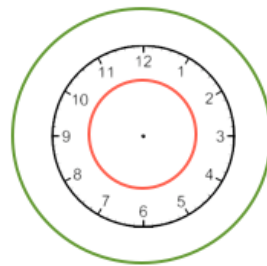
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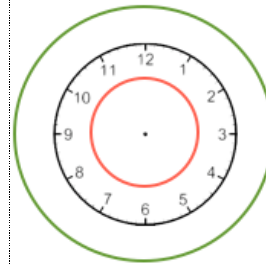
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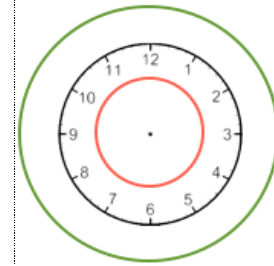
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