

1000 East Main St Danville, Indiana 46122 (317)745-3680

SLEEP LOG

SHADE or color the boxes to show when you are asleep. ARROW DOWN - → when you lie down to sleep. S. "M" for meals, "S" for snacks, "C" for caffeine, "A"	ts on the back. Bring this log with you for your appointment. show when you are awake. show when you are asleep. show when you are asleep. show to sleep. 4. ARROW UP - ↑- when you wake up (include naps). 5. "M" for meals, "S" for snacks, "C" for caffeine, "A" for alcohologou lie down to sleep. 6. Include notes below each week or on the back.
SHADE or color the boxes to show when you are asleep. ARROW DOWN - → when you lie down to sleep. 5. "M" for meals, "S" for snacks, "C" for caffeine, "A" for for snacks, "C" for caffeine, "A" for snacks, "C" for snacks, "C" for caffeine, "A" for snacks, "C" for caffeine, "A" for snacks, "C" for snacks, "C" for caffeine, "A" for snacks, "C" for snacks, "C" for caffeine, "A" for caffeine, "A" for snacks, "C" for caffeine, "A" for caffeine, "A" for caffeine, "A" for snacks, "C"	o show when you are asleep. 5. "M" for meals, "S" for snacks, "C" for caffeine, "A" for alcolou lie down to sleep. 6. Include notes below each week or on the back. 10am Noon 2pm 4pm 6pm 8pm 10pm Midnight 2am 4am 6am
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