

Night	Amount of time I slept
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
<p data-bbox="80 1110 925 1146">Total amount of sleep over 10 days _____</p> <p data-bbox="80 1175 925 1210">My average sleep time _____</p>	

FIGURE 16