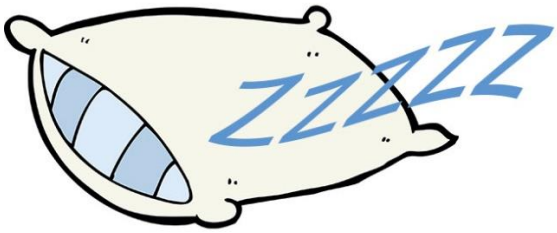
Weekly Sleep Chart



DATE	BEDTIME	WAKE-UP TIME	TOTAL HOURS	QUALITY