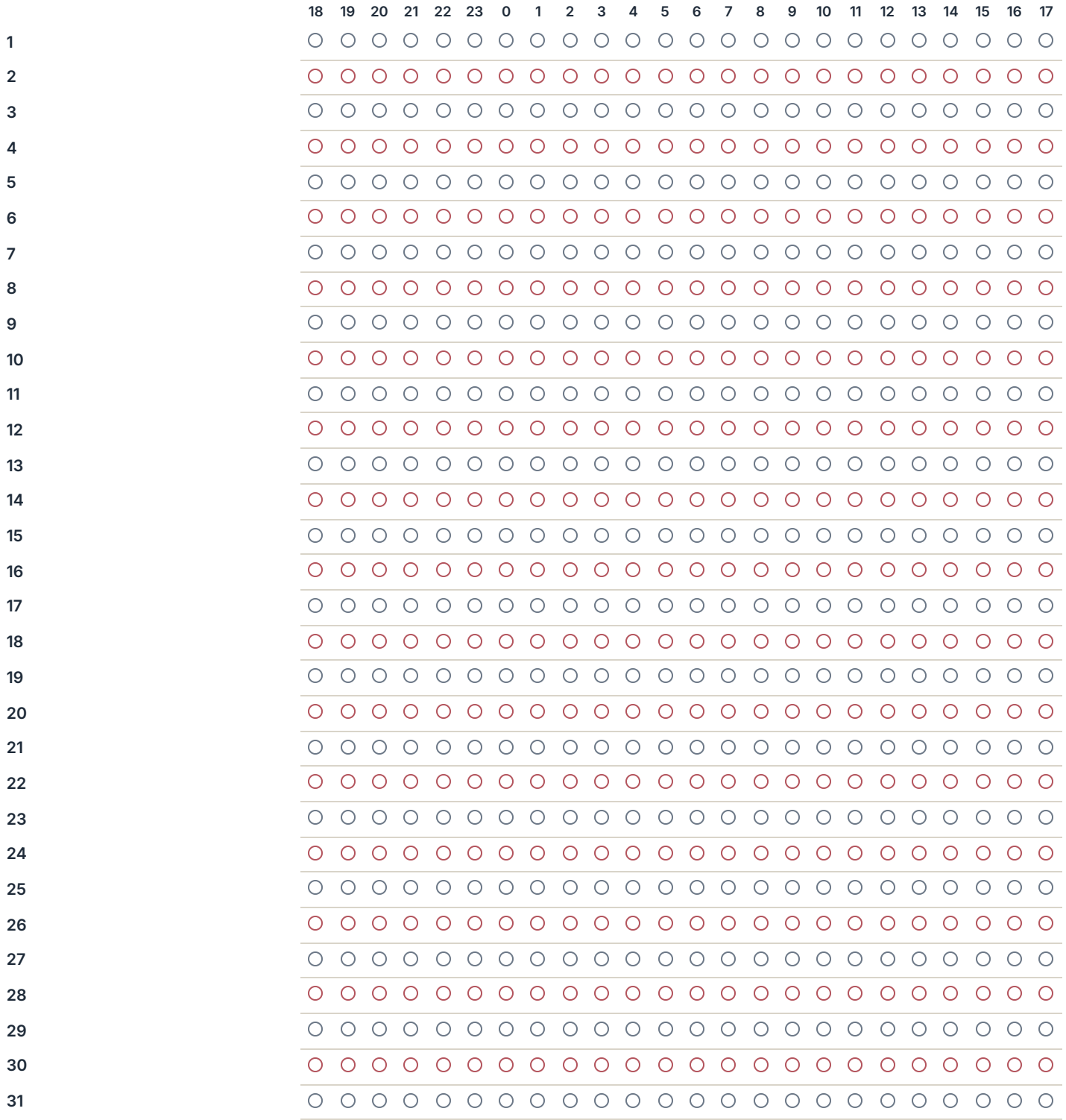
Monthly 24-hour sleep tracker

Shade in the hours you sleep



Columns are hours from 6 p.m. to 6 p.m. (18 = 6 p.m.). Shade in the hours you were asleep.