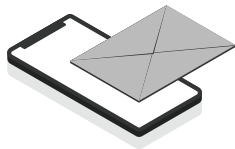


Monday



Daytime
Behavior

Tuesday



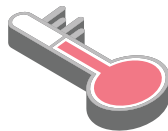
Winding
Down

Wednesday



Pre-Sleep
Routine

Thursday



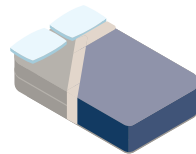
Bedroom
Environment

Friday



Falling
Asleep

Saturday



Staying
Asleep

Sunday



Waking
Up