

Date	Sleep		Hygiene						
	Lights out	Getting up	Afternoon			Evening			
			Brush	Irrigator	Mouthwash	Brush	Irrigator	Mouthwash	Mouth guards
01.07.2025	2025-07-02 03:39:00	2025-07-02 09:41:00	1	1	1	0	0	0	0
02.07.2025	2025-07-03 03:04:00	2025-07-03 12:57:00	1	1	1	1	1	1	1
03.07.2025	2025-07-03 23:00:00	2025-07-04 06:10:00	1	1	1	1	1	1	1
04.07.2025	2025-07-04 22:30:00	2025-07-05 12:29:00	1	1	1	0	0	0	0