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"NapTaken": "",

"CaffeineMorningDrinks": "",

"CaffeineAfternoonDrinks": "",

"CaffeineEveningDrinks": "",

"ExerciseDuration": "",

"MedicationsOrDrugsUsed": "",

"DaytimeDrowsiness": "",

"OverallMood": "",

"PreBedActivities": ""

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"ExerciseDuration": "",

"MedicationsOrDrugsUsed": "",

"DaytimeDrowsiness": "",

"OverallMood": "",

"PreBedActivities": ""

},

{

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"NapTaken": "",

"CaffeineMorningDrinks": "",

"CaffeineAfternoonDrinks": "",

"CaffeineEveningDrinks": "",

"ExerciseDuration": "",

"MedicationsOrDrugsUsed": "",

"DaytimeDrowsiness": "",

"OverallMood": "",

"PreBedActivities": ""

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"CaffeineMorningDrinks": "",

"CaffeineAfternoonDrinks": "",

"CaffeineEveningDrinks": "",

"ExerciseDuration": "",

"MedicationsOrDrugsUsed": "",

"DaytimeDrowsiness": "",

"OverallMood": "",

"PreBedActivities": ""

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{

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"NapTaken": "",

"CaffeineMorningDrinks": "",

"CaffeineAfternoonDrinks": "",

"CaffeineEveningDrinks": "",

"ExerciseDuration": "",

"MedicationsOrDrugsUsed": "",

"DaytimeDrowsiness": "",

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"ExerciseDuration": "",

"MedicationsOrDrugsUsed": "",

"DaytimeDrowsiness": "",

"OverallMood": "",

"PreBedActivities": ""

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"CaffeineAfternoonDrinks": "",

"CaffeineEveningDrinks": "",

"ExerciseDuration": "",

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"DaytimeDrowsiness": "",

"OverallMood": "",

"PreBedActivities": ""

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"Bedtime": "",

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"SleepLatencyMins": "",

"SleepQuality": "",

"MorningFeeling": "",

"NightAwakenings": "",

"DifficultyFactors": ""

},

{

"Day": "Tuesday",

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"WakeUpTime": "",

"SleepLatencyMins": "",

"SleepQuality": "",

"MorningFeeling": "",

"NightAwakenings": "",

"DifficultyFactors": ""

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"Falls": "",

"Trackwork": "",

"Gallops": "",

"Jumpouts": "",

"Trials": "",

"Races": "",

"Other eg. gym/run": ""

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"Falls": "",

"Trackwork": "",

"Gallops": "",

"Jumpouts": "",

"Trials": "",

"Races": "",

"Other eg. gym/run": ""

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"Falls": "",

"Trackwork": "",

"Gallops": "",

"Jumpouts": "",

"Trials": "",

"Races": "",

"Other eg. gym/run": ""

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"Falls": "",

"Trackwork": "",

"Gallops": "",

"Jumpouts": "",

"Trials": "",

"Races": "",

"Other eg. gym/run": ""

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"Trackwork": "",

"Gallops": "",

"Jumpouts": "",

"Trials": "",

"Races": "",

"Other eg. gym/run": ""

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"Falls": "",

"Trackwork": "",

"Gallops": "",

"Jumpouts": "",

"Trials": "",

"Races": "",

"Other eg. gym/run": ""

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"Horses ridden": "",

"Falls": "",

"Trackwork": "",

"Gallops": "",

"Jumpouts": "",

"Trials": "",

"Races": "",

"Other eg. gym/run": ""

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{

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"Snack3": ""

}

]

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