

marrie:		
0		
Start Data		

	Time Sleeping				Time in Bed		
Day	Fell asleep	Woke up	Time awake in night	Minutes	Went to bed	Got up	Minutes
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
Add time asleep per night ÷ 7 = Average time asleep			Add time in bed per night ÷ 7 = Average time in bed				