

# My weekday sleep



Sleep time



Workout time



drink milk



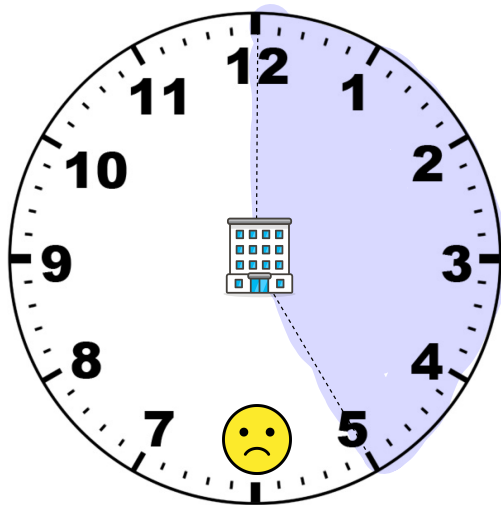
Sleep in office



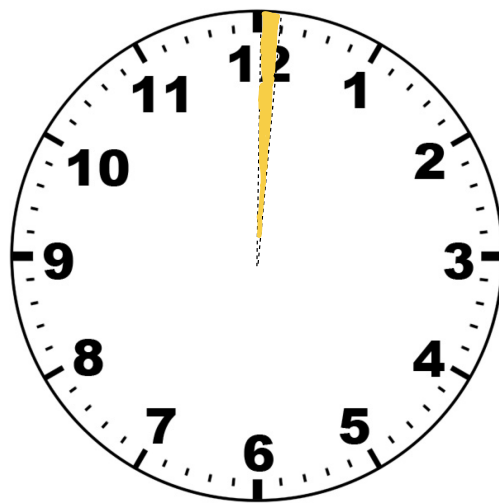
Sleep at home

Tuesday.

am

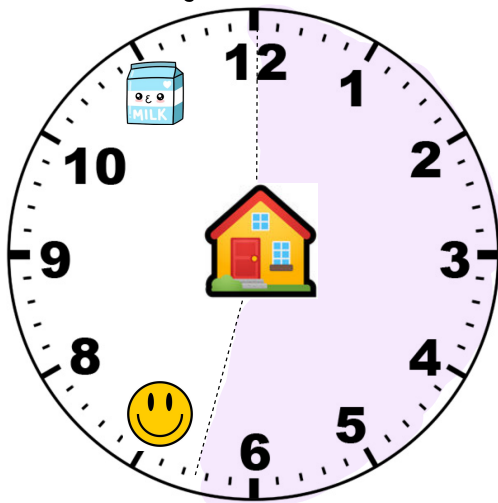


pm

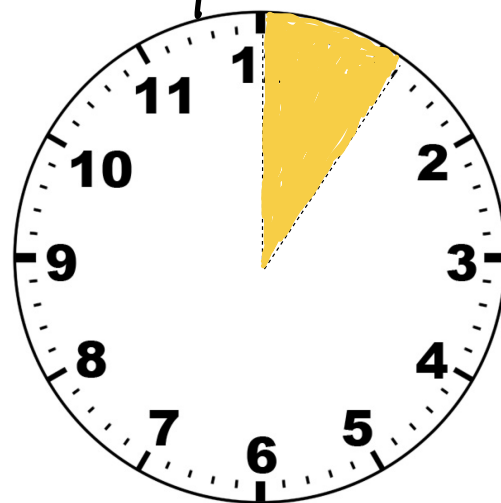


wednesday.

am

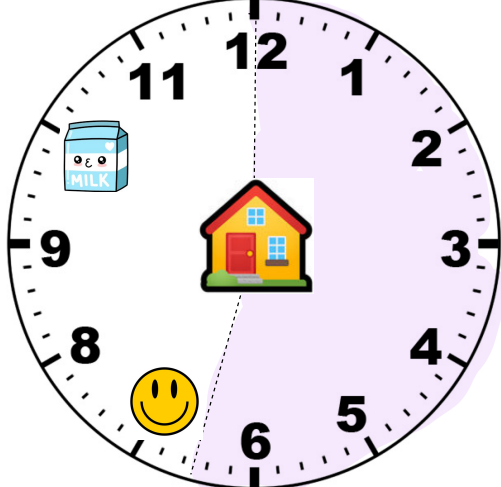


pm

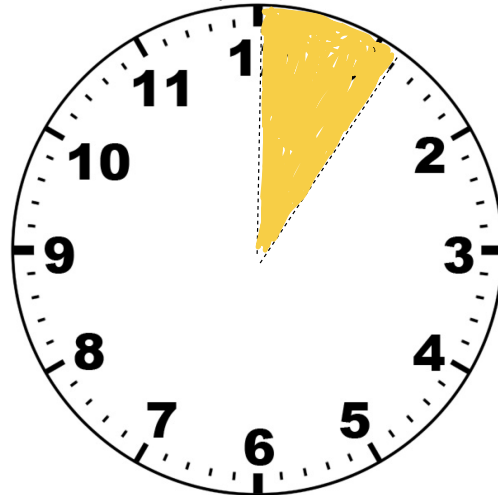


Thursday.

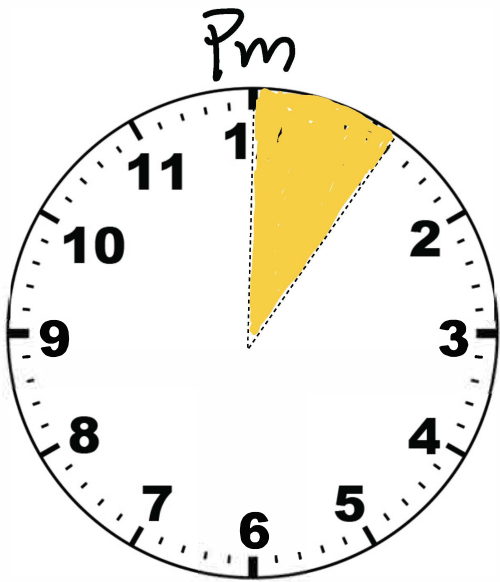
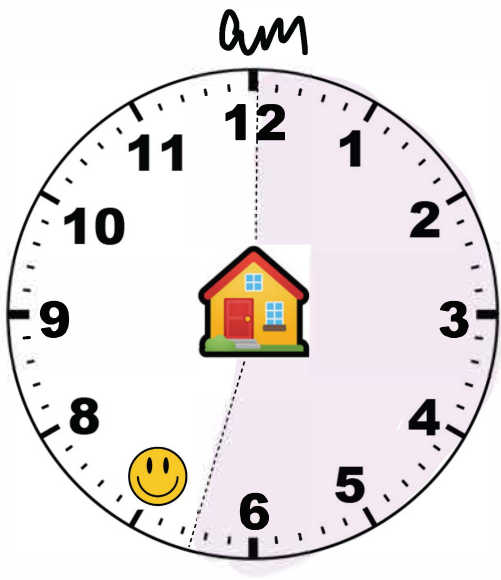
am



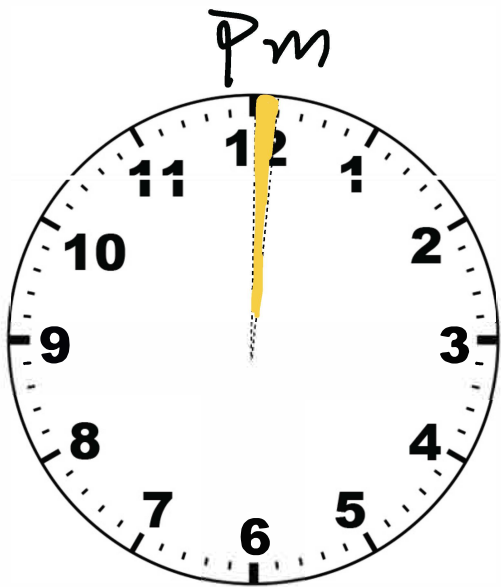
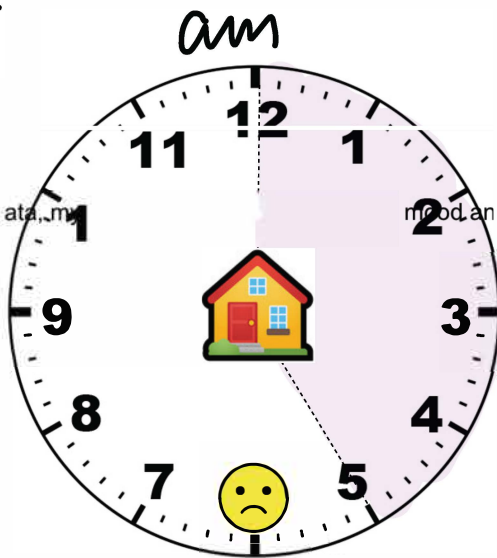
pm



Friday .



Saturday



The data I collect is my weekday sleeping hours, sleep location, mood after waking up, and whether I drink milk.

In this sketch, I want to show how many hours I slept last week, as well as some other related data.

I try to track various factors related to my sleep, such as duration, start and end times, mood upon waking, location, and certain habits like drinking milk and workout duration.

