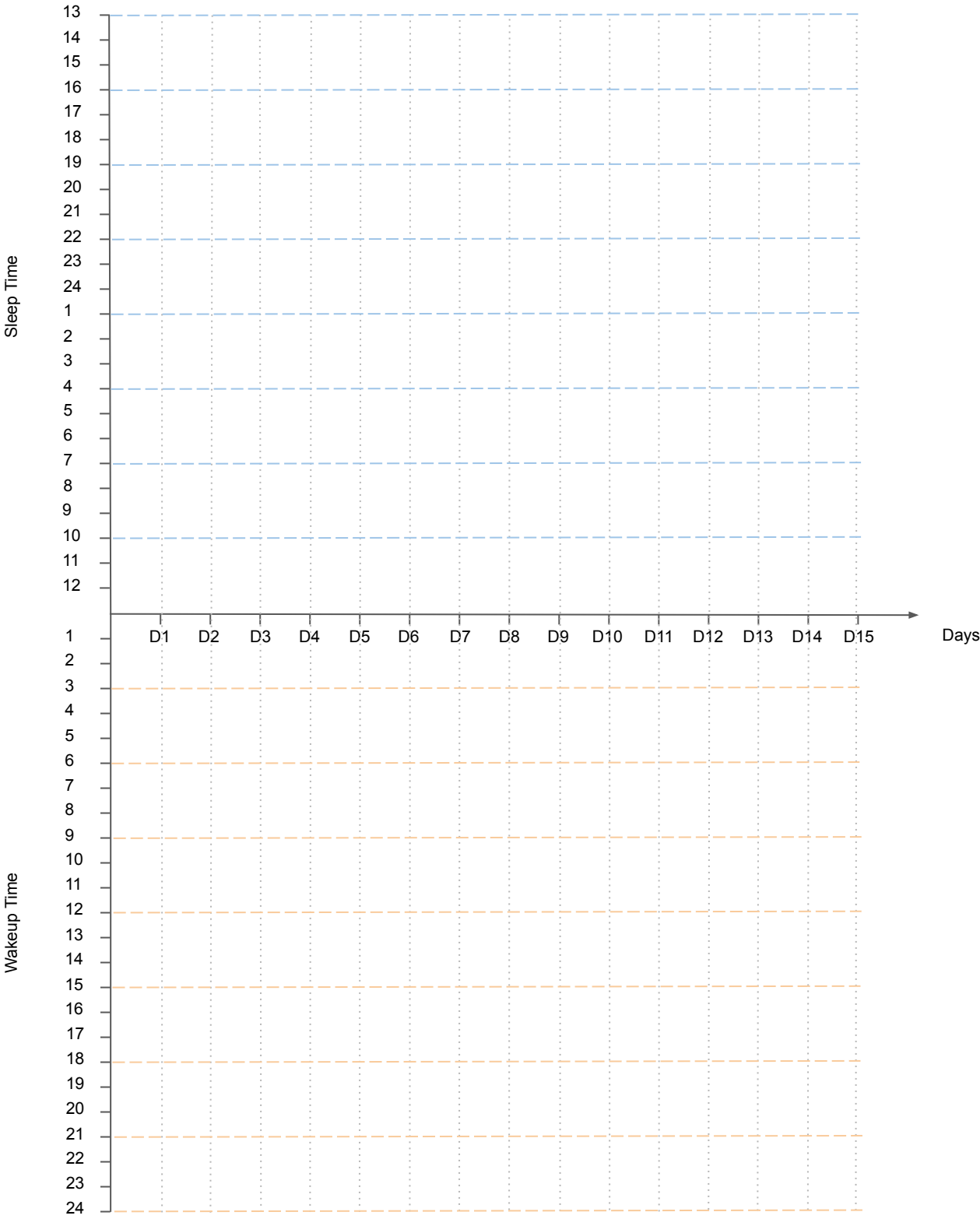


Fig. 1 - Free Sleep Graph Skelton <http://www.booksforachange.com/free-sleep-evaluation-tools/>



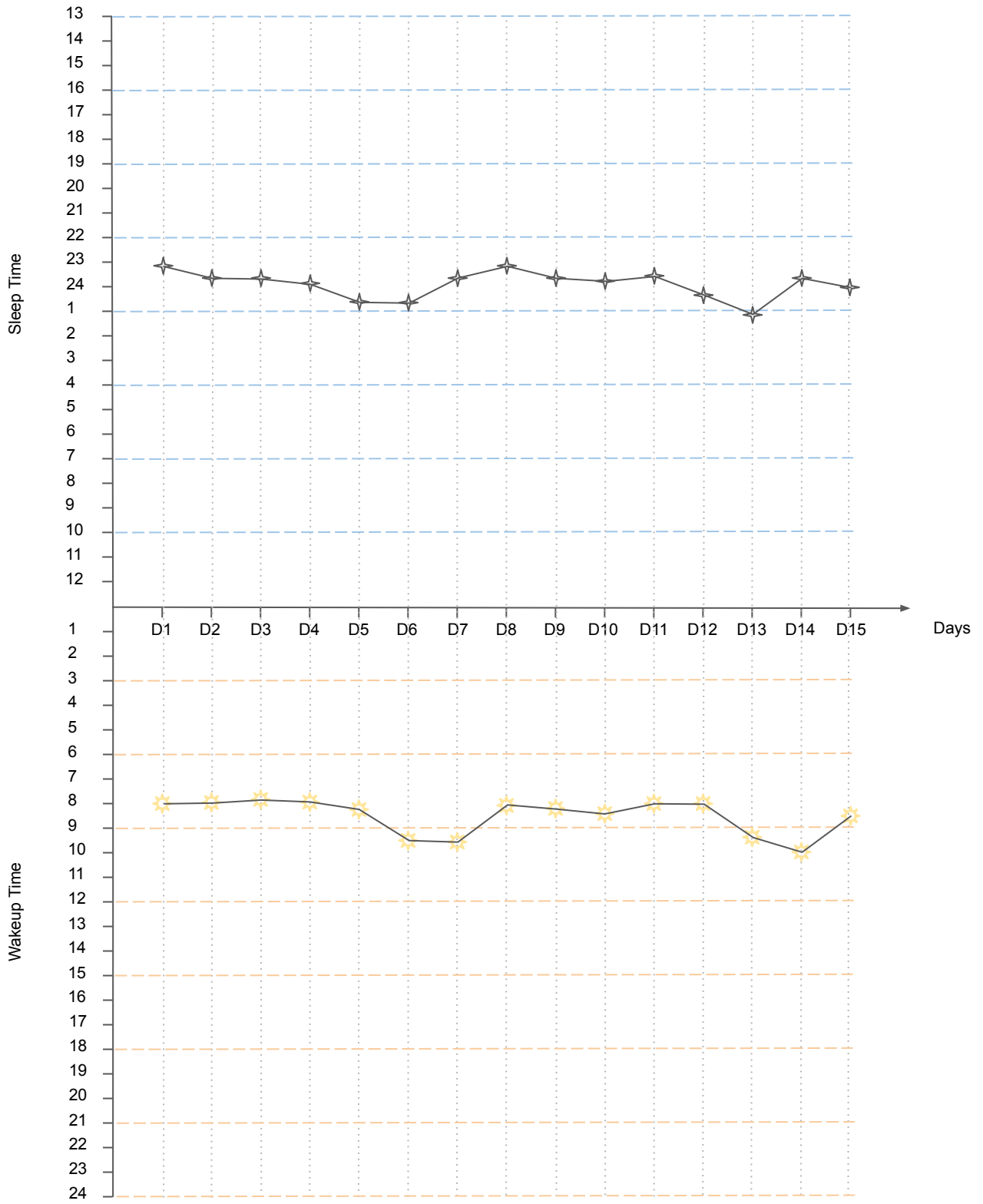
Sleep Quality (1-5)

A horizontal blue line with 15 vertical tick marks extending upwards, corresponding to the 15 days of the graph above.

Notes

Five horizontal dashed green lines for taking notes.

Fig. 2 - Beneficial Sleep Rythmh <http://www.booksforachange.com/free-sleep-evaluation-tools/>



Sleep Quality (1-5)

4 4 5 5 4 5 5 3 5 4 5 5 3 5 5

Notes

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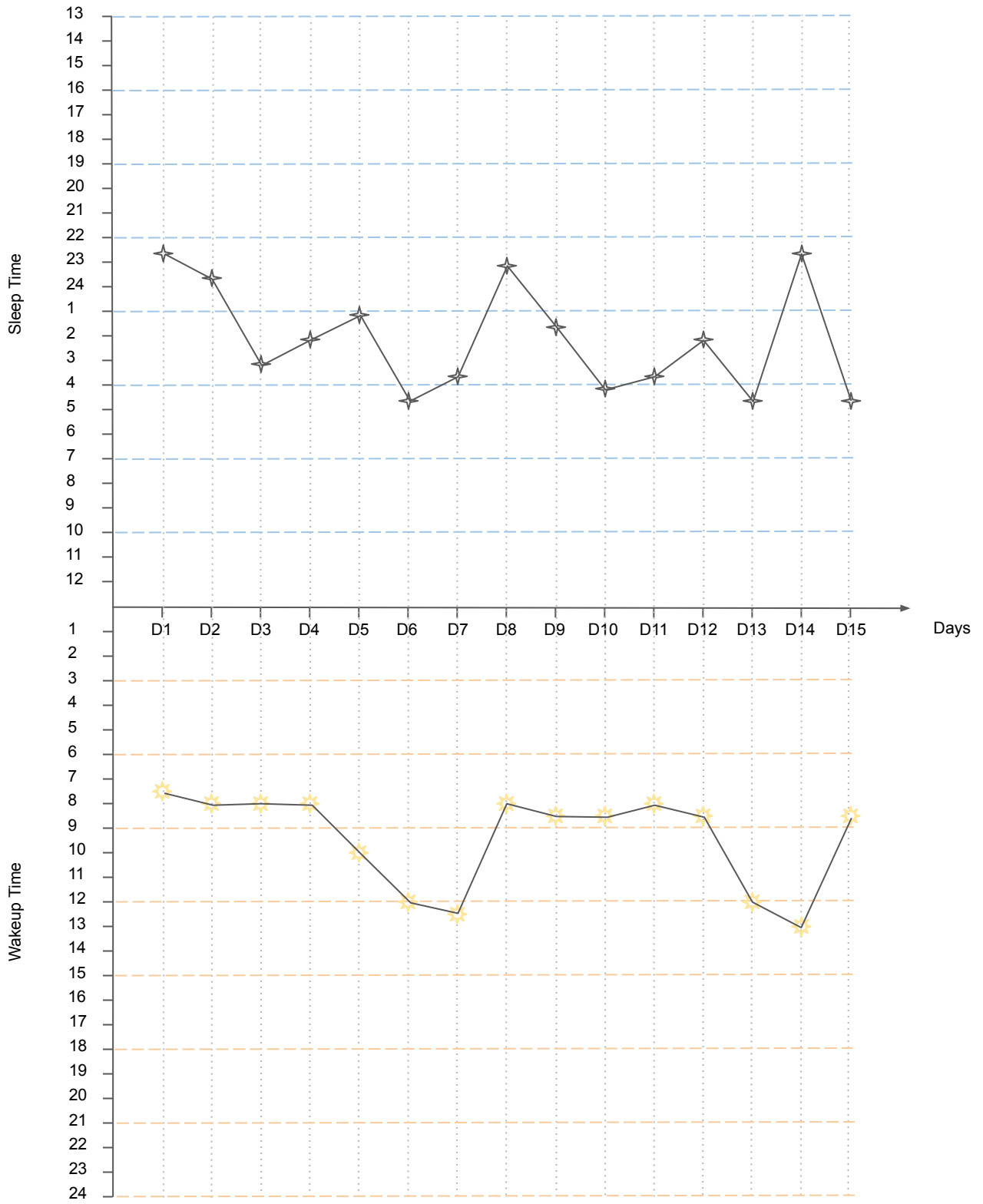
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Fig. 3 - Broken Sleep Rythmh <http://www.booksforachange.com/free-sleep-evaluation-tools/>



Sleep Quality (1-5)

4 3 1 2 1 3 3 4 2 1 1 1 3 5 2

Notes

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