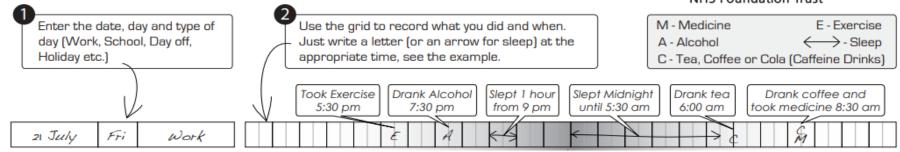
## Sleep Diary

## Calderdale and Huddersfield **NHS**

NHS Foundation Trust



Today's Date	Day of the week	Type of Day Work, School, Off, Vacation	Noon	1PM	2	3	4	2	<b>ВРМ</b>	7	80	6	10	11PM	Midnight	1AM	2	ဗ	4	5	6AM	7	œ	<b>о</b>	10	11AM	
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