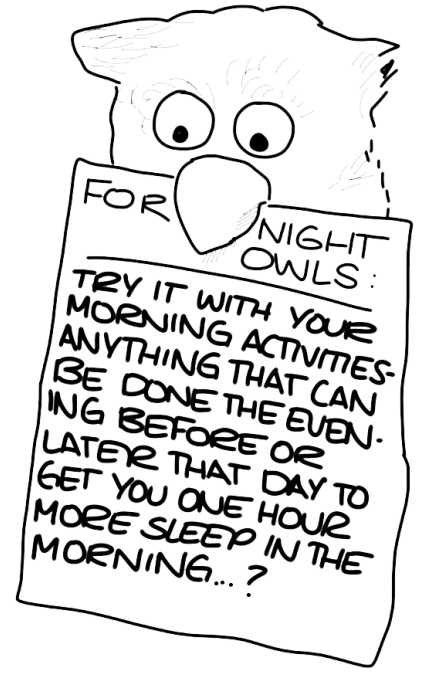


SLEEP: CRAZY STATS

THE WORKSHEET

1 LIST YOUR TYPICAL ACTIVITIES BEFORE YOU GO TO BED...



2 ANYTHING TO POSTPONE, REDUCE OR SHIFT TO THE EARLY AFTERNOON OR NEXT DAY TO GET YOU AN EXTRA HOUR OF SLEEP?

