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Bedtime Sleep-onsetlatency(min) Numberofwakings Durationofwakings(min) Waketime Nighttimesleep(h) Mean SD Mean SD Mean SD Mean SD ≤2months 10:17 1.33 49.25 48.98 2.34 1.20 60.18 63.09 6:50 1.48 7.01 1.58 3th,

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Facing P Age: S Ebastian Ka U Litz K I/sh U Tterstoc K (body Image), T. D U B É 30 | Science News October 24, 2009 Www.sciencenews.org Willingly Deprive Themselves Of Sleep, Says Eve Van Cauter ... 3th, 2024

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National Sleep Foundation Sleep Diary COMPLETE IN MORNING COMPLETE AT END OF DAY I Went To Bed Last Night At: I Got Out Of Bed This Morning At: Last Night, I Fell Asleep In: I Woke Up During The Night: (Record Number Of Times) When I Woke Up For The Day, I Felt: (Check One) Last Night I Slept A Total Of: (Record Number Of Hours) My Sleep Was ...File Size: 419KB 1th, 2024

The Consensus Sleep Diary: Standardizing Prospective Sleep ...

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Naps Number, Time And Duration Sleep Medication TIme, Amount, Type Alcohol TIme, Amount, Type DAY Of The WEEK Which Night I 1th, 2024

### **Sleep Diary - Sleep Council**

A Sleep Diary Is A Daily Log To Record Your Sleep-wake Pattern. It Aims To Measure The Pattern And Quali 3th, 2024

### **SLEEP DIARY - Sleep Australia**

# Of Minutes Diary: Last Night I Slept A Total Of: Yes Hours Took A Nap? YesYes Yes My Sleep Was Disturbed By: List Mental Or Physical Factors Including Noise, Lights, Pets, Allergies, Temperature, Discomfort, S 3th, 2024

### **Sleep Diary - Sleep Without Medication**

Sleep Diary NAME: Treatment Week #: Example Day/Date: Mon 12/14 Work/Vacation/Off/School Sch 1th, 2024

### **Sleep Diary For - SLEEP WITH DISABILITY**

SleepAbility Two-Week Sleep Diary For \_\_\_\_\_ Page 2 Day/Date Time Woke/woken Time Got Up What Did He/she Do In Between Waking And Getting Up? Time And Length Of All Daytime Naps. What Did He/she Do In The ... During The Night. Ple 1th, 2024

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