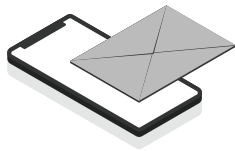


**Monday**



Daytime  
Behavior

**Tuesday**



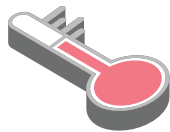
Winding  
Down

**Wednesday**



Pre-Sleep  
Routine

**Thursday**



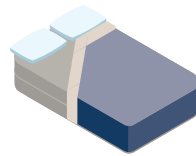
Bedroom  
Environment

**Friday**



Falling  
Asleep

**Saturday**



Staying  
Sleep

**Sunday**



Waking  
Up