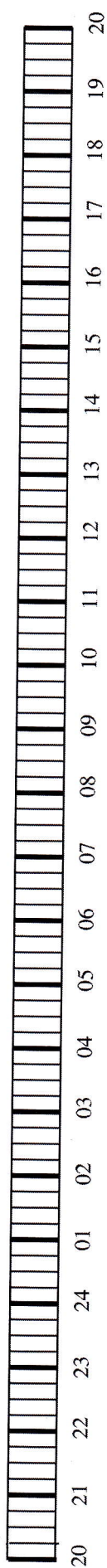
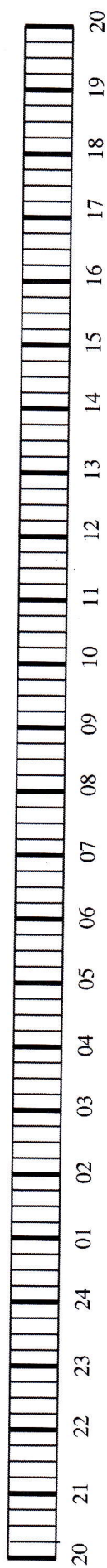
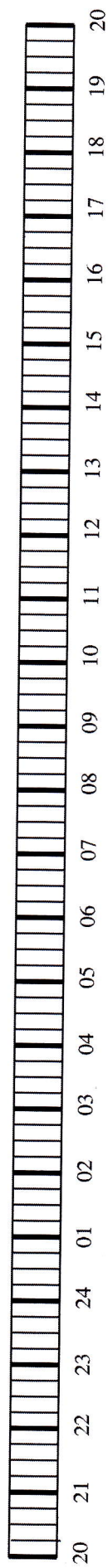
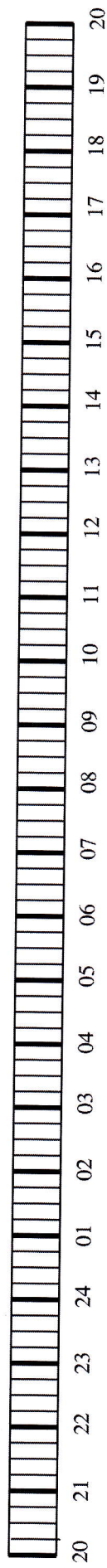
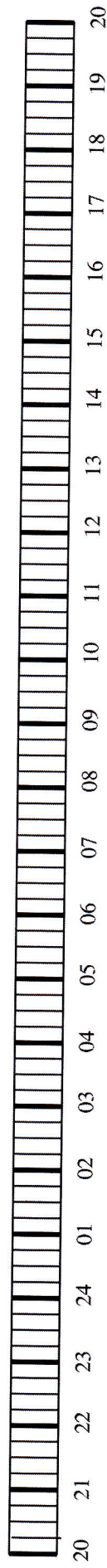
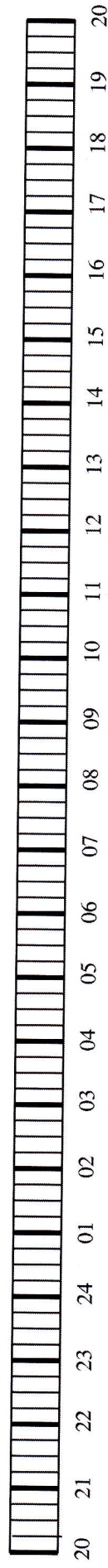
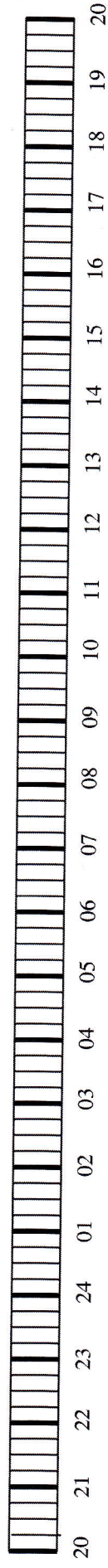


# Slaapwaak kalender

datum



Noteer gedurende 7 dagen alle slaapmomenten gedurende de gehele 24 uur, inclusief de tussendoor-slaapjes. Maak in de balk de geslapen tijd donker. Elke balk begint bij 8 uur 's avonds (20 uur). U kunt vakjes van één kwartier aangeven. Het beste kunt u 's morgens direct op het formulierangeven hoe u de afgelopen nacht hebt geslapen.