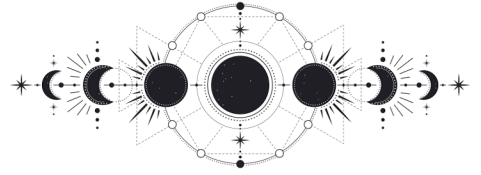


Sleep & Dream Diary

Date _____

Moon Phase



Aromatherapy Oil _____

I'm Feeling... _____

For dinner I ate & drank... _____

Last night I woke up _____ times

My bedtime routine was... _____
