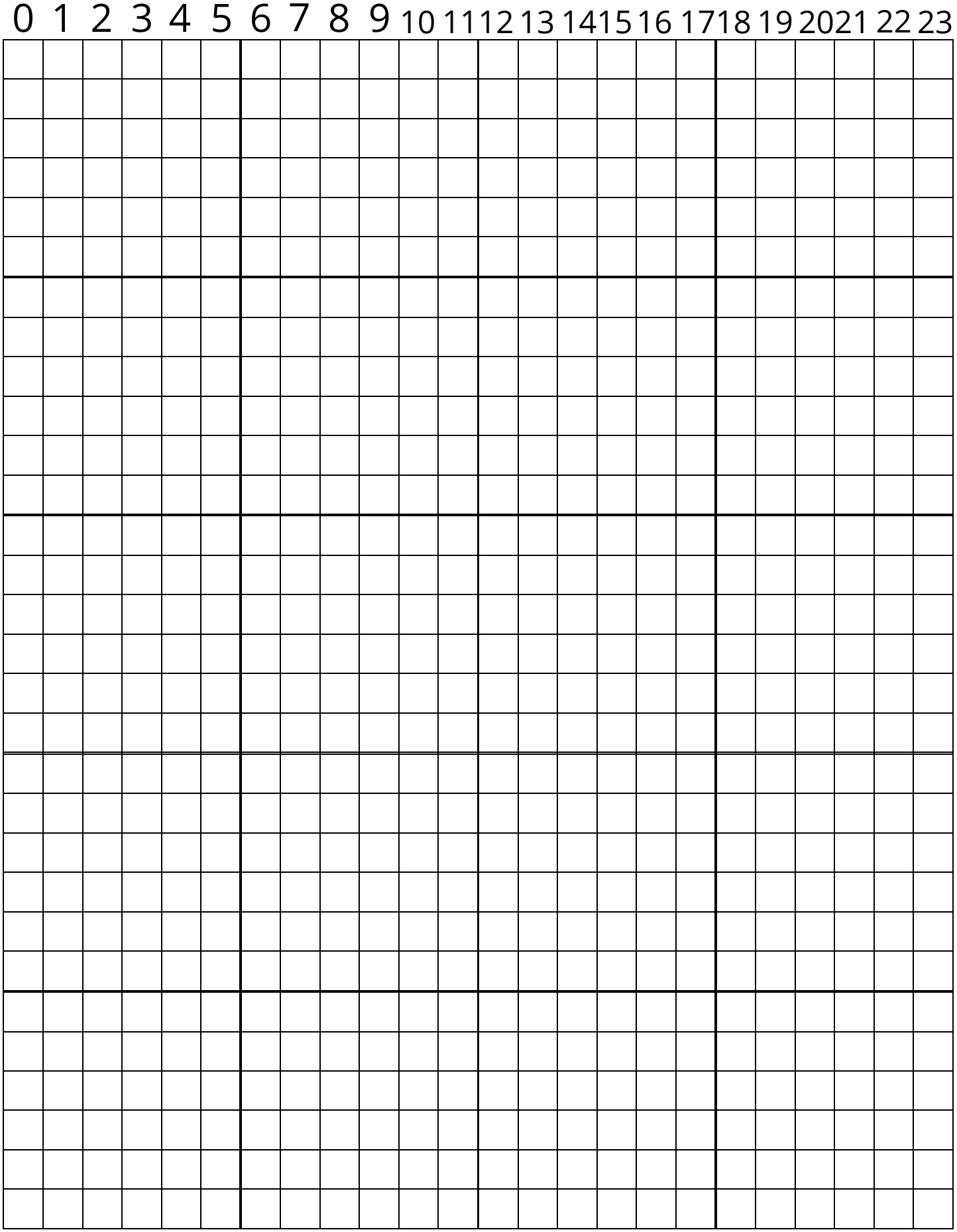Sleep & Work Tracker