



24 Stunden-Schlafprotokoll

| Datum | 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 | 22:00 | 23:00 | 00:00 | 1:00 | 2:00 | 3:00 | 4:00 | 5:00 | |
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Schlafphase  Schreien  Malzeit 