# Personalized Sleep-Wake Monitoring Chart

<table>
<thead>
<tr>
<th>Date</th>
<th>AM</th>
<th>PM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12:00</td>
<td>1:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Legend
- **Awake**: 
- **Sleeping**: 
- **Awake but settled**: 
- **Awake but unsettled**: 

Legend:

- []: awake
- ■■■■: awake but unsettled
- ■■■■■■: awake but settled
- ■■: sleeping