

Day	Midnight												Noon					Comments										
	6p	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10		11	12	1	2	3	4	5			

Day	Midnight												Noon					Comments										
	6p	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10		11	12	1	2	3	4	5			
Ex.																												

Key: ↑=out of bed ↓=In bed Filled In=asleep