

DAY	BED TIME	WAKE TIME	HOURS OF SLEEP
<i>Usual Weekday Habit</i>	<i>1:30 a.m.</i>	<i>8:30 a.m.</i>	<i>7</i>
Saturday - Sunday	12:45 a.m.	9:45 a.m.	9
Sunday - Monday	12:30 a.m.	8:30 a.m.	8
Monday - Tuesday	12:15 a.m.	8:15 a.m.	8
Tuesday - Wednesday	12:00 a.m.	8:15 a.m.	8.25
Wednesday - Thursday	11:45 a.m.	8:15 a.m.	8.5
Thursday - Friday	11:15 p.m.	8:00 a.m.	8.75
Friday - Saturday	12:00 a.m.	9:00 a.m.	9
Saturday - Sunday	12:00 a.m.	9:00 a.m.	9
Sunday - Monday	11:15 p.m.	8:00 a.m.	8.75
Monday - Tuesday	11:00 p.m.	7:45 a.m.	8.75
Tuesday - Wednesday	10:45 p.m.	7:30 a.m.	8.75
Wednesday - Thursday	10:30 p.m.	7:15 a.m.	8.75
Thursday - Friday	10:15 p.m.	7:00 a.m.	8.75

DAY	BED TIME	WAKE TIME	HOURS OF SLEEP
<i>Usual Weekday Habit</i>			
Saturday - Sunday			
Sunday - Monday			
Monday - Tuesday			
Tuesday - Wednesday			
Wednesday - Thursday			
Thursday - Friday			
Friday - Saturday			
Saturday - Sunday			
Sunday - Monday			
Monday - Tuesday			
Tuesday - Wednesday			
Wednesday - Thursday			
Thursday - Friday			