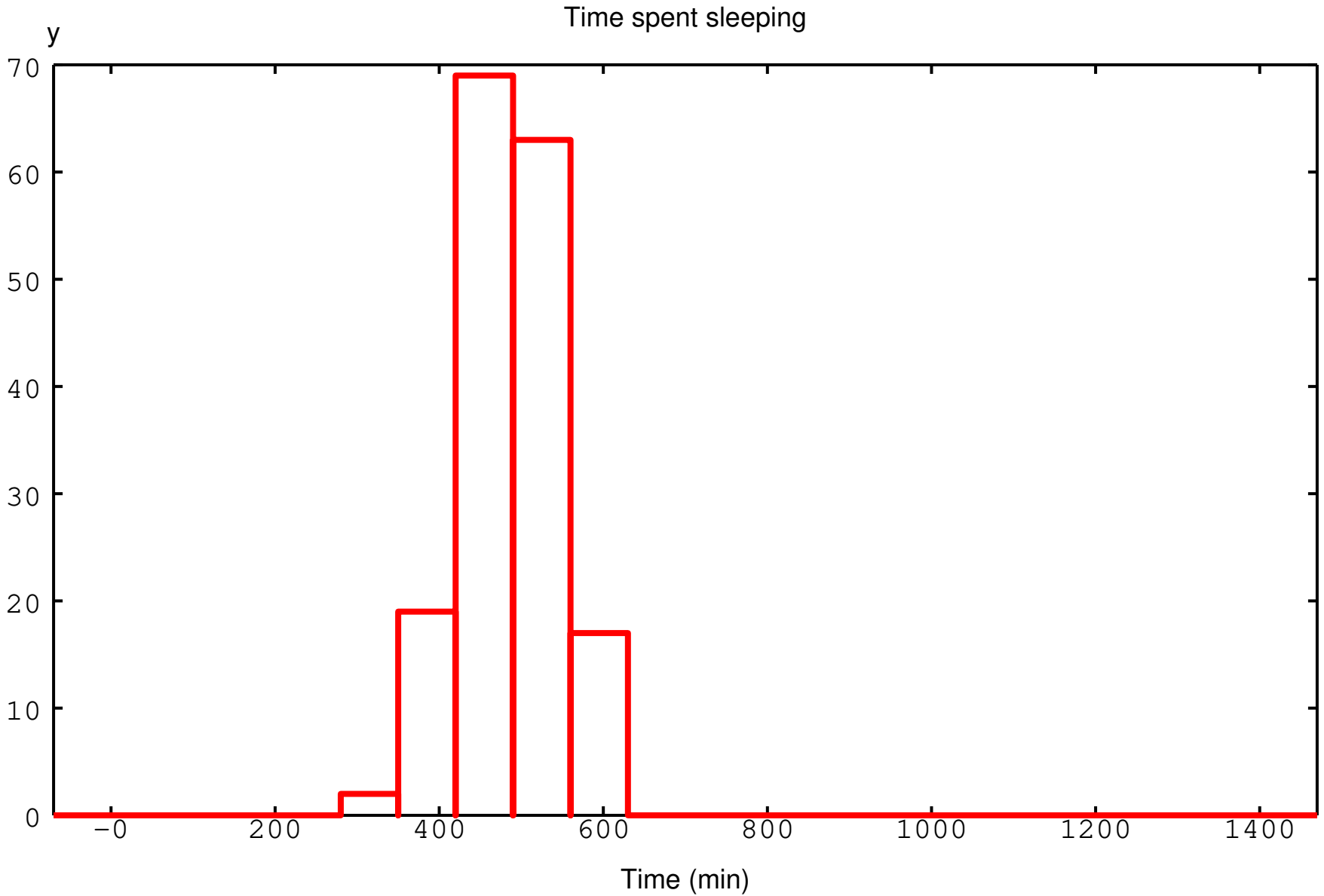
Time spent sleeping
y
70
60
50
40
30
20
10
0
-0
200
400
600
800
1000
1200
1400
Time (min)