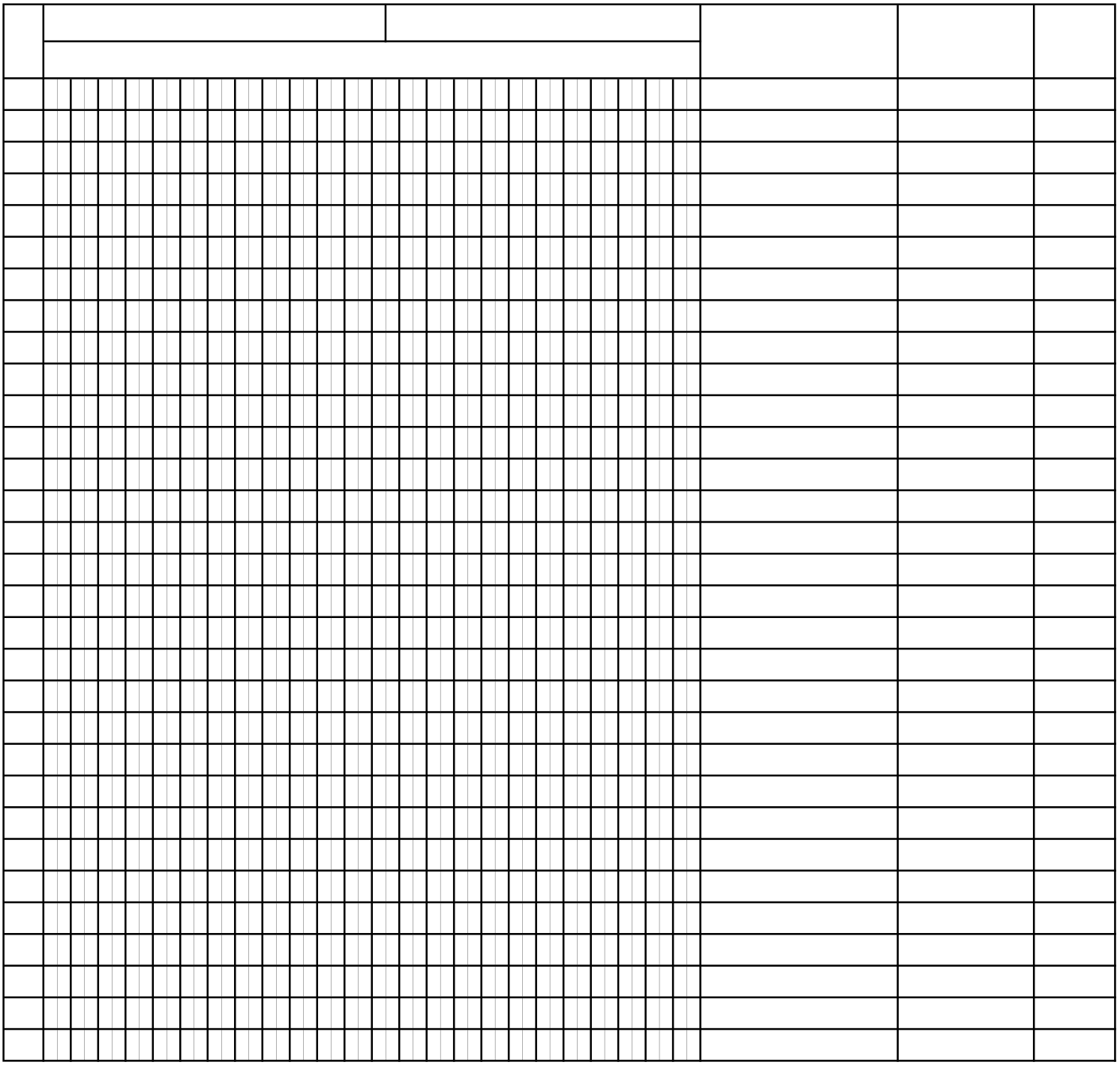
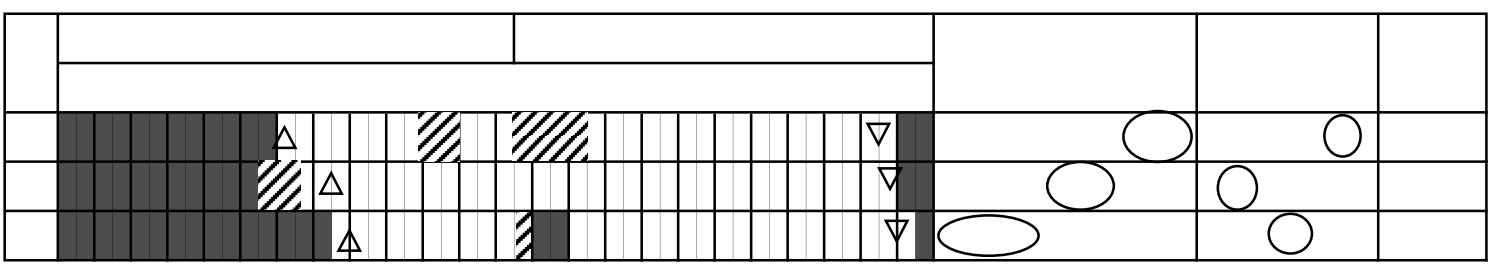
睡　眠　日　誌



▽　就床時間

△　離床時刻