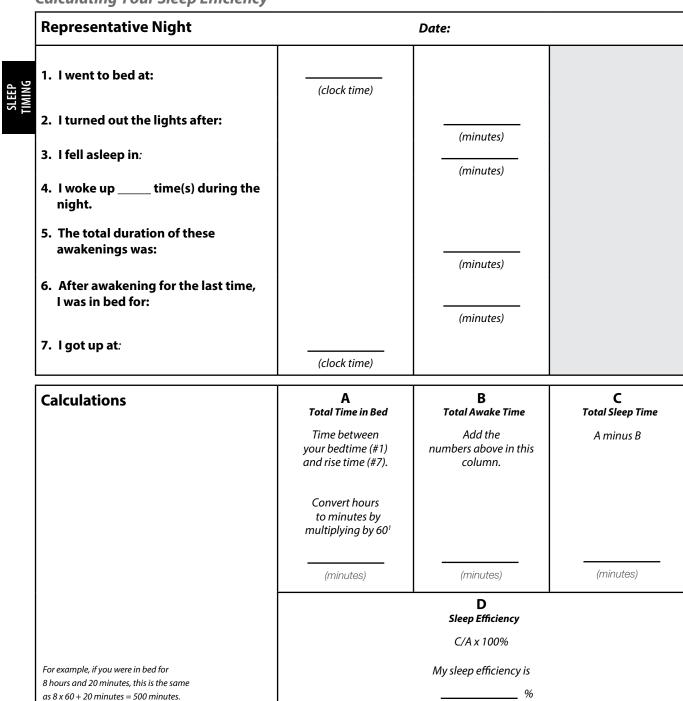
SLEEP EFFICIENCY CALCULATION SHEET

A self-calculating electronic form is available at www.sinkintosleep.com.



Calculating Your Sleep Efficiency