

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:30	Wake up, breakfast	Sleep		Up w/A, feed bottle	Sleep		
4	Read	Up 4:15/8:15 London	Up w/A, feed	Try to sleep			
4:30	Read	Lie in bed, think	Up, back to sleep by 5	Fall asleep		Up 4:45 w/A	