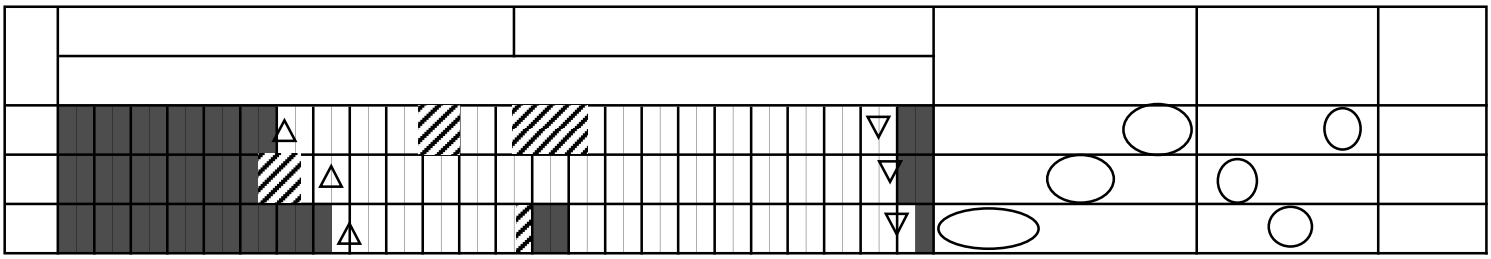
睡　眠　日　誌

▽　就床時間

△　離床時刻