uit bed
wakker in bed
slaap

C cafeïne
A alcohol

S sport
M medicatie

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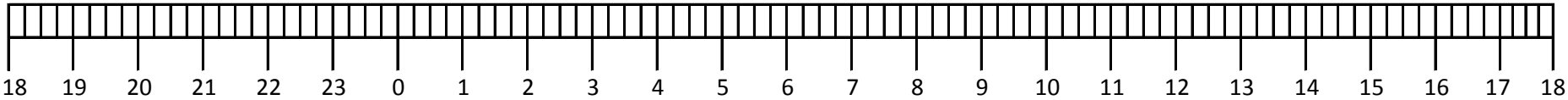

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Slaapkwaliteit: …/10

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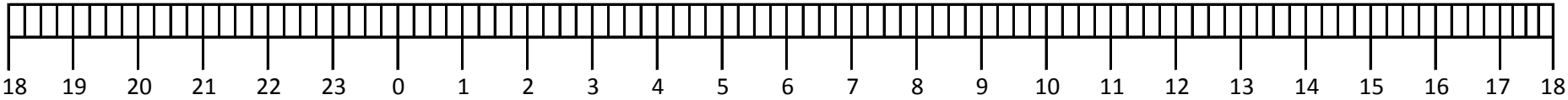

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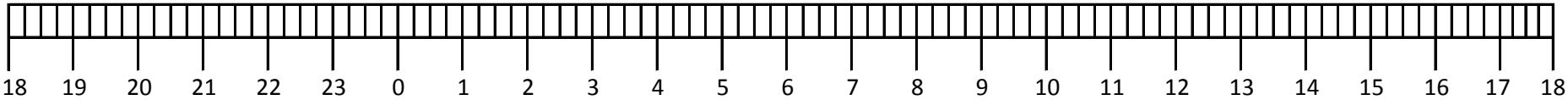

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Slaapkwaliteit: …/10

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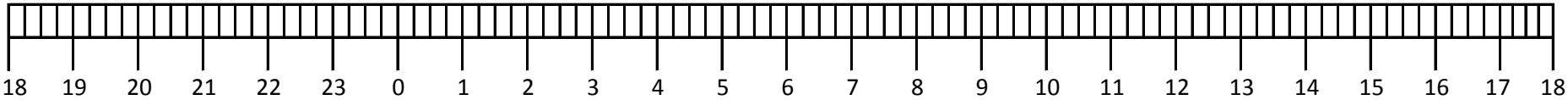

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Slaapkwaliteit: …/10

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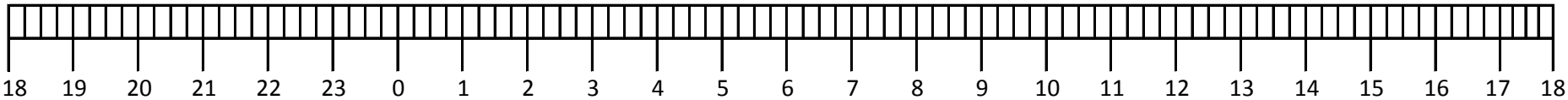

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Slaapkwaliteit: …/10

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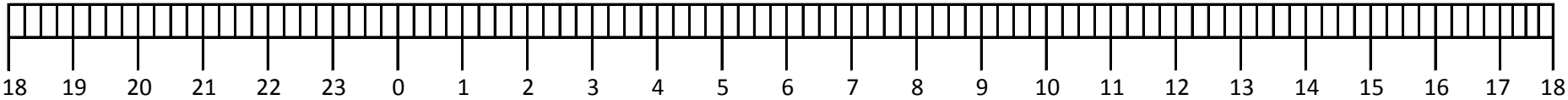

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Slaapkwaliteit: …/10

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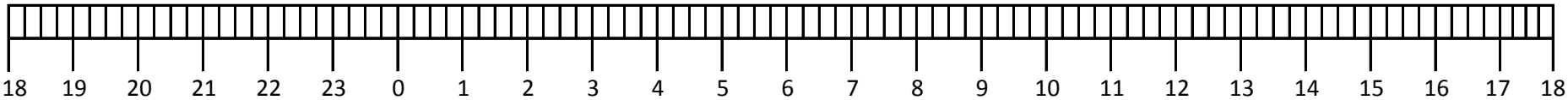

Uitgerust gevoel: …/10
Slaapkwaliteit: …/10