data								e Commonto		
date	day					wake up times	rating	racker	exercise	Comments
01.01.2021	Monday			W1	2	00:30, 03:45	70	73	skipped	Stress at work, worked till late
02.01.2021	Tuesday	21:45	5:45	W1	2	00:15, 03:30	80	78	W1	Big walk before bed

## Simon Says 30-Day Sleep Challenge