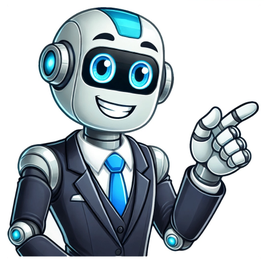
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Sleep problems are a common symptom of mental illnesses often overlooked. Sleep deprivation can cause moodiness, high blood pressure, poor concentration, prolonged mental illness, and work difficulties, among other issues. A sleep diary is an essential tool for tracking sleep patterns and identifying contributing factors. The diary has two sections: one to be completed first thing in the morning and another before bed at night.About one unit of alcohol is equivalent to a half pint of regular beer or lager, a small shot of spirits, or a standard wine glass. For the past five pm, did you consume any units of alcohol? N. How many minutes of moderate or intense physical activity, such as brisk walking, jogging, or swimming, did you engage in before nine pm? Moderate exercise includes activities like heavy DIY or gardening.O. What about after nine pm? Did you participate in any moderate or intense physical activity? P. Have you used any street drugs, including cocaine, amphetamines, or heroin? Yes or no. If yes, please specify which one(s). Q. Did you take any naps during the day or evening? Yes or no.R. If so, how many minutes did your total nap time last? S. Are there any other relevant details to include? For example, if you were particularly stressed or anxious, note that as well.

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