

Deerfield — 001 DERC

Date range: 2025-11-04 to 2026-03-16

Sleep Metrics (2025-11-04 to 2026-03-16)



Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Mar 13, 2026	2	5:55	6:38	28 min	09:00 PM	04:00 AM
Mar 12, 2026	1	6:59	7:14	7 min	08:30 PM	04:00 AM
Mar 11, 2026	2	6:41	7:40	18 min	09:00 PM	05:00 AM
Mar 10, 2026	0	10:20	12:07	39 min	07:30 PM	07:30 AM
Mar 09, 2026	0	10:02	10:58	8 min	09:00 PM	08:00 AM
Mar 08, 2026	0	7:22	7:35	10 min	08:00 PM	04:30 AM
Mar 07, 2026	0	7:57	12:25	253 min	03:00 PM	03:30 AM
Mar 06, 2026	1	7:58	8:26	12 min	06:00 PM	03:00 AM
Mar 05, 2026	1	8:18	8:48	29 min	07:00 PM	04:30 AM
Mar 04, 2026	1	6:31	6:47	12 min	07:30 PM	02:30 AM
Mar 03, 2026	1	8:55	9:25	30 min	06:30 PM	04:00 AM
Mar 02, 2026	1	5:49	6:27	10 min	07:00 PM	01:30 AM
Mar 01, 2026	1	8:53	9:13	18 min	07:00 PM	04:00 AM
Feb 28, 2026	1	7:53	8:20	11 min	08:00 PM	04:30 AM
Feb 27, 2026	1	7:17	7:52	8 min	08:00 PM	04:00 AM
Feb 26, 2026	1	7:28	7:59	22 min	08:30 PM	04:30 AM
Feb 25, 2026	1	9:05	9:22	11 min	08:00 PM	05:30 AM
Feb 24, 2026	2	9:38	10:36	24 min	07:30 PM	06:30 AM
Feb 23, 2026	2	3:30	3:54	15 min	01:00 AM	05:00 AM
Feb 22, 2026	0	10:46	11:50	42 min	07:00 PM	07:30 PM
Feb 21, 2026	1	0:36	1:20	15 min	02:00 AM	04:00 AM
Feb 20, 2026	0	9:51	10:48	29 min	07:00 PM	08:00 PM
Feb 19, 2026	1	3:52	4:21	25 min	12:30 AM	05:00 AM
Feb 18, 2026	1	11:11	13:41	74 min	04:00 PM	06:00 AM
Feb 17, 2026	0	6:23	8:54	144 min	02:30 AM	02:00 PM
Feb 16, 2026	0	10:02	11:42	43 min	12:00 AM	12:00 PM
Feb 15, 2026	1	9:46	9:54	7 min	08:30 PM	06:30 AM
Feb 14, 2026	1	4:57	5:17	12 min	01:30 AM	06:30 AM
Feb 13, 2026	0	7:45	9:40	11 min	11:00 PM	08:30 AM
Feb 12, 2026	0	10:56	11:51	8 min	10:30 PM	10:00 AM
Feb 11, 2026	1	5:50	6:01	11 min	01:00 AM	07:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 10, 2026	1	6:30	8:09	17 min	12:30 AM	01:00 PM
Feb 09, 2026	1	4:09	4:52	21 min	12:30 AM	05:30 AM
Feb 08, 2026	0	9:24	9:53	13 min	08:30 PM	06:30 AM
Feb 07, 2026	0	3:18	3:35	13 min	02:00 AM	05:30 AM
Feb 06, 2026	2	12:07	13:31	38 min	02:30 PM	05:30 AM
Feb 05, 2026	1	5:03	5:33	18 min	01:00 AM	06:30 AM
Feb 04, 2026	0	9:53	11:27	29 min	08:30 PM	08:00 AM
Feb 03, 2026	0	6:38	7:14	29 min	10:30 PM	05:30 AM
Feb 02, 2026	0	10:00	10:15	15 min	09:00 PM	07:30 AM
Feb 01, 2026	0	9:55	11:41	28 min	11:30 PM	11:00 AM
Jan 31, 2026	1	7:22	7:38	11 min	11:30 PM	07:00 AM
Jan 30, 2026	0	0:49	1:15	26 min	05:30 AM	07:00 AM
Jan 29, 2026	0	10:29	11:50	16 min	12:30 AM	12:00 PM
Jan 28, 2026	1	7:41	8:14	9 min	11:00 PM	07:00 AM
Jan 27, 2026	0	7:23	8:46	10 min	11:30 PM	08:30 AM
Jan 26, 2026	1	5:22	5:41	12 min	01:30 AM	07:30 AM
Jan 25, 2026	1	10:25	11:07	22 min	08:00 PM	07:00 AM
Jan 24, 2026	1	3:07	3:46	32 min	03:30 AM	07:30 AM
Jan 23, 2026	1	10:36	11:16	11 min	07:30 PM	07:00 AM
Jan 22, 2026	1	4:32	5:12	24 min	02:30 AM	08:00 AM
Jan 21, 2026	2	8:24	10:00	20 min	12:30 AM	12:00 PM
Jan 20, 2026	0	8:26	9:43	15 min	11:30 PM	09:30 AM
Jan 19, 2026	1	6:43	7:25	41 min	11:00 PM	06:30 AM
Jan 18, 2026	1	6:57	7:28	14 min	12:30 AM	08:00 AM
Jan 17, 2026	0	4:50	5:19	16 min	01:00 AM	06:30 AM
Jan 16, 2026	1	3:55	4:14	16 min	02:30 AM	07:00 AM
Jan 15, 2026	1	8:03	8:56	18 min	10:00 PM	07:00 AM
Jan 14, 2026	0	3:15	3:39	15 min	03:30 AM	07:00 AM
Jan 13, 2026	1	11:03	11:34	16 min	07:00 PM	07:00 AM
Jan 12, 2026	0	7:19	8:19	17 min	05:00 AM	01:00 PM
Jan 11, 2026	2	9:18	11:01	19 min	09:00 PM	08:30 AM
Jan 10, 2026	2	8:44	9:42	28 min	07:30 PM	06:30 AM
Jan 09, 2026	1	9:16	9:59	28 min	08:00 PM	06:00 AM
Jan 08, 2026	1	7:51	8:23	17 min	10:00 PM	06:30 AM
Jan 07, 2026	1	8:57	10:37	23 min	03:30 AM	02:30 PM
Jan 06, 2026	1	7:56	9:06	58 min	07:30 PM	05:00 AM
Jan 05, 2026	2	7:25	7:59	27 min	11:00 PM	07:00 AM
Jan 04, 2026	0	5:18	6:05	36 min	01:00 AM	07:00 AM
Jan 03, 2026	2	5:10	5:58	36 min	01:30 AM	08:00 PM
Jan 02, 2026	1	10:26	11:28	29 min	07:30 PM	07:00 AM
Jan 01, 2026	1	2:50	3:03	12 min	02:30 AM	05:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 31, 2025	2	10:16	10:32	15 min	08:00 PM	07:00 AM
Dec 30, 2025	1	3:29	4:03	16 min	01:30 AM	05:30 AM
Dec 29, 2025	2	7:19	8:20	26 min	09:00 PM	05:30 AM
Dec 28, 2025	1	7:39	8:27	48 min	09:30 PM	06:30 AM
Dec 27, 2025	2	7:49	8:31	9 min	08:30 PM	05:30 AM
Dec 26, 2025	2	8:40	10:03	46 min	08:00 PM	07:00 AM
Dec 25, 2025	1	6:56	8:34	9 min	09:00 PM	05:30 AM
Dec 24, 2025	2	5:56	7:44	74 min	10:00 PM	06:00 AM
Dec 23, 2025	2	6:59	8:39	93 min	08:30 PM	05:30 AM
Dec 22, 2025	1	7:55	8:50	12 min	08:00 PM	05:00 AM
Dec 21, 2025	0	9:14	11:29	110 min	08:00 PM	07:30 AM
Dec 20, 2025	2	7:40	9:27	57 min	08:30 PM	06:30 AM
Dec 19, 2025	2	7:29	10:32	71 min	08:30 PM	11:30 AM
Dec 18, 2025	2	7:50	8:56	38 min	09:30 PM	07:00 AM
Dec 17, 2025	1	4:55	6:19	19 min	12:00 AM	06:30 AM
Dec 16, 2025	2	9:21	9:50	14 min	09:00 PM	07:00 AM
Dec 15, 2025	0	3:19	3:44	12 min	01:30 AM	05:00 AM
Dec 14, 2025	2	8:25	9:34	55 min	08:00 PM	06:00 AM
Dec 13, 2025	2	6:31	7:54	18 min	09:30 PM	06:00 AM
Dec 12, 2025	1	8:07	8:38	20 min	09:30 PM	06:30 AM
Dec 11, 2025	1	8:17	9:08	34 min	09:30 PM	07:00 AM
Dec 10, 2025	0	4:40	6:35	72 min	01:00 AM	07:30 AM
Dec 09, 2025	2	10:43	11:23	28 min	07:30 PM	07:00 AM
Dec 08, 2025	2	15:47	21:27	72 min	04:00 PM	01:30 PM
Dec 07, 2025	1	9:39	10:49	30 min	07:30 PM	07:00 AM
Dec 06, 2025	2	8:32	9:00	21 min	10:00 PM	07:00 AM
Dec 05, 2025	0	10:24	11:49	13 min	10:30 PM	10:30 AM
Dec 04, 2025	2	7:58	8:40	25 min	09:30 PM	06:30 AM
Dec 03, 2025	1	7:31	7:46	10 min	11:00 PM	07:00 AM
Dec 02, 2025	1	5:39	6:06	22 min	12:00 AM	06:30 AM
Dec 01, 2025	1	6:14	6:39	16 min	11:30 PM	06:30 AM
Nov 30, 2025	3	7:30	8:24	7 min	10:30 PM	07:30 AM
Nov 29, 2025	0	6:15	6:38	15 min	12:30 AM	07:00 AM
Nov 28, 2025	3	8:15	9:04	15 min	12:30 AM	10:30 AM
Nov 27, 2025	0	1:45	2:07	22 min	05:30 AM	07:30 AM
Nov 26, 2025	1	8:00	8:16	9 min	10:30 PM	07:00 AM
Nov 25, 2025	1	4:44	5:14	22 min	12:30 AM	06:00 AM
Nov 24, 2025	1	7:44	8:24	22 min	08:30 PM	05:00 AM
Nov 23, 2025	0	9:44	11:09	59 min	08:00 PM	07:00 AM
Nov 22, 2025	1	4:09	4:41	24 min	04:30 AM	09:30 AM
Nov 21, 2025	1	10:09	10:31	15 min	08:30 PM	07:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 19, 2025	0	11:14	12:01	34 min	07:00 PM	07:00 AM
Nov 18, 2025	0	0:08	2:51	163 min	11:00 PM	02:00 AM
Nov 17, 2025	0	10:14	11:40	22 min	12:30 AM	12:30 PM
Nov 16, 2025	1	9:48	11:03	61 min	08:00 PM	07:00 AM
Nov 15, 2025	2	6:29	7:15	14 min	09:30 PM	05:00 AM
Nov 14, 2025	1	9:29	9:54	25 min	09:00 PM	07:00 AM

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