

Deerfield — 002 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
Feb 23, 2026	1	10:03	10:53	12 min	08:00 PM	09:00 AM
Feb 22, 2026	1	19:08	21:30	74 min	10:30 AM	09:00 AM
Feb 20, 2026	0	6:01	7:47	64 min	09:30 PM	05:00 AM
Feb 19, 2026	1	23:51	26:15	2 min	01:00 PM	05:30 PM
Feb 11, 2026	1	8:01	9:11	16 min	10:00 PM	07:30 AM
Feb 10, 2026	1	6:38	9:18	16 min	10:00 PM	07:30 AM
Feb 09, 2026	1	19:44	20:18	20 min	10:00 PM	06:00 PM
Feb 06, 2026	2	7:34	9:43	78 min	09:30 PM	07:30 AM
Feb 05, 2026	1	8:39	10:37	64 min	08:30 PM	07:30 AM
Feb 04, 2026	1	8:06	9:10	30 min	09:30 PM	07:00 AM
Feb 03, 2026	0	8:55	10:09	22 min	09:00 PM	07:00 AM
Feb 02, 2026	1	9:39	10:16	22 min	09:00 PM	07:00 AM
Feb 01, 2026	1	9:23	9:43	11 min	09:30 PM	07:00 AM
Jan 31, 2026	1	8:07	9:29	23 min	09:30 PM	07:00 AM
Jan 30, 2026	1	9:09	9:32	17 min	09:00 PM	07:00 AM
Jan 29, 2026	1	6:04	10:25	60 min	08:30 PM	07:30 AM
Jan 28, 2026	0	12:52	17:39	172 min	03:00 PM	08:30 AM
Jan 27, 2026	3	27:56	32:28	14 min	08:00 PM	07:00 AM
Jan 25, 2026	1	8:52	9:40	22 min	09:30 PM	07:30 AM
Jan 24, 2026	3	34:50	40:30	32 min	09:00 PM	04:30 PM
Jan 22, 2026	1	9:10	10:48	98 min	08:30 PM	07:30 AM
Jan 21, 2026	1	9:43	10:07	17 min	08:00 PM	06:30 AM
Jan 20, 2026	1	6:36	9:21	36 min	09:00 PM	06:30 AM
Jan 19, 2026	3	38:41	44:04	78 min	09:00 PM	06:30 PM
Jan 17, 2026	0	9:23	10:19	27 min	08:00 PM	07:00 AM
Jan 16, 2026	1	8:32	9:09	27 min	09:30 PM	06:30 AM
Jan 15, 2026	0	9:12	9:49	30 min	08:00 PM	06:00 AM
Jan 14, 2026	2	7:52	10:55	43 min	09:00 PM	08:00 AM
Jan 13, 2026	1	7:50	8:42	45 min	08:30 PM	05:30 AM
Jan 12, 2026	1	20:25	22:28	90 min	08:00 PM	06:30 PM
Jan 11, 2026	1	8:47	10:42	28 min	08:00 PM	07:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 10, 2026	2	7:45	9:07	37 min	09:00 PM	06:30 AM
Jan 09, 2026	0	8:43	10:09	49 min	08:30 PM	07:00 AM
Jan 08, 2026	1	8:32	10:31	39 min	08:30 PM	07:00 AM
Jan 07, 2026	2	9:27	11:32	36 min	07:30 PM	07:30 AM
Jan 06, 2026	1	9:28	11:42	101 min	06:30 PM	06:30 AM
Jan 05, 2026	1	7:44	9:54	76 min	08:30 PM	06:30 AM
Jan 04, 2026	1	6:24	8:35	81 min	09:30 PM	06:00 AM
Jan 03, 2026	2	9:23	9:56	32 min	08:30 PM	06:30 AM
Jan 02, 2026	2	8:12	9:25	46 min	08:30 PM	06:30 AM
Jan 01, 2026	2	8:24	10:06	21 min	08:00 PM	06:30 AM
Dec 31, 2025	1	8:53	10:24	24 min	09:00 PM	08:00 AM
Dec 30, 2025	1	7:05	8:51	28 min	09:30 PM	06:30 AM
Dec 29, 2025	1	9:01	10:30	26 min	07:30 PM	06:00 AM
Dec 28, 2025	2	7:22	8:50	24 min	09:00 PM	06:30 AM
Dec 27, 2025	3	7:59	8:35	23 min	09:30 PM	06:30 AM
Dec 26, 2025	2	7:25	8:46	31 min	09:00 PM	06:30 AM
Dec 25, 2025	0	8:28	9:30	19 min	09:30 PM	07:30 AM
Dec 24, 2025	1	7:58	10:01	76 min	08:30 PM	07:00 AM
Dec 23, 2025	1	7:49	8:59	20 min	09:30 PM	06:30 AM
Dec 22, 2025	1	8:54	9:31	30 min	08:30 PM	06:00 AM
Dec 21, 2025	1	9:28	9:57	14 min	08:00 PM	06:00 AM
Dec 20, 2025	1	8:42	9:49	44 min	08:30 PM	06:30 AM