

Deerfield — 006 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	0	13:31	18:46	65 min	02:00 PM	05:00 PM
Mar 12, 2026	1	9:47	13:42	29 min	09:00 PM	11:30 AM
Mar 11, 2026	2	9:45	12:21	11 min	01:00 AM	04:00 PM
Mar 10, 2026	1	14:47	18:32	95 min	08:00 PM	10:00 PM
Mar 09, 2026	4	14:44	19:25	34 min	09:00 PM	05:30 PM
Mar 08, 2026	3	8:53	13:34	66 min	09:30 PM	06:00 PM
Mar 07, 2026	2	9:31	14:11	45 min	08:00 PM	04:00 PM
Mar 06, 2026	1	8:46	11:04	76 min	08:30 PM	05:00 PM
Mar 05, 2026	1	8:41	12:12	51 min	07:00 PM	05:00 PM
Mar 04, 2026	1	10:24	14:03	60 min	08:00 PM	04:30 PM
Mar 03, 2026	2	15:47	21:16	19 min	02:30 PM	03:30 PM
Mar 02, 2026	1	11:32	12:56	47 min	08:00 PM	11:30 AM
Mar 01, 2026	2	10:17	14:37	90 min	09:00 PM	04:00 PM
Feb 28, 2026	1	10:01	13:51	98 min	07:30 PM	12:00 PM
Feb 27, 2026	1	10:47	16:19	32 min	07:30 PM	03:30 PM
Feb 26, 2026	2	9:41	15:23	71 min	08:00 PM	03:30 PM
Feb 25, 2026	2	14:41	19:41	55 min	08:00 PM	05:30 PM
Feb 24, 2026	2	9:00	11:44	62 min	09:00 PM	02:30 PM
Feb 23, 2026	2	10:22	14:31	89 min	08:00 PM	04:30 PM
Feb 22, 2026	2	11:16	17:37	87 min	04:00 PM	05:30 PM
Feb 21, 2026	2	10:05	12:47	75 min	09:00 PM	12:30 PM
Feb 20, 2026	2	10:46	13:28	74 min	10:30 PM	04:30 PM
Feb 19, 2026	2	7:19	9:28	75 min	12:00 AM	04:30 PM
Feb 18, 2026	2	14:03	21:52	73 min	08:30 PM	10:00 PM
Dec 12, 2025	0	4:37	6:37	92 min	01:30 PM	08:30 PM
Dec 09, 2025	1	12:47	13:52	22 min	07:30 PM	09:30 AM
Dec 08, 2025	0	10:18	11:14	17 min	10:00 PM	09:00 AM
Dec 07, 2025	0	8:52	11:04	102 min	09:00 PM	08:00 AM
Dec 06, 2025	3	9:50	11:03	54 min	07:30 PM	07:30 AM
Dec 05, 2025	2	12:11	13:25	17 min	07:30 PM	09:00 AM
Dec 04, 2025	1	13:06	14:19	17 min	07:30 PM	10:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 03, 2025	1	8:50	9:33	13 min	12:30 AM	10:30 AM
Dec 02, 2025	1	14:06	16:38	98 min	08:30 PM	10:30 PM
Dec 01, 2025	2	10:22	14:06	27 min	04:30 PM	07:00 AM
Nov 30, 2025	1	9:57	12:02	42 min	07:00 PM	07:30 AM
Nov 29, 2025	1	9:02	10:49	33 min	06:00 PM	06:00 AM
Nov 28, 2025	1	11:55	14:35	37 min	07:00 PM	10:00 AM
Nov 27, 2025	0	8:16	12:10	154 min	06:30 PM	06:30 AM
Nov 26, 2025	2	13:00	14:42	15 min	05:30 PM	08:30 AM
Nov 25, 2025	1	11:17	12:37	20 min	08:30 PM	09:00 AM
Nov 24, 2025	1	9:49	11:26	15 min	09:00 PM	08:30 AM
Nov 23, 2025	1	8:29	9:30	22 min	10:00 PM	07:30 AM
Nov 22, 2025	2	11:28	13:58	54 min	06:30 PM	09:00 AM
Nov 21, 2025	0	13:19	14:58	25 min	07:00 PM	10:00 AM
Nov 20, 2025	1	9:10	10:32	19 min	09:00 PM	08:00 AM
Nov 19, 2025	2	9:53	11:51	40 min	10:00 PM	10:00 AM
Nov 18, 2025	0	11:44	16:10	165 min	05:00 PM	09:00 AM
Nov 17, 2025	1	2:04	4:05	9 min	02:30 AM	06:30 AM
Nov 16, 2025	1	13:01	15:32	70 min	06:30 PM	11:00 PM
Nov 15, 2025	1	8:35	9:36	9 min	11:30 PM	09:00 AM
Nov 14, 2025	0	4:21	5:32	64 min	04:30 AM	07:30 PM
Nov 13, 2025	1	9:49	11:28	57 min	02:00 AM	11:00 PM
Nov 12, 2025	1	8:47	12:51	93 min	11:00 PM	11:00 PM
Nov 11, 2025	2	11:07	13:49	71 min	08:00 PM	08:00 PM
Nov 10, 2025	1	14:01	17:15	134 min	06:00 PM	03:30 PM
Nov 09, 2025	1	5:16	6:14	14 min	03:00 AM	09:30 AM
Nov 08, 2025	0	6:34	9:19	116 min	07:30 PM	10:30 PM
Nov 07, 2025	0	8:06	10:02	46 min	09:00 PM	07:00 AM
Nov 06, 2025	1	8:15	9:15	36 min	09:30 PM	07:00 AM
Nov 05, 2025	2	8:59	10:38	50 min	07:30 PM	07:30 AM
Nov 04, 2025	1	7:31	9:35	74 min	07:30 PM	05:30 AM