

FVDublin — 309 Sells

Date range: 2025-09-23 to 2026-03-16

Sleep Metrics (2025-09-23 to 2026-03-16)

1.1 BED EXITS (MEDIAN)	8:00 PM BEDTIME (MEDIAN)	10.1 hrs TOTAL SLEEP TIME	80% SLEEP EFFICIENCY	27 min SLEEP LATENCY
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Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Mar 13, 2026	1	8:45	9:51	26 min	08:30 PM	07:00 AM
Mar 12, 2026	1	9:15	10:10	35 min	09:30 PM	08:00 AM
Mar 11, 2026	0	11:21	12:18	38 min	07:30 PM	08:00 AM
Mar 10, 2026	0	0:26	0:40	14 min	11:00 AM	11:30 AM
Mar 09, 2026	2	5:02	8:40	48 min	08:00 PM	05:30 AM
Mar 08, 2026	0	7:25	7:56	18 min	09:00 PM	06:00 AM
Mar 07, 2026	1	9:49	10:06	17 min	08:00 PM	06:30 AM
Mar 06, 2026	1	8:00	11:29	116 min	06:30 PM	01:30 PM
Mar 05, 2026	1	7:22	9:29	21 min	09:00 PM	07:30 AM
Mar 04, 2026	3	6:09	7:53	33 min	09:30 PM	06:00 AM
Mar 03, 2026	3	8:28	11:18	44 min	07:30 PM	08:00 AM
Mar 02, 2026	1	9:33	10:26	10 min	08:30 PM	08:00 AM
Mar 01, 2026	3	12:03	15:21	18 min	07:30 PM	12:30 PM
Feb 28, 2026	0	7:40	8:07	17 min	09:30 PM	06:00 AM
Feb 27, 2026	1	11:38	12:40	20 min	07:00 PM	08:00 AM
Feb 26, 2026	1	9:48	10:20	16 min	09:30 PM	08:00 AM
Feb 25, 2026	2	7:29	8:55	27 min	07:30 PM	05:00 AM
Feb 24, 2026	3	7:09	8:51	57 min	07:30 PM	08:00 AM
Feb 23, 2026	1	7:03	8:06	23 min	09:30 PM	06:00 AM
Feb 22, 2026	2	10:55	12:28	30 min	06:30 PM	07:30 AM
Feb 21, 2026	2	9:27	10:38	31 min	08:00 PM	07:00 AM
Feb 20, 2026	0	7:30	7:46	16 min	10:00 PM	06:00 AM
Feb 19, 2026	0	13:01	13:59	21 min	09:00 PM	11:00 AM
Feb 18, 2026	1	14:48	15:44	17 min	01:30 AM	05:30 PM
Feb 17, 2026	0	9:34	11:30	29 min	08:00 PM	07:30 AM
Feb 16, 2026	0	10:57	12:31	84 min	10:30 PM	11:00 AM
Feb 15, 2026	1	6:16	7:32	13 min	09:30 PM	06:30 AM
Feb 14, 2026	0	22:11	25:15	137 min	02:00 PM	03:30 PM
Feb 08, 2026	2	10:19	13:14	58 min	02:00 AM	09:30 PM
Feb 07, 2026	1	8:26	9:01	22 min	08:30 PM	06:00 AM
Feb 06, 2026	1	11:50	12:48	27 min	09:00 PM	10:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 05, 2026	0	18:28	20:06	14 min	06:30 PM	03:30 PM
Feb 04, 2026	1	2:52	3:56	30 min	01:00 AM	05:30 AM
Feb 03, 2026	0	19:53	24:34	193 min	07:00 PM	11:00 PM
Feb 02, 2026	1	11:46	13:54	22 min	09:00 PM	11:00 AM
Feb 01, 2026	1	11:59	13:51	17 min	09:00 PM	11:30 AM
Jan 31, 2026	1	8:28	9:06	13 min	09:00 PM	06:30 AM
Jan 30, 2026	0	14:29	21:32	293 min	07:00 PM	05:00 PM
Jan 29, 2026	1	15:58	18:35	44 min	08:30 PM	03:30 PM
Jan 28, 2026	0	16:31	18:56	39 min	08:30 PM	03:30 PM
Jan 27, 2026	1	13:31	16:43	71 min	06:00 PM	12:00 PM
Jan 26, 2026	1	12:35	14:56	15 min	09:00 PM	12:30 PM
Jan 25, 2026	1	13:55	15:28	60 min	07:30 PM	11:30 AM
Jan 24, 2026	0	11:20	13:55	23 min	06:30 PM	08:30 AM
Jan 23, 2026	1	19:17	21:00	33 min	05:30 PM	03:30 PM
Jan 22, 2026	2	7:47	12:29	43 min	06:30 PM	08:30 AM
Jan 21, 2026	1	7:43	10:24	46 min	08:00 PM	07:30 AM
Jan 20, 2026	0	38:47	41:56	11 min	07:30 PM	02:00 PM
Jan 18, 2026	3	8:05	13:04	74 min	05:30 PM	10:30 AM
Jan 17, 2026	3	13:12	16:06	23 min	09:30 PM	03:00 PM
Jan 16, 2026	2	13:57	16:03	47 min	06:30 PM	10:30 AM
Jan 15, 2026	1	18:38	19:31	22 min	06:30 PM	02:00 PM
Jan 14, 2026	1	9:46	11:20	36 min	07:00 PM	06:30 AM
Jan 13, 2026	2	14:10	16:32	43 min	07:00 PM	12:00 PM
Jan 12, 2026	0	13:07	14:43	23 min	09:30 PM	12:30 PM
Jan 11, 2026	2	7:22	8:38	17 min	08:00 PM	06:00 AM
Jan 10, 2026	2	8:22	10:19	32 min	07:00 PM	06:00 AM
Jan 09, 2026	2	12:56	15:56	4 min	06:00 PM	10:30 AM