

FVDublin — 101 Ebay

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

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

1.0 BED EXITS (MEDIAN)	8:30 PM BEDTIME (MEDIAN)	11.1 hrs TOTAL SLEEP TIME	86% SLEEP EFFICIENCY	33 min SLEEP LATENCY
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Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Mar 12, 2026	1	23:13	26:05	12 min	06:00 AM	09:00 AM
Mar 05, 2026	0	8:39	9:13	25 min	03:00 AM	12:00 PM
Mar 04, 2026	1	12:12	13:21	17 min	09:00 PM	10:30 AM
Mar 03, 2026	2	12:09	13:03	20 min	08:30 PM	10:00 AM
Mar 02, 2026	0	10:10	12:27	47 min	11:30 PM	03:30 PM
Mar 01, 2026	1	16:54	18:52	32 min	09:30 PM	08:00 PM
Feb 28, 2026	1	30:39	36:12	16 min	07:30 PM	08:00 AM
Feb 26, 2026	2	32:17	36:42	37 min	10:00 PM	04:00 PM
Feb 24, 2026	0	10:37	15:16	40 min	09:30 PM	07:30 PM
Feb 23, 2026	1	9:35	11:59	26 min	07:00 PM	07:30 AM
Feb 22, 2026	0	31:30	46:12	25 min	08:00 AM	09:00 AM
Feb 20, 2026	1	4:06	9:10	242 min	08:30 PM	06:00 AM
Feb 19, 2026	2	11:05	13:50	55 min	08:30 PM	11:30 AM
Feb 18, 2026	0	6:50	9:51	62 min	08:30 PM	06:00 AM
Feb 17, 2026	0	10:29	10:45	16 min	10:00 PM	08:30 AM
Feb 16, 2026	0	2:52	3:29	37 min	09:00 AM	12:00 PM
Feb 15, 2026	0	6:52	11:47	144 min	08:30 PM	08:00 AM
Feb 14, 2026	1	10:54	13:13	87 min	10:00 PM	11:30 AM
Feb 13, 2026	1	5:48	12:18	200 min	10:30 PM	11:00 AM
Feb 12, 2026	1	12:54	13:58	14 min	11:00 PM	01:30 PM
Feb 11, 2026	0	11:11	15:29	154 min	08:30 PM	06:30 PM
Feb 10, 2026	1	8:36	9:19	15 min	09:30 PM	07:00 AM
Feb 09, 2026	3	14:55	17:09	20 min	08:00 PM	02:00 PM
Feb 08, 2026	0	0:34	2:04	90 min	05:00 AM	07:00 AM
Feb 07, 2026	1	12:09	14:17	34 min	08:30 PM	11:00 AM
Feb 06, 2026	1	10:02	11:04	16 min	07:30 PM	07:00 AM
Feb 05, 2026	1	10:54	11:24	18 min	08:00 PM	07:30 AM
Feb 04, 2026	2	11:05	11:35	12 min	12:30 AM	12:00 PM
Feb 03, 2026	2	8:59	10:33	56 min	07:00 PM	06:00 AM
Feb 02, 2026	2	32:18	34:26	24 min	08:00 PM	07:00 AM
Jan 31, 2026	2	31:16	34:10	18 min	08:00 PM	07:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 29, 2026	1	9:07	9:39	14 min	10:00 PM	07:30 AM
Jan 28, 2026	1	16:08	19:51	160 min	08:30 PM	07:30 PM
Jan 27, 2026	1	7:48	10:36	15 min	08:30 PM	07:30 AM
Jan 23, 2026	1	14:02	18:49	142 min	12:30 PM	07:30 AM
Jan 22, 2026	1	11:40	12:16	17 min	07:30 PM	08:00 AM
Jan 21, 2026	1	8:56	9:46	48 min	07:30 PM	08:30 AM
Jan 20, 2026	1	8:03	8:51	39 min	08:00 PM	05:00 AM
Jan 19, 2026	0	1:41	2:16	35 min	11:00 AM	01:30 PM
Jan 17, 2026	2	9:44	10:01	11 min	10:30 PM	08:30 AM
Jan 16, 2026	1	12:07	14:14	106 min	04:30 PM	04:30 PM
Jan 15, 2026	1	14:22	18:50	34 min	11:00 AM	07:30 AM
Jan 14, 2026	2	11:56	13:19	53 min	06:30 PM	08:00 AM
Jan 13, 2026	0	11:14	11:41	20 min	08:00 PM	07:30 AM
Jan 12, 2026	1	13:21	16:01	114 min	05:00 PM	09:30 AM
Jan 11, 2026	1	14:36	16:11	30 min	07:00 PM	11:30 AM