

# FVDublin — 203 Sells

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

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



## Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Mar 13, 2026	0	2:11	3:01	28 min	04:30 AM	07:30 AM
Mar 12, 2026	0	5:27	7:45	79 min	01:30 AM	09:30 AM
Mar 11, 2026	0	1:25	2:08	17 min	06:00 AM	08:30 AM
Mar 10, 2026	1	3:08	6:18	9 min	02:00 AM	09:30 AM
Mar 09, 2026	1	12:25	15:58	12 min	10:00 PM	02:00 PM
Mar 08, 2026	0	1:35	2:20	9 min	05:30 AM	08:00 AM
Mar 07, 2026	0	8:00	12:28	21 min	09:30 PM	10:30 AM
Mar 06, 2026	0	2:46	7:22	9 min	11:00 PM	07:00 AM
Mar 05, 2026	1	3:44	7:30	13 min	12:00 AM	08:00 AM
Mar 04, 2026	0	10:02	12:30	17 min	10:30 PM	11:30 AM
Mar 03, 2026	1	5:39	7:57	73 min	02:30 AM	10:30 AM
Mar 02, 2026	0	10:33	11:56	28 min	12:00 AM	04:30 PM
Mar 01, 2026	0	5:44	11:18	191 min	10:00 PM	09:30 AM
Feb 28, 2026	2	3:28	4:29	34 min	03:30 AM	08:30 AM
Feb 27, 2026	1	3:57	10:26	285 min	10:30 PM	09:30 AM
Feb 26, 2026	1	3:00	7:56	66 min	12:00 AM	08:00 AM
Feb 25, 2026	0	2:57	6:08	16 min	01:30 AM	07:30 AM
Feb 24, 2026	0	7:39	13:16	64 min	08:30 PM	11:30 AM
Feb 23, 2026	1	6:18	8:52	99 min	08:30 PM	08:00 AM
Feb 22, 2026	0	1:39	3:15	13 min	12:00 AM	03:30 AM
Feb 21, 2026	2	8:08	12:39	47 min	10:30 PM	12:00 PM
Feb 20, 2026	0	6:10	10:56	68 min	01:00 AM	12:00 PM
Feb 19, 2026	0	1:27	1:54	27 min	06:00 AM	08:00 AM
Feb 18, 2026	0	4:26	8:19	20 min	11:00 PM	07:30 AM
Feb 17, 2026	1	7:22	10:46	15 min	09:30 PM	08:30 AM
Feb 16, 2026	1	2:11	4:49	90 min	02:30 AM	08:00 AM
Feb 15, 2026	0	7:49	10:22	57 min	04:00 AM	02:30 PM
Feb 14, 2026	0	9:50	11:58	8 min	12:00 AM	12:30 PM
Feb 13, 2026	3	9:39	13:07	27 min	10:00 PM	09:30 PM
Feb 12, 2026	2	7:58	10:09	25 min	11:30 PM	10:00 AM
Feb 11, 2026	1	4:44	7:32	21 min	02:00 AM	10:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 10, 2026	0	5:20	5:59	22 min	04:30 AM	10:30 AM
Feb 09, 2026	1	6:17	10:43	18 min	09:30 PM	08:30 AM
Feb 08, 2026	3	5:40	9:06	14 min	10:00 PM	07:30 AM
Feb 07, 2026	2	2:51	6:28	23 min	12:30 AM	08:00 AM
Feb 06, 2026	0	4:31	5:47	16 min	03:30 AM	09:30 AM
Feb 05, 2026	0	5:43	7:09	33 min	01:30 AM	09:00 AM
Feb 04, 2026	0	10:22	13:17	89 min	02:00 AM	09:00 PM
Feb 03, 2026	1	10:30	13:35	15 min	12:00 AM	01:30 PM
Feb 02, 2026	0	2:46	6:31	128 min	11:30 PM	09:00 AM
Feb 01, 2026	1	7:59	12:20	152 min	09:30 PM	10:30 AM
Jan 31, 2026	1	5:25	10:15	16 min	11:00 PM	10:30 AM
Jan 30, 2026	0	1:00	1:40	40 min	09:30 AM	11:00 AM
Jan 29, 2026	2	5:58	10:11	12 min	11:00 PM	09:30 AM
Jan 28, 2026	2	5:42	10:24	11 min	10:30 PM	10:00 AM
Jan 27, 2026	0	3:20	6:53	88 min	01:00 AM	08:00 AM
Jan 26, 2026	0	4:33	11:31	11 min	09:30 PM	10:30 AM
Jan 25, 2026	1	3:06	6:52	20 min	12:30 AM	08:00 AM
Jan 24, 2026	0	2:31	4:11	87 min	01:00 AM	07:30 AM
Jan 23, 2026	1	3:30	7:18	12 min	12:00 AM	07:30 AM
Jan 22, 2026	2	9:17	12:26	15 min	09:00 PM	10:00 AM
Jan 21, 2026	0	2:25	3:37	18 min	03:30 AM	07:30 AM
Jan 20, 2026	1	9:39	11:34	18 min	01:00 AM	01:00 PM
Jan 19, 2026	1	4:50	7:21	14 min	12:30 AM	08:30 AM
Jan 18, 2026	0	4:24	5:42	22 min	06:00 AM	11:30 AM
Jan 17, 2026	2	10:51	18:14	141 min	07:30 PM	02:30 PM
Jan 16, 2026	1	6:21	9:34	20 min	10:00 PM	08:00 AM
Jan 15, 2026	1	6:49	7:50	27 min	03:30 AM	11:30 AM
Jan 14, 2026	1	5:25	5:58	10 min	02:00 AM	08:00 AM
Jan 13, 2026	1	3:03	5:42	96 min	04:30 AM	10:30 AM
Jan 12, 2026	2	4:37	9:47	27 min	11:00 PM	09:30 AM
Jan 11, 2026	0	1:28	3:26	94 min	01:30 AM	08:00 AM
Jan 10, 2026	3	4:48	10:27	61 min	09:30 PM	08:30 AM
Jan 09, 2026	1	3:31	5:41	23 min	03:30 AM	09:30 AM