

# FVDublin — 304 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 10, 2026	1	7:26	8:49	36 min	10:30 PM	07:30 AM
Mar 09, 2026	0	7:40	9:17	18 min	10:30 PM	07:30 AM
Mar 08, 2026	1	5:23	7:40	40 min	12:00 AM	01:00 PM
Mar 07, 2026	2	6:04	8:24	47 min	09:30 PM	06:00 AM
Mar 06, 2026	1	7:09	9:04	33 min	10:00 PM	07:30 AM
Mar 05, 2026	1	8:51	11:28	37 min	09:30 PM	09:30 AM
Mar 04, 2026	0	8:36	11:52	16 min	09:30 PM	09:00 AM
Mar 03, 2026	2	4:41	8:38	86 min	10:00 PM	02:30 PM
Feb 25, 2026	0	9:49	12:02	105 min	07:00 PM	07:00 AM
Feb 24, 2026	0	12:57	17:39	51 min	09:30 PM	04:00 PM
Feb 23, 2026	0	8:53	11:42	26 min	11:00 PM	11:00 AM
Feb 22, 2026	0	7:08	9:27	104 min	09:30 PM	07:00 AM
Feb 21, 2026	1	7:29	8:41	13 min	10:30 PM	07:30 AM
Feb 16, 2026	1	5:29	8:33	142 min	10:30 PM	07:30 AM
Feb 15, 2026	1	8:00	9:09	28 min	10:00 PM	07:00 AM
Feb 14, 2026	1	5:33	7:55	19 min	11:00 PM	07:30 AM
Feb 13, 2026	1	6:12	7:14	49 min	11:30 PM	07:00 AM
Feb 12, 2026	1	5:43	7:32	58 min	11:30 PM	07:30 AM
Feb 11, 2026	1	5:57	7:15	14 min	11:00 PM	06:30 AM
Feb 10, 2026	1	6:32	7:55	23 min	11:30 PM	07:30 AM
Feb 09, 2026	1	7:24	8:11	19 min	11:00 PM	07:30 AM
Feb 08, 2026	2	4:56	8:30	132 min	10:30 PM	07:30 AM
Feb 07, 2026	1	8:55	9:30	18 min	10:30 PM	08:00 AM
Feb 06, 2026	1	7:36	9:36	52 min	10:30 PM	11:30 AM
Feb 05, 2026	1	6:53	9:17	40 min	10:00 PM	07:30 AM
Feb 04, 2026	1	4:10	5:23	38 min	02:00 AM	07:30 AM
Feb 03, 2026	1	7:38	9:54	79 min	10:30 PM	11:30 PM
Feb 02, 2026	2	7:12	9:48	91 min	11:00 PM	02:30 PM
Feb 01, 2026	2	4:25	7:20	19 min	11:30 PM	07:30 AM
Jan 31, 2026	1	5:39	6:52	14 min	12:00 AM	07:00 AM
Jan 30, 2026	0	9:08	9:45	26 min	10:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 29, 2026	1	7:21	9:37	113 min	10:30 PM	02:30 PM
Jan 28, 2026	1	9:26	11:08	30 min	10:30 PM	10:30 AM
Jan 27, 2026	1	8:17	11:24	81 min	10:30 PM	04:30 PM
Jan 26, 2026	1	8:21	10:04	48 min	11:00 PM	12:00 PM
Jan 25, 2026	1	8:04	10:12	45 min	10:00 PM	04:30 PM
Jan 24, 2026	1	5:30	8:42	91 min	09:30 PM	07:00 AM
Jan 18, 2026	1	4:17	6:11	18 min	10:00 PM	04:30 AM
Jan 17, 2026	1	8:08	9:35	15 min	11:00 PM	10:30 AM
Jan 16, 2026	2	8:24	10:50	100 min	10:00 PM	04:30 PM
Jan 15, 2026	1	4:25	6:00	68 min	10:00 PM	04:00 AM
Jan 14, 2026	1	7:09	7:57	26 min	11:30 PM	07:30 AM
Jan 13, 2026	3	7:05	8:40	16 min	10:00 PM	07:00 AM
Jan 12, 2026	2	4:24	7:29	52 min	10:00 PM	06:30 AM
Jan 11, 2026	1	6:45	8:59	33 min	10:00 PM	07:30 AM
Jan 10, 2026	3	6:11	8:57	51 min	10:30 PM	08:00 AM
Jan 09, 2026	1	6:50	8:04	21 min	11:00 PM	07:30 AM