

FVDublin — 202 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 | 1 | 9:21 | 10:04 | 14 min | 09:00 PM | 07:00 AM |
| Mar 12, 2026 | 2 | 8:53 | 10:59 | 51 min | 09:00 PM | 01:00 PM |
| Mar 11, 2026 | 1 | 9:33 | 10:45 | 40 min | 08:30 PM | 07:30 AM |
| Mar 10, 2026 | 0 | 10:00 | 12:02 | 53 min | 08:00 PM | 08:00 AM |
| Mar 09, 2026 | 1 | 10:24 | 13:29 | 56 min | 08:30 PM | 01:30 PM |
| Mar 08, 2026 | 1 | 8:31 | 9:37 | 32 min | 09:30 PM | 11:00 AM |
| Mar 07, 2026 | 1 | 9:20 | 12:04 | 32 min | 07:30 PM | 02:00 PM |
| Mar 06, 2026 | 3 | 9:29 | 11:04 | 60 min | 09:00 PM | 10:30 AM |
| Mar 05, 2026 | 2 | 8:26 | 11:23 | 105 min | 09:00 PM | 02:30 PM |
| Mar 04, 2026 | 2 | 9:47 | 10:21 | 29 min | 10:00 PM | 08:30 AM |
| Mar 03, 2026 | 1 | 11:42 | 13:08 | 49 min | 08:00 PM | 02:00 PM |
| Mar 02, 2026 | 2 | 5:45 | 10:49 | 126 min | 09:00 PM | 04:30 PM |
| Mar 01, 2026 | 3 | 11:12 | 12:36 | 16 min | 08:30 PM | 10:30 AM |
| Feb 28, 2026 | 2 | 9:13 | 11:02 | 59 min | 10:00 PM | 01:30 PM |
| Feb 27, 2026 | 2 | 10:44 | 12:35 | 73 min | 08:30 PM | 01:00 PM |
| Feb 26, 2026 | 1 | 11:22 | 12:26 | 28 min | 08:00 PM | 11:00 AM |
| Feb 25, 2026 | 1 | 7:54 | 11:32 | 38 min | 08:00 PM | 01:00 PM |
| Feb 24, 2026 | 2 | 10:08 | 11:08 | 37 min | 08:30 PM | 02:00 PM |
| Feb 23, 2026 | 1 | 10:05 | 10:58 | 45 min | 08:30 PM | 07:30 AM |
| Feb 22, 2026 | 1 | 9:04 | 10:27 | 27 min | 09:00 PM | 08:00 AM |
| Feb 21, 2026 | 2 | 9:19 | 11:25 | 85 min | 08:00 PM | 08:00 AM |
| Feb 20, 2026 | 2 | 7:29 | 8:55 | 36 min | 10:30 PM | 09:30 AM |
| Feb 19, 2026 | 2 | 9:12 | 10:56 | 19 min | 08:30 PM | 08:00 AM |
| Feb 18, 2026 | 1 | 6:57 | 9:03 | 63 min | 11:00 PM | 08:30 AM |
| Feb 17, 2026 | 2 | 8:40 | 10:04 | 30 min | 09:30 PM | 07:30 AM |
| Feb 16, 2026 | 2 | 10:01 | 10:54 | 24 min | 08:30 PM | 08:00 AM |
| Feb 15, 2026 | 1 | 5:57 | 8:04 | 119 min | 08:30 PM | 06:30 PM |
| Feb 14, 2026 | 2 | 9:59 | 11:30 | 71 min | 09:00 PM | 01:30 PM |
| Feb 13, 2026 | 2 | 11:21 | 13:17 | 64 min | 08:00 PM | 04:00 PM |
| Feb 12, 2026 | 1 | 7:48 | 10:28 | 35 min | 08:00 PM | 10:30 AM |
| Feb 11, 2026 | 1 | 7:18 | 8:10 | 22 min | 11:00 PM | 07:30 AM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Feb 10, 2026 | 1 | 10:22 | 11:29 | 33 min | 08:00 PM | 07:30 AM |
| Feb 09, 2026 | 3 | 10:58 | 12:59 | 84 min | 09:00 PM | 02:00 PM |
| Feb 08, 2026 | 1 | 9:34 | 10:32 | 27 min | 09:00 PM | 07:30 AM |
| Feb 07, 2026 | 2 | 8:51 | 10:52 | 42 min | 10:00 PM | 09:00 AM |
| Feb 06, 2026 | 1 | 7:11 | 10:20 | 41 min | 09:30 PM | 04:00 PM |
| Feb 05, 2026 | 1 | 8:16 | 9:45 | 17 min | 10:00 PM | 08:00 AM |
| Feb 04, 2026 | 1 | 8:27 | 9:51 | 39 min | 09:30 PM | 07:30 AM |
| Feb 03, 2026 | 1 | 9:31 | 10:28 | 17 min | 08:30 PM | 07:30 AM |
| Feb 02, 2026 | 2 | 7:42 | 11:22 | 55 min | 08:00 PM | 01:30 PM |
| Feb 01, 2026 | 2 | 28:36 | 33:15 | 64 min | 09:00 PM | 07:30 AM |
| Jan 30, 2026 | 2 | 8:41 | 11:42 | 97 min | 09:00 PM | 11:00 AM |
| Jan 29, 2026 | 2 | 10:08 | 11:36 | 38 min | 08:00 PM | 08:00 AM |
| Jan 28, 2026 | 1 | 16:48 | 19:59 | 138 min | 12:00 PM | 08:00 AM |
| Jan 27, 2026 | 1 | 8:44 | 9:54 | 15 min | 09:30 PM | 07:30 AM |
| Jan 26, 2026 | 3 | 8:50 | 11:13 | 38 min | 09:00 PM | 10:00 AM |
| Jan 25, 2026 | 3 | 12:06 | 14:00 | 12 min | 07:30 PM | 11:30 AM |
| Jan 24, 2026 | 1 | 10:05 | 10:37 | 21 min | 08:30 PM | 07:30 AM |
| Jan 23, 2026 | 1 | 9:31 | 11:33 | 6 min | 07:30 PM | 07:30 AM |
| Jan 22, 2026 | 3 | 5:47 | 9:43 | 28 min | 10:30 PM | 02:30 PM |
| Jan 21, 2026 | 2 | 9:45 | 11:40 | 87 min | 08:30 PM | 02:00 PM |
| Jan 20, 2026 | 1 | 9:54 | 12:11 | 74 min | 08:30 PM | 11:00 AM |
| Jan 19, 2026 | 2 | 6:13 | 7:08 | 35 min | 01:00 AM | 08:00 AM |
| Jan 18, 2026 | 2 | 8:49 | 11:37 | 82 min | 09:00 PM | 09:30 PM |
| Jan 17, 2026 | 3 | 10:49 | 12:39 | 18 min | 08:30 PM | 11:00 AM |
| Jan 16, 2026 | 0 | 7:10 | 11:05 | 83 min | 08:30 PM | 08:00 AM |
| Jan 15, 2026 | 0 | 7:00 | 8:15 | 40 min | 11:00 PM | 07:30 AM |
| Jan 14, 2026 | 1 | 9:53 | 11:43 | 31 min | 07:30 PM | 07:30 AM |
| Jan 13, 2026 | 1 | 7:25 | 8:50 | 32 min | 10:00 PM | 07:00 AM |
| Jan 12, 2026 | 2 | 9:42 | 11:08 | 48 min | 10:00 PM | 01:30 PM |
| Jan 11, 2026 | 2 | 8:25 | 9:57 | 27 min | 09:30 PM | 08:00 AM |
| Jan 10, 2026 | 1 | 7:39 | 8:58 | 48 min | 10:30 PM | 07:30 AM |
| Jan 09, 2026 | 3 | 6:55 | 8:48 | 14 min | 11:00 PM | 08:00 AM |