

# FVDublin — 308 Sells

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

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

<b>1.7</b> BED EXITS (MEDIAN)	<b>10:30 PM</b> BEDTIME (MEDIAN)	<b>8.8 hrs</b> TOTAL SLEEP TIME	<b>95%</b> SLEEP EFFICIENCY	<b>13 min</b> 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	7:45	8:24	39 min	11:00 PM	08:00 AM
Mar 12, 2026	0	8:27	9:29	12 min	11:00 PM	09:00 AM
Mar 11, 2026	2	10:34	10:47	13 min	11:00 PM	10:00 AM
Mar 10, 2026	2	9:17	9:58	14 min	10:30 PM	09:30 AM
Mar 09, 2026	0	7:43	8:27	12 min	10:30 PM	07:30 AM
Mar 08, 2026	2	8:46	9:24	15 min	10:00 PM	09:00 AM
Mar 07, 2026	3	9:18	9:38	20 min	10:30 PM	08:30 AM
Mar 06, 2026	2	7:36	8:03	8 min	11:00 PM	07:30 AM
Mar 05, 2026	3	8:16	8:35	19 min	11:00 PM	08:00 AM
Mar 04, 2026	2	8:59	9:15	16 min	10:30 PM	08:00 AM
Mar 03, 2026	2	9:40	10:20	8 min	10:30 PM	09:00 AM
Mar 02, 2026	2	9:47	10:00	12 min	10:30 PM	09:00 AM
Mar 01, 2026	1	7:22	7:52	18 min	10:30 PM	07:00 AM
Feb 28, 2026	1	8:08	8:16	8 min	11:00 PM	07:00 AM
Feb 27, 2026	2	9:04	9:48	11 min	10:30 PM	08:30 AM
Feb 26, 2026	1	8:16	8:49	15 min	11:00 PM	08:00 AM
Feb 25, 2026	1	8:02	8:16	8 min	11:00 PM	07:30 AM
Feb 24, 2026	1	8:32	8:50	18 min	10:30 PM	07:30 AM
Feb 23, 2026	1	8:28	8:40	12 min	11:30 PM	08:30 AM
Feb 22, 2026	1	7:58	8:10	12 min	11:00 PM	07:30 AM
Feb 21, 2026	0	8:05	8:23	11 min	10:30 PM	07:00 AM
Feb 20, 2026	2	8:28	8:41	13 min	10:30 PM	07:30 AM
Feb 19, 2026	2	8:44	9:41	24 min	10:30 PM	09:00 AM
Feb 18, 2026	2	9:09	9:32	13 min	10:30 PM	08:30 AM
Feb 17, 2026	1	8:56	9:27	13 min	10:30 PM	08:00 AM
Feb 16, 2026	1	7:21	8:40	72 min	10:30 PM	07:00 AM
Feb 15, 2026	0	8:21	8:40	13 min	11:00 PM	07:30 AM
Feb 14, 2026	1	8:25	8:34	9 min	10:30 PM	07:30 AM
Feb 13, 2026	1	8:05	8:26	11 min	11:00 PM	07:30 AM
Feb 12, 2026	2	7:49	8:14	11 min	11:30 PM	08:00 AM
Feb 11, 2026	1	8:34	8:52	18 min	10:30 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 10, 2026	2	8:57	9:30	17 min	11:00 PM	09:00 AM
Feb 09, 2026	1	8:49	9:08	19 min	10:30 PM	08:00 AM
Feb 08, 2026	2	8:46	9:23	18 min	10:30 PM	08:30 AM
Feb 07, 2026	3	9:43	9:56	13 min	11:00 PM	09:00 AM
Feb 06, 2026	1	8:55	9:13	12 min	10:30 PM	08:00 AM
Feb 05, 2026	1	8:08	8:28	20 min	10:30 PM	07:00 AM
Feb 04, 2026	2	8:13	8:24	11 min	10:30 PM	07:00 AM
Feb 03, 2026	2	8:24	9:22	13 min	10:30 PM	09:00 AM
Feb 02, 2026	1	8:40	9:02	14 min	10:30 PM	07:30 AM
Feb 01, 2026	1	9:55	10:16	15 min	10:30 PM	09:00 AM
Jan 31, 2026	1	9:24	9:38	14 min	10:30 PM	08:30 AM
Jan 30, 2026	2	16:30	18:55	123 min	11:00 AM	08:00 AM
Jan 28, 2026	2	9:32	9:54	9 min	10:30 PM	08:30 AM
Jan 27, 2026	1	7:37	8:22	37 min	11:00 PM	08:00 AM
Jan 26, 2026	3	10:33	10:43	10 min	10:30 PM	09:30 AM
Jan 25, 2026	2	9:54	10:10	11 min	10:30 PM	09:30 AM
Jan 24, 2026	5	9:41	9:49	8 min	10:30 PM	08:30 AM
Jan 23, 2026	1	8:29	9:00	31 min	10:00 PM	07:00 AM
Jan 22, 2026	1	10:22	10:34	12 min	10:30 PM	09:30 AM
Jan 21, 2026	2	11:02	11:15	13 min	10:30 PM	10:00 AM
Jan 20, 2026	4	8:43	8:58	11 min	10:30 PM	08:00 AM
Jan 19, 2026	1	13:13	16:04	136 min	10:30 PM	05:30 PM
Jan 18, 2026	1	9:14	9:29	14 min	10:00 PM	08:00 AM
Jan 17, 2026	1	9:01	9:26	18 min	10:30 PM	08:00 AM
Jan 16, 2026	5	8:52	8:59	7 min	10:30 PM	08:00 AM
Jan 15, 2026	2	8:56	9:07	11 min	10:00 PM	07:30 AM
Jan 14, 2026	2	8:22	8:33	11 min	10:00 PM	07:00 AM
Jan 13, 2026	1	9:11	9:22	9 min	10:00 PM	08:00 AM
Jan 12, 2026	1	9:07	9:17	10 min	10:30 PM	08:00 AM
Jan 11, 2026	2	8:30	8:57	10 min	10:00 PM	08:00 AM
Jan 10, 2026	2	8:41	8:55	14 min	11:00 PM	08:00 AM
Jan 09, 2026	3	10:16	10:29	11 min	10:30 PM	09:30 AM