

FVDublin — 105 Ebey

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	1:02	13:35	16 min	10:00 PM	12:00 PM
Mar 12, 2026	0	8:42	16:41	199 min	02:30 AM	07:00 PM
Mar 11, 2026	1	17:17	35:47	83 min	09:30 PM	09:30 AM
Mar 10, 2026	0	0:31	3:38	83 min	09:30 PM	01:00 AM
Mar 09, 2026	3	5:00	14:00	271 min	12:00 AM	04:30 PM
Mar 08, 2026	1	15:46	23:07	79 min	06:00 PM	08:00 PM
Mar 07, 2026	0	21:10	33:08	51 min	03:00 AM	12:30 PM
Mar 05, 2026	0	8:23	16:18	45 min	05:30 AM	10:00 PM
Mar 04, 2026	0	2:02	9:00	10 min	04:00 AM	01:00 PM
Mar 03, 2026	2	2:25	7:21	43 min	08:30 PM	04:00 AM
Mar 02, 2026	1	15:50	18:52	13 min	08:00 PM	03:00 PM
Mar 01, 2026	3	7:00	14:33	48 min	09:00 PM	04:30 PM
Feb 28, 2026	0	11:27	16:48	60 min	11:00 PM	03:30 PM
Feb 27, 2026	0	12:44	34:35	198 min	11:00 PM	08:30 PM
Feb 25, 2026	1	3:48	10:19	228 min	09:30 PM	04:00 PM
Feb 24, 2026	1	4:16	14:15	251 min	10:30 PM	04:00 PM
Feb 23, 2026	2	27:33	40:06	212 min	09:00 PM	01:00 PM
Feb 21, 2026	0	11:54	17:15	70 min	07:30 PM	01:00 PM
Feb 20, 2026	0	6:09	13:28	32 min	07:00 PM	11:00 AM
Feb 19, 2026	0	6:33	17:42	392 min	09:00 PM	02:30 PM
Feb 18, 2026	0	32:27	42:44	18 min	09:30 PM	04:30 PM
Feb 16, 2026	1	9:16	13:44	15 min	07:00 PM	09:00 AM
Feb 15, 2026	1	3:12	9:13	147 min	08:00 PM	06:30 AM
Feb 14, 2026	1	4:22	13:06	49 min	09:30 PM	12:30 PM
Feb 13, 2026	2	6:36	13:55	26 min	10:00 PM	02:30 PM
Feb 12, 2026	0	6:02	14:14	10 min	09:00 PM	11:30 AM
Feb 11, 2026	0	0:23	0:51	11 min	01:30 PM	02:30 PM
Feb 10, 2026	0	0:29	5:02	32 min	09:30 PM	02:30 PM
Feb 09, 2026	1	11:40	17:00	114 min	12:00 AM	05:00 PM
Feb 08, 2026	0	0:23	5:13	160 min	03:30 AM	08:30 AM
Feb 07, 2026	1	16:46	29:04	173 min	01:30 AM	10:30 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 05, 2026	0	12:58	19:12	15 min	07:30 PM	03:00 PM
Feb 04, 2026	1	2:38	6:41	87 min	01:00 AM	04:00 PM
Feb 03, 2026	2	11:36	22:35	31 min	05:30 PM	10:30 PM
Feb 02, 2026	1	5:22	12:26	13 min	09:30 PM	11:30 AM
Feb 01, 2026	0	1:14	2:05	30 min	08:30 AM	03:00 PM
Jan 31, 2026	1	10:53	15:28	14 min	08:00 PM	12:00 PM
Jan 30, 2026	1	12:05	20:24	12 min	07:00 PM	04:30 PM
Jan 29, 2026	1	6:53	13:04	143 min	08:00 PM	04:00 PM
Jan 28, 2026	2	3:03	13:41	22 min	08:00 PM	10:00 AM
Jan 27, 2026	0	4:26	15:07	31 min	08:30 PM	03:00 PM
Jan 26, 2026	1	6:58	12:33	222 min	01:30 AM	04:30 PM
Jan 25, 2026	2	12:14	22:05	34 min	08:00 PM	11:00 PM
Jan 24, 2026	2	6:57	14:16	48 min	08:00 PM	10:30 AM
Jan 23, 2026	0	1:02	5:00	192 min	09:00 PM	02:00 AM
Jan 22, 2026	2	5:44	17:26	24 min	03:00 PM	11:00 AM
Jan 21, 2026	0	0:02	0:26	24 min	09:00 AM	09:30 AM
Jan 20, 2026	2	11:29	12:58	15 min	12:30 AM	02:30 PM
Jan 19, 2026	1	3:05	12:13	198 min	08:30 PM	10:30 AM
Jan 18, 2026	0	0:31	2:52	15 min	01:30 PM	04:30 PM
Jan 17, 2026	3	2:39	8:34	274 min	04:30 AM	02:30 PM
Jan 16, 2026	1	4:56	9:16	13 min	08:00 PM	06:30 AM
Jan 15, 2026	1	4:38	15:46	26 min	09:00 PM	01:30 PM
Jan 14, 2026	0	1:33	4:02	119 min	12:00 PM	04:00 PM
Jan 13, 2026	2	13:52	17:47	24 min	07:30 PM	04:00 PM
Jan 12, 2026	0	5:26	11:38	81 min	08:30 PM	08:00 AM
Jan 10, 2026	1	13:12	25:39	193 min	08:30 PM	10:30 PM