

# FVDublin — 306 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	7:31	12:28	94 min	01:30 PM	02:00 AM
Mar 12, 2026	0	7:27	10:07	149 min	09:30 PM	07:30 AM
Mar 11, 2026	0	1:33	9:14	456 min	10:00 PM	07:00 AM
Mar 10, 2026	0	0:15	1:30	8 min	12:30 AM	02:00 AM
Mar 09, 2026	1	1:40	8:12	20 min	06:30 PM	05:00 AM
Mar 08, 2026	0	0:20	4:07	200 min	01:00 AM	06:30 AM
Mar 07, 2026	1	1:59	7:39	158 min	12:00 AM	08:00 PM
Mar 06, 2026	0	0:50	5:20	30 min	04:30 AM	02:00 PM
Mar 04, 2026	0	0:29	5:17	18 min	02:30 AM	07:30 AM
Mar 03, 2026	1	3:14	10:22	192 min	08:30 PM	07:30 AM
Mar 02, 2026	0	2:30	8:02	235 min	11:30 PM	07:30 AM
Mar 01, 2026	1	2:26	10:36	206 min	08:30 PM	07:30 AM
Feb 28, 2026	0	3:43	12:13	106 min	03:30 PM	05:30 AM
Feb 27, 2026	0	0:56	7:43	189 min	09:00 PM	10:30 AM
Feb 26, 2026	1	3:13	11:37	151 min	10:30 PM	10:30 AM
Feb 25, 2026	0	3:24	10:06	14 min	09:00 PM	07:00 AM
Feb 24, 2026	0	4:24	14:08	111 min	03:30 PM	05:30 AM
Feb 23, 2026	1	0:49	4:07	32 min	12:30 AM	05:30 AM
Feb 22, 2026	0	3:13	10:54	207 min	10:00 PM	04:00 PM
Feb 21, 2026	1	1:18	8:17	193 min	10:00 PM	06:30 AM
Feb 20, 2026	0	4:13	8:32	9 min	02:00 AM	10:30 AM
Feb 19, 2026	0	3:08	5:06	33 min	02:30 AM	07:30 PM
Feb 18, 2026	1	5:18	16:00	72 min	01:30 PM	07:30 AM
Feb 17, 2026	2	3:04	13:06	117 min	05:30 PM	07:00 AM
Feb 14, 2026	1	6:20	13:35	42 min	09:00 PM	11:00 PM
Feb 13, 2026	1	3:26	14:37	118 min	01:30 PM	04:30 AM
Feb 12, 2026	1	3:41	7:49	10 min	09:00 PM	05:00 AM
Feb 11, 2026	1	4:04	11:49	229 min	09:30 PM	04:00 PM
Feb 10, 2026	0	4:18	10:04	182 min	10:00 PM	08:00 AM
Feb 09, 2026	1	8:29	13:01	16 min	06:00 PM	07:30 AM
Feb 08, 2026	3	5:12	12:13	84 min	05:00 PM	06:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 07, 2026	0	2:08	5:50	14 min	12:00 AM	06:00 AM
Feb 06, 2026	1	11:56	20:52	320 min	08:30 PM	08:00 PM
Feb 05, 2026	0	8:31	13:04	91 min	06:00 PM	07:30 AM
Feb 04, 2026	1	5:10	9:13	13 min	10:00 PM	07:30 AM
Feb 03, 2026	2	7:22	14:32	162 min	07:00 PM	06:00 PM
Feb 02, 2026	1	4:43	11:36	304 min	07:30 PM	07:30 AM
Feb 01, 2026	1	5:17	11:12	20 min	08:00 PM	07:30 AM
Jan 31, 2026	1	8:02	12:20	63 min	08:00 PM	08:30 AM
Jan 30, 2026	1	6:57	10:22	79 min	09:30 PM	08:00 AM
Jan 29, 2026	2	8:54	14:47	38 min	06:00 PM	11:30 AM
Jan 28, 2026	1	5:02	11:26	225 min	07:30 PM	07:00 AM
Jan 27, 2026	0	9:41	11:56	82 min	07:30 PM	07:30 AM
Jan 26, 2026	1	4:54	9:52	17 min	08:00 PM	06:00 AM
Jan 25, 2026	0	9:00	12:07	165 min	07:30 PM	08:00 AM
Jan 24, 2026	0	9:56	11:40	15 min	07:00 PM	06:30 AM
Jan 23, 2026	2	2:58	6:22	30 min	06:30 PM	03:00 AM
Jan 22, 2026	3	7:30	10:26	21 min	06:00 PM	08:00 AM
Jan 21, 2026	0	3:51	9:41	238 min	09:30 PM	07:30 AM
Jan 20, 2026	1	10:23	17:58	21 min	01:00 PM	07:30 AM
Jan 19, 2026	0	6:16	11:13	21 min	06:30 PM	06:00 AM
Jan 18, 2026	0	7:12	11:59	23 min	07:00 PM	10:30 AM
Jan 17, 2026	4	24:08	32:42	33 min	06:00 PM	02:30 PM
Jan 15, 2026	1	3:47	11:13	25 min	09:30 PM	04:00 PM
Jan 14, 2026	0	3:32	9:28	5 min	09:00 PM	06:30 AM
Jan 13, 2026	1	7:34	11:37	50 min	05:30 PM	12:00 PM
Jan 12, 2026	1	4:13	12:18	126 min	09:30 PM	03:00 PM
Jan 11, 2026	0	2:06	8:34	55 min	01:00 AM	05:00 PM
Jan 10, 2026	1	10:36	18:34	34 min	03:00 PM	10:00 PM
Jan 09, 2026	0	9:03	13:07	28 min	06:00 PM	07:30 AM
Jan 08, 2026	0	0:16	0:33	17 min	01:00 PM	01:30 PM