FVDublin — 302 Sells

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

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

0.6	11:30 PM	3.2 hrs	67%	40 min
BED EXITS (MEDIAN)	BEDTIME (MEDIAN)	TOTAL SLEEP TIME	SLEEP EFFICIENCY	SLEEP LATENCY

Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Mar 12, 2026	1	5:06	5:18	12 min	01:30 AM	07:00 AM
Mar 11, 2026	1	6:53	7:46	21 min	11:00 PM	07:00 AM
Mar 10, 2026	0	4:20	4:41	15 min	09:30 PM	02:00 AM
Mar 09, 2026	1	4:54	8:10	77 min	08:00 PM	11:00 AM
Mar 08, 2026	3	0:41	4:43	100 min	10:00 PM	04:00 AM
Mar 06, 2026	0	6:04	6:15	11 min	09:00 PM	03:00 AM
Mar 04, 2026	0	7:58	10:29	57 min	08:00 PM	08:00 AM
Mar 01, 2026	1	4:26	8:29	32 min	09:00 PM	06:00 AM
Feb 28, 2026	0	3:21	6:02	161 min	06:00 PM	12:00 AM
Feb 27, 2026	1	15:08	18:01	149 min	12:00 PM	06:00 AM
Feb 25, 2026	0	1:33	2:48	12 min	02:30 AM	05:30 AM
Feb 24, 2026	0	0:44	2:01	20 min	06:00 AM	08:00 AM
Feb 23, 2026	1	2:59	4:34	95 min	02:30 AM	07:00 AM
Feb 22, 2026	2	3:54	8:10	82 min	09:30 PM	06:00 AM
Feb 17, 2026	0	2:48	3:14	26 min	03:30 AM	06:30 AM
Feb 16, 2026	1	1:41	6:40	145 min	01:00 AM	08:00 AM
Feb 14, 2026	1	3:25	4:28	24 min	02:00 AM	07:00 AM
Feb 10, 2026	1	1:33	4:00	62 min	03:30 AM	07:30 AM
Feb 08, 2026	0	4:44	6:09	85 min	10:30 AM	05:00 PM
Feb 06, 2026	0	1:27	1:58	19 min	11:30 PM	01:30 AM
Feb 05, 2026	0	0:22	0:33	11 min	04:30 AM	05:00 AM
Feb 04, 2026	0	2:36	3:55	79 min	11:00 PM	03:00 AM
Feb 02, 2026	0	0:16	0:42	26 min	12:30 AM	01:00 AM
Feb 01, 2026	0	0:21	3:07	138 min	10:00 PM	01:00 AM
Jan 30, 2026	1	3:12	7:19	137 min	10:00 PM	06:00 AM
Jan 27, 2026	0	3:12	5:53	81 min	08:30 PM	02:30 AM
Jan 26, 2026	1	4:57	8:11	40 min	11:00 PM	09:00 AM
Jan 25, 2026	2	6:47	10:15	102 min	10:30 PM	09:00 AM
Jan 24, 2026	0	0:20	2:37	12 min	12:30 AM	03:00 AM
Jan 16, 2026	0	5:48	9:17	207 min	01:30 AM	05:00 PM
Jan 15, 2026	2	0:28	1:06	13 min	03:00 AM	05:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 11, 2026	0	0:35	0:57	22 min	03:00 AM	04:00 AM
Jan 10, 2026	0	0:35	0:53	18 min	05:30 AM	06:30 AM