

FVDublin — 204 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 12, 2026	2	28:55	33:02	16 min	10:30 PM	11:30 AM
Mar 10, 2026	2	15:23	18:06	35 min	08:30 PM	04:30 PM
Mar 09, 2026	4	6:57	10:23	136 min	08:00 PM	11:00 AM
Mar 08, 2026	0	8:30	14:34	78 min	11:30 PM	04:30 PM
Mar 07, 2026	3	12:15	16:21	51 min	09:00 PM	04:30 PM
Mar 06, 2026	1	9:36	11:12	76 min	09:30 PM	09:00 AM
Mar 05, 2026	2	13:04	15:31	52 min	08:30 PM	04:30 PM
Mar 04, 2026	2	11:00	12:56	35 min	09:30 PM	12:00 PM
Mar 03, 2026	1	14:10	17:54	39 min	09:00 PM	04:30 PM
Mar 02, 2026	0	8:13	11:29	76 min	12:00 AM	12:00 PM
Mar 01, 2026	2	14:44	17:07	99 min	08:30 PM	04:30 PM
Feb 28, 2026	1	8:53	11:24	34 min	12:30 AM	05:00 PM
Feb 27, 2026	3	15:31	17:41	71 min	08:30 PM	04:30 PM
Feb 26, 2026	2	11:32	13:30	110 min	08:30 PM	04:30 PM
Feb 25, 2026	2	8:56	11:46	116 min	10:30 PM	02:30 PM
Feb 24, 2026	3	18:02	18:57	36 min	08:00 PM	04:30 PM
Feb 23, 2026	1	11:50	13:30	63 min	09:00 PM	04:30 PM
Feb 22, 2026	2	19:56	22:31	78 min	01:00 PM	05:00 PM
Feb 21, 2026	1	10:41	12:40	62 min	08:00 PM	09:00 AM
Feb 20, 2026	1	8:23	10:47	49 min	01:00 AM	12:30 PM
Feb 19, 2026	2	11:13	15:20	23 min	10:00 PM	04:30 PM
Feb 18, 2026	1	10:43	12:39	53 min	09:30 PM	11:30 AM
Feb 17, 2026	1	13:53	15:21	81 min	10:00 PM	04:00 PM
Feb 16, 2026	2	7:13	9:57	131 min	09:30 PM	08:00 AM
Feb 15, 2026	1	12:38	16:28	66 min	10:00 PM	04:30 PM
Feb 14, 2026	1	9:13	16:32	21 min	10:30 PM	04:30 PM
Feb 13, 2026	0	13:30	15:40	22 min	10:30 PM	04:30 PM
Feb 12, 2026	2	9:43	13:00	63 min	08:30 PM	10:00 AM
Feb 11, 2026	2	8:57	13:58	110 min	10:30 PM	03:30 PM
Feb 10, 2026	1	14:42	17:38	84 min	10:30 PM	04:30 PM
Feb 09, 2026	1	12:05	13:37	76 min	10:30 PM	04:30 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 08, 2026	0	2:04	8:20	252 min	10:00 PM	12:00 PM
Feb 07, 2026	1	10:52	14:26	85 min	10:00 PM	03:30 PM
Feb 06, 2026	1	5:35	8:12	47 min	11:30 PM	08:00 AM
Feb 05, 2026	1	14:32	16:12	20 min	07:30 PM	12:00 PM
Feb 04, 2026	2	11:52	12:59	32 min	08:00 PM	11:00 AM
Feb 03, 2026	3	8:54	9:58	58 min	10:00 PM	08:00 AM
Feb 02, 2026	2	12:03	14:10	111 min	09:00 PM	04:30 PM
Feb 01, 2026	3	12:23	13:16	40 min	08:30 PM	11:30 AM
Jan 31, 2026	1	12:54	21:26	173 min	03:30 PM	04:30 PM
Jan 30, 2026	2	3:41	10:52	75 min	11:00 PM	11:30 AM
Jan 29, 2026	0	7:13	8:54	66 min	01:00 AM	04:30 PM
Jan 28, 2026	1	7:11	10:18	112 min	11:00 PM	11:30 AM
Jan 27, 2026	1	8:41	14:48	26 min	10:30 PM	04:30 PM
Jan 22, 2026	0	7:50	9:52	46 min	09:30 PM	07:30 AM
Jan 21, 2026	1	9:57	14:43	18 min	03:00 PM	07:30 AM
Jan 20, 2026	1	12:42	13:46	38 min	08:00 PM	10:00 AM
Jan 19, 2026	3	25:13	33:14	194 min	09:30 PM	04:30 PM
Jan 17, 2026	1	11:28	13:04	78 min	10:30 PM	03:00 PM
Jan 16, 2026	1	10:45	14:59	65 min	08:30 PM	03:30 PM
Jan 15, 2026	1	10:33	15:03	71 min	10:00 PM	04:00 PM
Jan 14, 2026	1	12:49	16:14	71 min	07:00 PM	03:30 PM
Jan 13, 2026	3	11:44	16:20	65 min	10:00 PM	04:00 PM
Jan 12, 2026	2	11:51	13:51	55 min	09:30 PM	03:30 PM
Jan 11, 2026	2	14:27	17:26	83 min	09:30 PM	04:30 PM
Jan 10, 2026	3	13:31	17:00	89 min	10:00 PM	04:30 PM
Jan 09, 2026	2	11:53	13:53	55 min	09:00 PM	12:00 PM
Jan 08, 2026	0	3:32	3:32	0 min	01:00 PM	04:30 PM