

RiverSpring Living

Date range: 2025-09-08 to 2026-03-16 · 47 residents

Sleep Metrics (2025-09-08 to 2026-03-16)

77% SLEEP EFFICIENCY (MEDIAN)	41 min SLEEP LATENCY (MEDIAN)	0.7 BED EXITS (MEDIAN)
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Resident Summary

RESIDENT	MEDIAN BED EXITS	MEDIAN SLEEP LATENCY	MEDIAN TST	MEDIAN TIB	MEDIAN BEDTIME	MISSING DAYS	DAYS W/ DATA / TOTAL	% MISSING
301s SP3	0.8	66 min	6.9 hrs	11.3 hrs	8:00 PM	67	123 / 190	35%
302d SP3	1.3	20 min	8.3 hrs	9.1 hrs	7:30 PM	11	179 / 190	5%
302w SP3	1.1	19 min	7.8 hrs	9.4 hrs	7:30 PM	3	187 / 190	1%
303d SP3	0.3	22 min	8.5 hrs	10.0 hrs	7:00 PM	7	183 / 190	3%
303w SP3	0.2	160 min	13.6 hrs	20.2 hrs	3:00 PM	67	123 / 190	35%
329s SP3	1.8	37 min	11.0 hrs	12.1 hrs	7:30 PM	3	187 / 190	1%
304w Sp3	0.4	117 min	7.5 hrs	11.9 hrs	8:30 PM	8	182 / 190	4%
319s SP3	0.7	41 min	6.1 hrs	7.5 hrs	10:00 PM	11	179 / 190	5%
306d SP3	1.2	27 min	16.4 hrs	19.2 hrs	8:00 PM	80	110 / 190	42%
306w SP3	0.3	41 min	3.4 hrs	7.3 hrs	8:30 PM	70	120 / 190	36%
307d SP3	1.8	21 min	12.5 hrs	13.4 hrs	7:00 PM	79	111 / 190	41%
307w SP3	1.0	39 min	8.1 hrs	11.7 hrs	7:30 PM	42	148 / 190	22%
308s Sp3	0.6	25 min	8.7 hrs	10.1 hrs	8:30 PM	55	135 / 190	28%
309s SP3	0.4	38 min	8.9 hrs	14.0 hrs	7:00 PM	25	165 / 190	13%
310s Sp3	0.6	20 min	3.8 hrs	6.2 hrs	11:30 PM	43	147 / 190	22%
311s SP3	1.9	27 min	16.0 hrs	18.4 hrs	6:00 PM	86	104 / 190	45%
312s Sp3	1.2	10 min	9.0 hrs	9.5 hrs	8:00 PM	85	105 / 190	44%
314s SP3	0.8	38 min	11.4 hrs	14.8 hrs	7:00 PM	138	52 / 190	72%
315d SP3	0.2	127 min	3.2 hrs	11.8 hrs	7:00 PM	39	151 / 190	20%
315w SP3	0.5	117 min	6.6 hrs	12.5 hrs	7:00 PM	3	187 / 190	1%
316s Sp3	0.7	12 min	9.2 hrs	9.9 hrs	9:30 PM	46	144 / 190	24%
317s SP3	0.2	50 min	9.7 hrs	12.0 hrs	8:00 PM	45	145 / 190	23%
318s SP3	1.5	52 min	13.2 hrs	15.6 hrs	6:30 PM	12	178 / 190	6%
320s SP3	0.4	115 min	11.5 hrs	16.5 hrs	8:30 PM	85	105 / 190	44%
321s Sp3	0.3	32 min	5.4 hrs	8.0 hrs	10:30 PM	62	128 / 190	32%
322d Sp3	0.4	120 min	12.2 hrs	16.8 hrs	6:00 PM	39	151 / 190	20%
322w Sp3	0.3	104 min	8.8 hrs	11.9 hrs	7:30 PM	4	186 / 190	2%
323d Sp3	0.7	14 min	11.9 hrs	12.8 hrs	7:30 PM	96	94 / 190	50%
323w SP3	0.6	26 min	10.0 hrs	12.6 hrs	8:00 PM	128	62 / 190	67%
324d SP3	0.9	44 min	8.2 hrs	11.4 hrs	8:30 PM	29	161 / 190	15%
324w Sp3	0.3	57 min	9.3 hrs	12.0 hrs	7:30 PM	31	159 / 190	16%

RESIDENT	MEDIAN BED EXITS	MEDIAN SLEEP LATENCY	MEDIAN TST	MEDIAN TIB	MEDIAN BEDTIME	MISSING DAYS	DAYS W/ DATA / TOTAL	% MISSING
325d SP3	0.8	49 min	10.4 hrs	13.3 hrs	7:30 PM	21	169 / 190	11%
325w Sp3	0.4	42 min	9.5 hrs	11.8 hrs	8:30 PM	9	181 / 190	4%
326d SP3	0.4	114 min	7.9 hrs	11.9 hrs	8:30 PM	51	139 / 190	26%
326w Sp3	0.2	174 min	7.9 hrs	12.3 hrs	8:00 PM	5	185 / 190	2%
328s SP3	0.3	21 min	9.7 hrs	11.5 hrs	9:00 PM	23	167 / 190	12%
330s SP3	1.9	32 min	8.6 hrs	13.0 hrs	8:30 PM	41	149 / 190	21%
331d SP3	0.9	36 min	6.0 hrs	9.1 hrs	10:00 PM	50	140 / 190	26%
331w SP3	0.9	85 min	4.5 hrs	11.3 hrs	6:30 PM	105	85 / 190	55%
332d SP3	1.2	64 min	9.3 hrs	15.1 hrs	9:00 PM	26	164 / 190	13%
332w SP3	0.7	150 min	11.8 hrs	16.2 hrs	5:30 PM	81	109 / 190	42%
333d SP3	0.9	50 min	8.9 hrs	10.1 hrs	9:30 PM	89	101 / 190	46%
333w SP3	0.5	18 min	11.0 hrs	11.4 hrs	8:30 PM	88	102 / 190	46%
334d SP3	0.7	78 min	7.5 hrs	11.9 hrs	8:30 PM	59	131 / 190	31%
334w SP3	0.3	62 min	10.0 hrs	11.4 hrs	8:30 PM	33	157 / 190	17%
327d SP3	0.7	50 min	12.8 hrs	14.3 hrs	6:30 PM	13	177 / 190	6%
327w Sp3	0.9	30 min	10.5 hrs	11.5 hrs	9:30 PM	23	167 / 190	12%