

# RiverSpring Living — 301s SP3

Date range: 2025-09-08 to 2026-03-16

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



## Baseline Period

2025-09-08 to 2025-09-21



## Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 06, 2026	1	10:52	11:37	31 min	08:00 PM	07:30 AM
Feb 05, 2026	1	9:41	10:53	65 min	09:00 PM	08:00 AM
Feb 04, 2026	1	8:24	10:10	60 min	10:00 PM	08:00 AM
Feb 03, 2026	1	7:57	10:59	85 min	08:30 PM	07:30 AM
Feb 02, 2026	1	7:38	9:59	106 min	09:30 PM	07:30 AM
Feb 01, 2026	1	8:48	10:09	43 min	09:30 PM	07:30 AM
Jan 31, 2026	1	9:17	11:59	43 min	08:30 PM	08:30 AM
Jan 30, 2026	1	8:27	10:21	62 min	09:30 PM	08:00 AM
Jan 29, 2026	1	9:32	10:39	42 min	09:30 PM	08:00 AM
Jan 28, 2026	0	2:37	3:31	24 min	04:00 AM	07:30 AM
Jan 01, 2026	0	3:36	7:18	27 min	09:00 PM	04:00 AM
Dec 31, 2025	1	8:44	10:59	41 min	08:00 PM	07:30 AM
Dec 30, 2025	0	10:18	12:52	44 min	06:30 PM	07:30 AM
Dec 29, 2025	1	7:11	11:26	79 min	08:00 PM	07:30 AM
Dec 28, 2025	0	10:37	11:03	18 min	08:00 PM	07:00 AM
Dec 27, 2025	1	9:06	12:11	48 min	07:30 PM	08:00 AM
Dec 26, 2025	1	5:35	10:25	69 min	09:00 PM	07:30 AM
Dec 25, 2025	1	7:09	12:05	27 min	07:30 PM	07:30 AM
Dec 24, 2025	1	3:36	9:04	213 min	10:30 PM	07:30 AM
Dec 23, 2025	1	9:50	12:00	36 min	07:30 PM	08:00 AM
Dec 22, 2025	1	8:38	11:58	96 min	07:00 PM	07:30 AM
Dec 21, 2025	1	5:38	10:21	50 min	09:00 PM	07:30 AM
Dec 20, 2025	1	9:31	13:29	161 min	05:30 PM	07:30 AM
Dec 19, 2025	1	10:21	12:18	46 min	07:30 PM	08:00 AM
Dec 18, 2025	1	6:41	9:20	32 min	10:00 PM	07:30 AM
Dec 16, 2025	0	2:44	3:30	37 min	04:00 AM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 14, 2025	0	7:45	8:31	43 min	09:00 PM	05:30 AM
Dec 13, 2025	1	11:26	13:03	71 min	07:00 PM	08:30 AM
Dec 12, 2025	0	3:31	9:56	27 min	09:30 PM	07:30 AM
Dec 11, 2025	1	11:28	12:54	54 min	06:30 PM	07:30 AM
Dec 10, 2025	1	2:20	10:08	33 min	09:00 PM	07:30 AM
Dec 09, 2025	1	5:05	10:21	170 min	09:00 PM	07:30 AM
Dec 08, 2025	1	7:59	12:11	105 min	07:00 PM	07:30 AM
Dec 07, 2025	1	3:25	11:03	116 min	08:00 PM	07:30 AM
Dec 06, 2025	1	5:02	13:08	77 min	06:00 PM	07:30 AM
Dec 05, 2025	1	2:25	11:18	120 min	09:00 PM	08:00 AM
Dec 04, 2025	0	2:13	3:21	68 min	04:00 AM	07:30 AM
Dec 03, 2025	1	2:40	9:55	77 min	09:00 PM	07:00 AM
Dec 02, 2025	1	3:09	11:02	311 min	08:00 PM	07:30 AM
Dec 01, 2025	1	9:29	16:29	103 min	02:30 PM	07:30 AM
Nov 30, 2025	1	5:38	13:08	336 min	08:00 PM	09:30 AM
Nov 29, 2025	1	5:28	10:27	166 min	09:00 PM	07:30 AM
Nov 28, 2025	1	4:47	5:40	47 min	04:00 AM	04:00 PM
Nov 27, 2025	1	4:33	12:03	162 min	07:30 PM	07:30 AM
Nov 26, 2025	1	4:47	12:43	407 min	07:30 PM	08:30 AM
Nov 25, 2025	0	0:31	9:01	90 min	07:30 PM	04:30 AM
Nov 24, 2025	0	3:14	4:21	52 min	04:00 AM	08:30 AM
Nov 23, 2025	1	3:34	11:05	61 min	09:00 PM	08:00 AM
Nov 22, 2025	1	5:04	11:28	98 min	09:00 PM	08:30 AM
Nov 21, 2025	1	8:25	13:11	114 min	06:30 PM	08:00 AM
Nov 20, 2025	1	6:23	10:33	149 min	09:00 PM	08:00 AM
Nov 19, 2025	1	9:47	11:08	23 min	08:30 PM	07:30 AM
Nov 18, 2025	1	3:56	11:58	59 min	08:00 PM	08:00 AM
Nov 17, 2025	1	5:49	12:32	159 min	07:00 PM	07:30 AM
Nov 16, 2025	1	4:12	12:35	86 min	09:00 PM	09:30 AM
Nov 15, 2025	1	5:56	11:44	83 min	08:00 PM	07:30 AM
Nov 14, 2025	1	9:38	10:01	16 min	09:30 PM	07:30 AM
Nov 13, 2025	1	7:52	16:31	111 min	02:30 PM	07:00 AM
Nov 12, 2025	0	1:33	3:37	1 min	04:00 AM	07:30 AM
Nov 11, 2025	1	11:16	19:22	177 min	06:30 PM	09:00 PM
Nov 10, 2025	1	6:20	12:16	34 min	06:30 PM	06:30 AM
Nov 09, 2025	1	8:56	12:31	84 min	07:00 PM	08:00 AM
Nov 08, 2025	0	8:48	12:45	92 min	05:30 PM	08:00 AM
Nov 07, 2025	1	13:19	16:47	99 min	02:30 PM	07:30 AM
Nov 06, 2025	0	4:07	11:15	139 min	09:00 PM	08:00 AM
Nov 05, 2025	1	2:05	10:04	66 min	09:30 PM	07:30 AM
Nov 04, 2025	1	8:45	12:32	100 min	06:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 03, 2025	1	5:08	13:18	58 min	06:00 PM	07:30 AM
Nov 02, 2025	0	8:11	13:00	96 min	07:30 PM	07:30 AM
Nov 01, 2025	1	4:03	12:59	188 min	06:30 PM	07:30 AM
Oct 31, 2025	1	6:40	12:45	96 min	09:00 PM	10:00 AM
Oct 30, 2025	1	7:41	13:51	45 min	07:00 PM	09:00 AM
Oct 29, 2025	0	6:29	9:39	40 min	08:00 PM	06:00 AM
Oct 28, 2025	0	6:49	11:32	257 min	07:00 PM	06:30 AM
Oct 27, 2025	1	6:56	13:04	64 min	07:00 PM	08:30 AM
Oct 26, 2025	2	5:14	13:27	76 min	06:30 PM	08:00 AM
Oct 25, 2025	1	9:05	12:29	60 min	07:00 PM	07:30 AM
Oct 24, 2025	0	3:55	7:30	40 min	08:00 PM	03:30 AM
Oct 23, 2025	0	8:37	11:18	28 min	09:00 PM	08:30 AM
Oct 22, 2025	1	3:49	12:05	82 min	08:30 PM	09:00 AM
Oct 21, 2025	1	10:13	14:24	38 min	07:00 PM	09:30 AM
Oct 20, 2025	0	5:19	10:20	43 min	08:00 PM	06:30 AM
Oct 19, 2025	0	5:58	10:28	16 min	08:00 PM	06:30 AM
Oct 18, 2025	1	2:20	9:47	69 min	10:30 PM	08:30 AM
Oct 17, 2025	1	7:45	11:28	42 min	08:00 PM	07:30 AM
Oct 16, 2025	1	7:24	10:32	157 min	09:00 PM	07:30 AM
Oct 15, 2025	0	6:34	11:10	216 min	08:30 PM	08:00 AM
Oct 14, 2025	0	5:56	9:43	32 min	08:30 PM	06:00 AM
Oct 13, 2025	1	10:13	12:06	56 min	07:30 PM	08:00 AM
Oct 12, 2025	1	4:07	9:10	198 min	09:00 PM	06:00 AM
Oct 11, 2025	1	1:25	10:22	55 min	08:00 PM	06:30 AM
Oct 10, 2025	1	10:49	12:18	68 min	07:30 PM	08:00 AM
Oct 09, 2025	0	8:56	9:31	35 min	08:30 PM	06:00 AM
Oct 08, 2025	1	5:42	10:45	56 min	09:00 PM	08:00 AM
Oct 07, 2025	0	3:37	8:49	311 min	07:00 PM	04:00 AM
Oct 06, 2025	1	5:59	10:21	42 min	09:00 PM	08:00 AM
Oct 05, 2025	0	3:52	9:43	302 min	08:30 PM	06:00 AM
Oct 04, 2025	1	7:28	14:22	43 min	06:30 PM	09:30 AM
Oct 03, 2025	1	7:09	10:54	104 min	09:00 PM	08:00 AM
Oct 02, 2025	1	11:23	12:21	44 min	08:00 PM	08:30 AM
Oct 01, 2025	1	6:56	10:32	71 min	09:00 PM	08:00 AM
Sep 30, 2025	1	5:52	13:08	130 min	06:30 PM	08:00 AM
Sep 29, 2025	1	3:37	11:17	246 min	08:30 PM	08:00 AM
Sep 28, 2025	1	5:49	8:44	66 min	10:30 PM	07:30 AM
Sep 27, 2025	1	8:35	12:52	76 min	07:30 PM	08:30 AM
Sep 26, 2025	0	8:17	10:51	61 min	09:00 PM	08:00 AM
Sep 25, 2025	0	4:50	9:20	55 min	07:00 PM	04:30 AM
Sep 24, 2025	1	7:12	10:58	62 min	09:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 23, 2025	1	6:25	12:31	99 min	07:30 PM	08:00 AM
Sep 22, 2025	1	10:08	12:31	86 min	07:30 PM	08:00 AM
Sep 21, 2025	1	9:33	11:16	55 min	09:30 PM	09:00 AM
Sep 20, 2025	1	11:03	12:53	78 min	07:00 PM	08:00 AM
Sep 19, 2025	1	9:06	10:22	53 min	09:00 PM	07:30 AM
Sep 18, 2025	1	10:42	12:57	84 min	07:00 PM	08:00 AM
Sep 17, 2025	1	14:11	17:07	151 min	02:30 PM	08:00 AM
Sep 16, 2025	1	6:32	12:18	49 min	07:30 PM	07:30 AM
Sep 15, 2025	1	8:15	12:44	123 min	07:00 PM	08:00 AM
Sep 14, 2025	1	4:50	8:55	184 min	11:00 PM	08:00 AM
Sep 13, 2025	1	6:00	11:20	50 min	08:30 PM	08:00 AM
Sep 12, 2025	0	8:58	11:00	43 min	09:00 PM	08:00 AM
Sep 11, 2025	1	9:08	10:20	66 min	09:00 PM	07:30 AM
Sep 09, 2025	0	13:30	15:10	56 min	03:30 PM	08:00 AM
Sep 08, 2025	1	16:04	16:40	36 min	03:00 PM	07:30 AM