

RiverSpring Living — 302d 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
Mar 13, 2026	3	7:19	7:47	20 min	07:30 PM	04:00 AM
Mar 12, 2026	1	9:38	10:27	26 min	07:00 PM	06:00 AM
Mar 11, 2026	1	7:48	9:07	29 min	07:30 PM	06:00 AM
Mar 10, 2026	2	7:39	8:13	17 min	08:00 PM	05:00 AM
Mar 09, 2026	2	9:03	9:27	19 min	07:30 PM	05:30 AM
Mar 08, 2026	1	7:52	8:35	21 min	08:00 PM	06:00 AM
Mar 07, 2026	2	8:33	9:40	14 min	07:00 PM	05:30 AM
Mar 06, 2026	2	11:27	12:24	14 min	04:30 PM	06:00 AM
Mar 05, 2026	3	9:36	10:27	25 min	08:00 PM	07:00 AM
Mar 04, 2026	0	18:33	20:42	25 min	07:30 PM	05:30 PM
Mar 03, 2026	1	31:36	34:20	26 min	04:00 PM	04:00 PM
Mar 01, 2026	2	8:26	9:13	15 min	07:30 PM	05:30 AM
Feb 28, 2026	0	7:03	8:12	22 min	08:30 PM	05:30 AM
Feb 27, 2026	2	8:34	9:19	26 min	07:30 PM	05:30 AM
Feb 26, 2026	1	9:06	9:52	13 min	07:30 PM	06:00 AM
Feb 25, 2026	1	6:52	7:40	22 min	08:30 PM	05:00 AM
Feb 24, 2026	2	8:03	9:22	11 min	08:00 PM	06:00 AM
Feb 23, 2026	2	8:09	9:13	25 min	08:00 PM	06:00 AM
Feb 22, 2026	4	7:54	9:09	13 min	08:00 PM	06:00 AM
Feb 21, 2026	2	8:14	8:57	24 min	08:30 PM	05:30 AM
Feb 20, 2026	1	8:54	9:52	21 min	07:30 PM	06:00 AM
Feb 19, 2026	2	8:18	9:22	12 min	08:30 PM	06:30 AM
Feb 18, 2026	2	8:49	9:06	14 min	07:30 PM	05:00 AM
Feb 17, 2026	1	8:17	8:46	16 min	08:00 PM	05:00 AM
Feb 16, 2026	0	8:14	9:16	20 min	07:30 PM	04:30 AM
Feb 15, 2026	2	8:24	8:37	13 min	08:30 PM	05:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 14, 2026	4	10:43	11:55	32 min	05:30 PM	05:30 PM
Feb 13, 2026	2	8:13	8:38	17 min	08:30 PM	05:00 AM
Feb 12, 2026	3	8:05	10:07	20 min	07:00 PM	05:30 AM
Feb 11, 2026	1	8:19	9:38	21 min	07:30 PM	05:00 AM
Feb 10, 2026	2	7:25	8:19	18 min	08:00 PM	05:00 AM
Feb 09, 2026	2	7:15	9:11	15 min	08:30 PM	06:00 AM
Feb 08, 2026	0	7:46	9:31	28 min	08:00 PM	06:00 AM
Feb 07, 2026	1	7:29	8:25	18 min	08:00 PM	04:30 AM
Feb 06, 2026	1	11:22	13:05	61 min	05:30 PM	03:30 PM
Feb 05, 2026	1	8:16	10:33	17 min	07:00 PM	05:30 AM
Feb 04, 2026	2	27:57	32:51	32 min	05:30 PM	05:30 AM
Feb 02, 2026	2	8:00	8:33	23 min	08:00 PM	05:00 AM
Feb 01, 2026	2	7:45	8:28	25 min	08:30 PM	05:30 AM
Jan 31, 2026	1	5:11	10:11	27 min	09:00 PM	07:30 AM
Jan 30, 2026	2	8:59	9:40	33 min	07:00 PM	05:00 AM
Jan 29, 2026	1	9:45	10:46	15 min	06:30 PM	06:00 AM
Jan 28, 2026	1	10:33	12:13	27 min	05:30 PM	07:00 AM
Jan 27, 2026	1	6:49	8:26	24 min	08:00 PM	05:00 AM
Jan 26, 2026	3	9:08	11:16	9 min	04:30 PM	06:00 AM
Jan 25, 2026	1	10:08	10:42	18 min	06:30 PM	05:30 AM
Jan 24, 2026	1	10:22	11:07	28 min	08:30 PM	08:00 AM
Jan 23, 2026	2	8:32	9:34	23 min	07:00 PM	05:00 AM
Jan 22, 2026	1	8:05	9:01	30 min	08:00 PM	05:30 AM
Jan 21, 2026	2	7:10	7:52	12 min	09:00 PM	05:30 AM
Jan 20, 2026	1	7:47	8:42	18 min	08:30 PM	06:00 AM
Jan 19, 2026	3	7:34	8:48	24 min	09:00 PM	07:00 AM
Jan 18, 2026	4	12:57	13:39	31 min	05:30 PM	06:30 PM
Jan 17, 2026	1	15:57	18:26	96 min	10:30 AM	05:30 AM
Jan 16, 2026	1	8:14	8:38	24 min	09:00 PM	06:00 AM
Jan 15, 2026	0	7:41	8:07	17 min	09:30 PM	05:30 AM
Jan 14, 2026	1	8:52	9:25	32 min	08:00 PM	05:30 AM
Jan 13, 2026	2	7:34	8:18	19 min	08:00 PM	05:00 AM
Jan 12, 2026	1	9:08	9:39	23 min	08:00 PM	05:30 AM
Jan 11, 2026	1	8:33	9:12	19 min	08:00 PM	05:00 AM
Jan 10, 2026	1	7:56	8:17	14 min	08:30 PM	05:00 AM
Jan 09, 2026	2	11:19	11:39	13 min	05:00 PM	05:30 AM
Jan 08, 2026	1	9:36	9:54	18 min	08:00 PM	06:00 AM
Jan 07, 2026	1	7:30	7:44	10 min	08:30 PM	04:30 AM
Jan 06, 2026	1	7:45	8:18	12 min	09:00 PM	05:30 AM
Jan 05, 2026	1	8:20	8:41	13 min	08:30 PM	05:30 AM
Jan 04, 2026	4	8:33	8:47	14 min	08:30 PM	05:30 AM

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Jan 02, 2026	0	8:12	9:17	25 min	07:30 PM	05:00 AM
Jan 01, 2026	1	9:28	9:41	13 min	07:30 PM	05:00 AM
Dec 31, 2025	1	8:36	8:54	17 min	08:00 PM	05:00 AM
Dec 30, 2025	1	8:40	9:25	31 min	07:30 PM	05:00 AM
Dec 29, 2025	1	8:59	9:35	18 min	08:00 PM	05:30 AM
Dec 28, 2025	2	8:41	9:30	21 min	08:00 PM	06:00 AM
Dec 27, 2025	1	8:20	9:08	20 min	07:30 PM	05:00 AM
Dec 26, 2025	1	9:46	10:04	15 min	07:30 PM	06:00 AM
Dec 25, 2025	1	8:53	9:25	32 min	07:30 PM	05:00 AM
Dec 24, 2025	1	8:22	9:01	31 min	07:30 PM	05:00 AM
Dec 23, 2025	1	9:00	9:47	17 min	08:00 PM	06:00 AM
Dec 22, 2025	2	7:22	8:07	13 min	08:30 PM	05:00 AM
Dec 21, 2025	1	9:22	9:42	12 min	07:30 PM	05:30 AM
Dec 20, 2025	1	7:46	8:26	39 min	08:30 PM	05:00 AM
Dec 19, 2025	1	9:40	10:00	19 min	07:30 PM	05:30 AM
Dec 18, 2025	1	9:29	10:13	19 min	05:30 PM	04:00 AM
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Dec 16, 2025	1	8:32	8:51	17 min	08:00 PM	05:00 AM
Dec 15, 2025	1	9:13	9:41	15 min	07:30 PM	05:30 AM
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Dec 07, 2025	1	8:50	9:54	36 min	07:30 PM	07:00 AM
Dec 06, 2025	1	8:26	9:00	26 min	07:30 PM	05:00 AM
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Dec 02, 2025	1	8:05	9:26	15 min	07:30 PM	05:30 AM
Dec 01, 2025	1	9:07	9:35	28 min	07:30 PM	05:00 AM
Nov 30, 2025	1	7:26	8:01	18 min	07:30 PM	04:00 AM
Nov 29, 2025	1	8:12	8:38	25 min	07:30 PM	04:30 AM
Nov 28, 2025	1	7:38	8:41	31 min	07:30 PM	04:30 AM
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Oct 01, 2025	1	7:41	8:29	23 min	08:00 PM	05:00 AM
Sep 30, 2025	1	8:51	9:20	29 min	07:30 PM	12:30 PM
Sep 29, 2025	1	6:51	7:47	54 min	09:00 PM	05:00 AM
Sep 28, 2025	1	8:34	8:46	11 min	07:30 PM	04:30 AM
Sep 27, 2025	0	7:50	8:10	20 min	08:00 PM	04:00 AM
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