

RiverSpring Living — 302w 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	0	7:39	8:48	14 min	07:30 PM	04:30 AM
Mar 12, 2026	2	8:43	10:21	10 min	07:30 PM	06:00 AM
Mar 11, 2026	1	8:30	9:59	13 min	07:30 PM	06:00 AM
Mar 10, 2026	0	7:56	9:19	17 min	08:00 PM	05:30 AM
Mar 09, 2026	1	8:19	11:08	30 min	07:30 PM	02:30 PM
Mar 08, 2026	0	7:46	8:48	11 min	08:00 PM	06:00 AM
Mar 07, 2026	0	8:35	10:21	11 min	07:00 PM	05:30 AM
Mar 06, 2026	0	10:37	13:35	64 min	04:30 PM	03:00 PM
Mar 05, 2026	0	10:08	11:26	15 min	07:30 PM	07:30 AM
Mar 04, 2026	2	8:02	8:57	14 min	07:30 PM	05:00 AM
Mar 03, 2026	1	10:31	12:23	43 min	07:00 PM	05:00 PM
Mar 02, 2026	1	12:59	15:30	15 min	10:00 AM	05:00 AM
Mar 01, 2026	0	9:40	10:41	27 min	07:00 PM	06:00 AM
Feb 28, 2026	0	8:29	9:07	29 min	08:30 PM	05:30 AM
Feb 27, 2026	0	8:45	10:11	9 min	07:30 PM	06:00 AM
Feb 26, 2026	0	9:39	10:07	13 min	07:30 PM	06:00 AM
Feb 25, 2026	0	6:54	8:34	7 min	08:30 PM	05:30 AM
Feb 24, 2026	2	7:56	9:01	13 min	08:30 PM	06:00 AM
Feb 23, 2026	0	9:31	10:04	19 min	07:30 PM	06:00 AM
Feb 22, 2026	2	8:20	9:53	11 min	08:00 PM	06:00 AM
Feb 21, 2026	0	7:42	9:13	32 min	08:30 PM	05:30 AM
Feb 20, 2026	2	8:28	11:01	40 min	08:00 PM	01:00 PM
Feb 19, 2026	3	6:53	8:43	39 min	09:30 PM	06:30 AM
Feb 18, 2026	0	7:20	9:13	19 min	07:30 PM	05:00 AM
Feb 17, 2026	1	6:50	9:12	15 min	08:00 PM	05:30 AM
Feb 16, 2026	2	7:17	9:08	16 min	07:00 PM	04:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 15, 2026	1	7:23	8:58	20 min	09:00 PM	12:30 PM
Feb 14, 2026	1	10:13	12:56	21 min	05:30 PM	05:30 PM
Feb 13, 2026	1	8:08	9:36	9 min	08:30 PM	06:30 AM
Feb 12, 2026	3	7:28	9:54	26 min	07:00 PM	02:30 PM
Feb 11, 2026	1	8:13	9:28	8 min	07:30 PM	05:00 AM
Feb 10, 2026	1	7:00	8:33	8 min	08:30 PM	05:00 AM
Feb 09, 2026	1	7:25	10:41	23 min	08:30 PM	01:30 PM
Feb 08, 2026	1	6:11	8:57	10 min	08:00 PM	06:00 AM
Feb 07, 2026	0	8:03	10:26	42 min	08:00 PM	03:00 PM
Feb 06, 2026	1	8:42	10:41	10 min	05:30 PM	06:00 AM
Feb 05, 2026	1	8:12	10:09	13 min	07:30 PM	05:30 AM
Feb 04, 2026	1	7:19	8:43	12 min	08:00 PM	05:30 AM
Feb 03, 2026	2	7:23	9:35	26 min	07:00 PM	05:00 AM
Feb 02, 2026	1	7:23	8:35	22 min	08:30 PM	05:00 AM
Feb 01, 2026	1	6:57	8:08	15 min	09:00 PM	05:30 AM
Jan 31, 2026	1	8:26	10:33	21 min	08:00 PM	07:00 AM
Jan 30, 2026	1	8:58	9:46	14 min	06:00 PM	05:00 AM
Jan 29, 2026	0	8:04	10:24	29 min	07:30 PM	02:30 PM
Jan 28, 2026	1	10:28	12:03	16 min	05:30 PM	07:00 AM
Jan 27, 2026	2	7:46	9:10	16 min	08:00 PM	05:00 AM
Jan 26, 2026	2	8:02	11:07	6 min	04:30 PM	06:00 AM
Jan 25, 2026	0	7:41	9:52	36 min	07:30 PM	06:00 AM
Jan 24, 2026	0	9:23	11:29	48 min	08:30 PM	03:00 PM
Jan 23, 2026	1	7:47	9:31	13 min	07:00 PM	05:00 AM
Jan 22, 2026	1	7:42	9:12	21 min	08:00 PM	05:30 AM
Jan 21, 2026	2	6:59	7:54	12 min	09:00 PM	05:30 AM
Jan 20, 2026	1	8:06	8:58	10 min	08:30 PM	06:00 AM
Jan 19, 2026	3	8:35	9:27	11 min	09:00 PM	07:00 AM
Jan 18, 2026	2	11:00	13:10	58 min	05:30 PM	06:30 PM
Jan 17, 2026	1	7:06	9:05	20 min	08:00 PM	05:30 AM
Jan 16, 2026	0	7:18	9:29	35 min	09:00 PM	01:00 PM
Jan 15, 2026	2	6:28	9:11	46 min	08:30 PM	11:00 AM
Jan 14, 2026	0	7:17	9:27	16 min	08:00 PM	06:00 AM
Jan 13, 2026	0	6:41	7:59	12 min	08:00 PM	05:00 AM
Jan 12, 2026	1	7:42	9:41	15 min	08:00 PM	06:00 AM
Jan 11, 2026	1	7:47	9:19	22 min	07:30 PM	05:00 AM
Jan 10, 2026	1	6:50	7:55	11 min	08:30 PM	05:00 AM
Jan 09, 2026	0	9:44	11:33	10 min	05:00 PM	05:30 AM
Jan 08, 2026	1	7:56	9:57	31 min	07:30 PM	06:00 AM
Jan 07, 2026	1	6:51	9:26	26 min	08:30 PM	11:30 AM
Jan 06, 2026	1	7:47	10:06	27 min	09:00 PM	01:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 05, 2026	1	7:10	8:26	37 min	09:30 PM	03:00 PM
Jan 04, 2026	2	7:14	9:23	20 min	08:30 PM	02:30 PM
Jan 03, 2026	2	7:05	8:34	9 min	07:30 PM	04:30 AM
Jan 02, 2026	1	8:56	9:48	12 min	07:30 PM	05:30 AM
Jan 01, 2026	1	6:53	9:30	13 min	07:00 PM	05:00 AM
Dec 31, 2025	0	7:14	9:46	42 min	08:00 PM	10:00 AM
Dec 30, 2025	0	7:55	9:18	12 min	07:30 PM	05:00 AM
Dec 29, 2025	1	7:37	9:22	23 min	08:00 PM	05:30 AM
Dec 28, 2025	1	7:34	9:40	38 min	08:00 PM	02:30 PM
Dec 27, 2025	3	7:47	11:40	30 min	07:30 PM	03:00 PM
Dec 26, 2025	1	8:02	10:16	21 min	07:30 PM	11:30 AM
Dec 25, 2025	2	8:06	10:26	36 min	07:00 PM	03:00 PM
Dec 24, 2025	2	7:32	8:59	12 min	07:30 PM	04:30 AM
Dec 23, 2025	3	9:31	11:14	30 min	08:00 PM	01:00 PM
Dec 22, 2025	0	6:38	8:55	31 min	08:30 PM	11:30 AM
Dec 21, 2025	1	8:08	9:46	27 min	07:30 PM	05:30 AM
Dec 20, 2025	2	7:58	8:23	9 min	08:30 PM	05:00 AM
Dec 19, 2025	2	9:28	12:36	42 min	07:00 PM	03:00 PM
Dec 18, 2025	4	7:35	10:32	50 min	05:30 PM	05:00 AM
Dec 17, 2025	1	7:44	9:26	46 min	08:00 PM	11:30 AM
Dec 16, 2025	2	7:19	8:45	13 min	08:00 PM	05:00 AM
Dec 15, 2025	2	7:51	9:46	15 min	07:30 PM	06:00 AM
Dec 14, 2025	1	9:10	11:39	35 min	07:30 PM	03:30 PM
Dec 13, 2025	1	7:20	10:04	50 min	07:30 PM	11:30 AM
Dec 12, 2025	2	9:20	11:17	18 min	07:30 PM	07:00 AM
Dec 11, 2025	1	6:21	8:08	24 min	09:00 PM	05:00 AM
Dec 10, 2025	0	6:54	8:59	13 min	07:30 PM	05:00 AM
Dec 09, 2025	0	6:17	8:00	17 min	08:30 PM	04:30 AM
Dec 08, 2025	2	7:39	9:34	22 min	07:30 PM	05:00 AM
Dec 07, 2025	1	7:57	10:36	31 min	07:30 PM	06:30 AM
Dec 06, 2025	0	7:40	10:04	47 min	07:00 PM	11:30 AM
Dec 05, 2025	2	8:21	9:42	14 min	06:30 PM	05:00 AM
Dec 04, 2025	1	7:19	9:43	36 min	06:30 PM	04:30 AM
Dec 03, 2025	1	10:03	10:39	25 min	06:30 PM	05:00 AM
Dec 02, 2025	2	8:24	10:34	32 min	07:30 PM	11:30 AM
Dec 01, 2025	1	8:06	9:39	12 min	07:30 PM	05:00 AM
Nov 30, 2025	1	7:14	9:09	14 min	07:30 PM	05:30 AM
Nov 29, 2025	0	7:40	9:03	36 min	07:30 PM	04:30 AM
Nov 28, 2025	1	7:12	8:36	28 min	07:30 PM	04:30 AM
Nov 27, 2025	1	7:13	9:35	28 min	07:30 PM	05:00 AM
Nov 26, 2025	1	8:07	10:10	28 min	06:00 PM	05:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 25, 2025	3	8:03	9:09	26 min	07:30 PM	05:00 AM
Nov 24, 2025	3	5:29	6:40	9 min	09:30 PM	05:30 AM
Nov 23, 2025	3	6:33	8:45	34 min	07:30 PM	05:00 AM
Nov 22, 2025	0	8:52	10:35	27 min	07:00 PM	06:00 AM
Nov 21, 2025	1	8:40	9:42	24 min	07:30 PM	07:30 AM
Nov 20, 2025	2	6:59	9:12	64 min	07:30 PM	05:00 AM
Nov 19, 2025	0	7:57	10:03	29 min	07:30 PM	07:00 AM
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Nov 11, 2025	0	9:28	11:18	25 min	07:30 PM	05:30 PM
Nov 10, 2025	1	7:22	8:30	17 min	07:30 PM	04:30 AM
Nov 09, 2025	2	8:12	8:59	17 min	07:30 PM	05:00 AM
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Nov 05, 2025	1	6:08	8:23	28 min	07:30 PM	05:00 AM
Nov 04, 2025	0	8:49	9:17	13 min	07:30 PM	05:00 AM
Nov 03, 2025	1	8:32	9:14	12 min	07:30 PM	05:00 AM
Nov 02, 2025	2	7:29	9:19	14 min	07:30 PM	04:30 AM
Nov 01, 2025	2	7:16	8:43	16 min	08:00 PM	05:00 AM
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Oct 03, 2025	1	8:24	9:25	18 min	07:00 PM	05:00 AM
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Oct 01, 2025	1	8:07	9:14	16 min	07:30 PM	05:30 AM
Sep 30, 2025	3	8:07	9:09	17 min	07:30 PM	05:00 AM
Sep 29, 2025	0	6:30	7:00	20 min	10:00 PM	05:00 AM
Sep 28, 2025	1	8:07	8:37	10 min	07:30 PM	04:30 AM
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Sep 12, 2025	2	9:01	10:44	13 min	07:00 PM	08:00 AM
Sep 11, 2025	0	6:56	9:14	62 min	07:30 PM	05:00 AM
Sep 10, 2025	2	6:44	8:39	47 min	08:00 PM	07:00 AM
Sep 09, 2025	2	6:23	8:52	20 min	07:00 PM	04:30 AM
Sep 08, 2025	1	8:00	9:45	30 min	07:30 PM	05:30 AM