

RiverSpring Living — 303d 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	5:23	6:07	21 min	09:30 PM	03:30 AM
Mar 12, 2026	0	6:53	9:24	14 min	08:00 PM	05:30 AM
Mar 11, 2026	0	5:27	8:33	19 min	09:00 PM	05:30 AM
Mar 10, 2026	0	8:02	10:04	11 min	07:30 PM	05:30 AM
Mar 09, 2026	0	7:50	11:01	98 min	07:00 PM	06:00 AM
Mar 08, 2026	0	8:04	9:42	87 min	07:30 PM	06:00 AM
Mar 07, 2026	0	7:34	9:11	74 min	07:30 PM	04:30 AM
Mar 06, 2026	1	25:01	31:04	39 min	06:30 PM	01:30 PM
Mar 04, 2026	0	7:28	8:08	9 min	08:30 PM	05:00 AM
Mar 03, 2026	0	7:26	11:03	16 min	07:00 PM	06:00 AM
Mar 02, 2026	1	9:00	11:48	26 min	03:00 PM	02:30 AM
Mar 01, 2026	0	7:08	10:00	14 min	07:30 PM	05:30 AM
Feb 28, 2026	0	8:40	9:15	11 min	08:30 PM	05:30 AM
Feb 27, 2026	0	10:54	12:13	34 min	07:30 PM	01:00 PM
Feb 26, 2026	0	6:41	10:32	135 min	08:00 PM	06:30 AM
Feb 25, 2026	0	0:07	1:00	53 min	02:30 PM	03:30 PM
Feb 24, 2026	0	2:33	3:20	17 min	08:30 PM	12:00 AM
Feb 20, 2026	0	5:08	9:07	62 min	08:00 PM	05:00 AM
Feb 19, 2026	1	9:00	12:24	15 min	07:00 PM	08:00 AM
Feb 18, 2026	0	7:31	8:30	13 min	09:30 PM	06:00 AM
Feb 17, 2026	0	4:08	10:08	16 min	07:30 PM	05:30 AM
Feb 16, 2026	0	7:22	9:13	18 min	08:00 PM	05:30 AM
Feb 15, 2026	0	10:14	12:19	39 min	08:30 PM	06:00 PM
Feb 14, 2026	0	6:09	9:03	14 min	06:00 PM	03:00 AM
Feb 13, 2026	0	0:49	9:35	526 min	08:30 PM	06:00 AM
Feb 12, 2026	0	8:03	10:03	20 min	08:00 PM	12:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 11, 2026	0	16:08	19:22	34 min	12:00 PM	07:30 AM
Feb 10, 2026	0	9:12	11:06	22 min	09:00 PM	08:00 AM
Feb 09, 2026	0	6:52	9:45	17 min	07:00 PM	05:00 AM
Feb 08, 2026	0	7:09	9:27	51 min	07:00 PM	04:30 AM
Feb 07, 2026	0	12:15	15:01	43 min	02:00 PM	05:00 AM
Feb 06, 2026	0	9:24	10:53	16 min	08:00 PM	07:00 AM
Feb 05, 2026	0	6:22	9:00	10 min	08:30 PM	05:30 AM
Feb 04, 2026	0	7:29	8:32	13 min	08:30 PM	05:00 AM
Feb 03, 2026	0	4:39	9:22	9 min	08:00 PM	05:30 AM
Feb 02, 2026	0	13:50	14:46	56 min	02:30 PM	05:30 AM
Feb 01, 2026	0	15:05	17:30	36 min	11:00 AM	04:30 AM
Jan 31, 2026	0	15:45	18:04	40 min	01:00 PM	07:00 AM
Jan 30, 2026	1	6:26	8:56	26 min	08:00 PM	05:00 AM
Jan 29, 2026	0	19:10	20:18	37 min	11:00 AM	07:30 AM
Jan 28, 2026	0	7:17	9:29	13 min	08:00 PM	05:30 AM
Jan 27, 2026	0	9:00	10:00	9 min	07:00 PM	05:00 AM
Jan 26, 2026	0	10:22	11:07	3 min	08:30 PM	08:00 AM
Jan 25, 2026	0	7:50	10:37	55 min	08:00 PM	06:00 PM
Jan 24, 2026	0	7:12	9:09	20 min	09:00 PM	06:00 AM
Jan 23, 2026	0	15:58	18:12	44 min	11:30 AM	05:30 AM
Jan 22, 2026	0	7:44	8:52	33 min	09:00 PM	06:00 AM
Jan 21, 2026	0	6:33	9:25	23 min	05:30 PM	03:00 AM
Jan 20, 2026	0	9:42	11:44	27 min	06:00 PM	05:30 AM
Jan 19, 2026	2	10:14	16:40	43 min	03:00 PM	08:00 AM
Jan 18, 2026	0	13:01	14:43	32 min	05:00 PM	07:30 AM
Jan 17, 2026	0	8:30	11:27	24 min	05:30 PM	05:00 AM
Jan 16, 2026	0	4:57	9:45	107 min	08:00 PM	05:30 AM
Jan 15, 2026	0	8:35	11:33	26 min	06:00 PM	06:00 AM
Jan 14, 2026	0	20:37	21:33	29 min	11:00 AM	08:30 AM
Jan 13, 2026	0	7:03	9:33	34 min	08:00 PM	05:30 AM
Jan 12, 2026	0	1:33	4:29	47 min	12:00 AM	04:30 AM
Jan 11, 2026	0	10:49	14:04	43 min	09:00 PM	10:00 PM
Jan 10, 2026	0	2:35	7:54	13 min	09:00 PM	05:00 AM
Jan 09, 2026	1	14:28	16:22	48 min	11:00 AM	03:30 AM
Jan 08, 2026	0	9:34	11:34	71 min	06:00 PM	06:00 AM
Jan 07, 2026	1	7:51	11:11	31 min	08:00 PM	07:30 AM
Jan 06, 2026	2	7:46	8:17	13 min	08:30 PM	05:00 AM
Jan 05, 2026	1	10:20	11:47	54 min	09:00 PM	06:00 PM
Jan 04, 2026	0	7:24	8:10	22 min	09:00 PM	05:00 AM
Jan 03, 2026	0	9:07	10:02	20 min	07:00 PM	05:00 AM
Jan 02, 2026	0	8:26	9:21	20 min	07:30 PM	05:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 01, 2026	0	5:12	8:37	24 min	07:30 PM	05:00 AM
Dec 31, 2025	0	6:27	8:19	31 min	08:30 PM	05:00 AM
Dec 30, 2025	1	19:09	21:47	15 min	06:30 PM	05:00 PM
Dec 29, 2025	0	8:56	10:08	16 min	08:00 PM	06:30 AM
Dec 28, 2025	0	8:15	8:37	22 min	08:30 PM	05:30 AM
Dec 27, 2025	0	8:57	10:37	30 min	07:00 PM	05:30 AM
Dec 26, 2025	0	5:25	6:14	18 min	07:30 PM	01:30 AM
Dec 25, 2025	1	9:49	10:46	51 min	06:30 PM	05:30 AM
Dec 24, 2025	0	7:31	9:31	10 min	07:30 PM	05:00 AM
Dec 23, 2025	0	8:49	10:18	17 min	07:00 PM	05:30 AM
Dec 22, 2025	0	8:32	9:53	11 min	07:30 PM	05:00 AM
Dec 21, 2025	1	7:58	10:23	69 min	06:30 PM	05:00 AM
Dec 20, 2025	0	2:23	9:01	12 min	08:00 PM	05:00 AM
Dec 19, 2025	1	9:13	9:57	11 min	07:00 PM	05:00 AM
Dec 18, 2025	0	8:20	8:38	18 min	09:00 PM	05:30 AM
Dec 17, 2025	1	8:36	9:00	8 min	07:30 PM	05:00 AM
Dec 16, 2025	0	4:27	8:26	22 min	06:30 PM	03:00 AM
Dec 15, 2025	0	10:20	11:24	14 min	08:00 PM	07:30 AM
Dec 14, 2025	0	9:08	9:31	14 min	08:30 PM	06:00 AM
Dec 13, 2025	1	7:47	12:58	26 min	07:00 PM	08:00 AM
Dec 12, 2025	1	11:11	11:54	12 min	06:30 PM	06:30 AM
Dec 11, 2025	1	8:43	9:19	29 min	07:30 PM	05:00 AM
Dec 10, 2025	0	8:18	9:02	18 min	08:00 PM	05:00 AM
Dec 09, 2025	0	7:59	9:11	22 min	08:00 PM	05:00 AM
Dec 08, 2025	0	6:51	9:18	16 min	07:30 PM	05:00 AM
Dec 07, 2025	2	10:47	12:19	18 min	07:00 PM	07:30 AM
Dec 06, 2025	0	9:06	9:38	20 min	07:00 PM	04:30 AM
Dec 05, 2025	1	8:22	9:44	19 min	07:00 PM	05:00 AM
Dec 04, 2025	0	6:48	10:37	170 min	06:30 PM	05:30 AM
Dec 03, 2025	0	9:09	9:24	8 min	07:30 PM	05:00 AM
Dec 02, 2025	0	7:45	9:59	29 min	07:00 PM	05:00 AM
Dec 01, 2025	0	7:47	10:17	11 min	06:30 PM	05:00 AM
Nov 30, 2025	0	4:39	9:46	228 min	07:00 PM	05:00 AM
Nov 29, 2025	0	9:45	11:59	49 min	03:30 PM	03:30 AM
Nov 28, 2025	0	7:55	8:20	18 min	08:00 PM	04:30 AM
Nov 27, 2025	1	8:23	10:51	17 min	06:30 PM	05:30 AM
Nov 26, 2025	0	7:25	10:36	11 min	06:30 PM	05:00 AM
Nov 25, 2025	0	8:42	10:37	11 min	06:30 PM	05:00 AM
Nov 24, 2025	0	8:27	10:23	21 min	06:30 PM	05:30 AM
Nov 23, 2025	1	11:03	12:10	32 min	04:30 PM	05:30 AM
Nov 22, 2025	0	5:25	9:52	166 min	07:30 PM	05:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 21, 2025	0	8:34	9:38	28 min	07:00 PM	04:30 AM
Nov 20, 2025	0	8:50	12:26	48 min	07:00 PM	04:30 PM
Nov 19, 2025	1	12:15	14:42	28 min	05:00 PM	08:30 AM
Nov 18, 2025	0	8:46	9:49	43 min	06:30 PM	04:30 AM
Nov 17, 2025	1	8:48	9:44	25 min	07:30 PM	05:00 AM
Nov 16, 2025	0	9:13	9:49	9 min	07:30 PM	05:30 AM
Nov 15, 2025	0	6:08	6:48	20 min	07:30 PM	02:30 AM
Nov 14, 2025	0	9:05	10:06	27 min	07:00 PM	05:00 AM
Nov 13, 2025	0	8:00	9:56	17 min	07:00 PM	05:00 AM
Nov 12, 2025	0	8:42	9:45	19 min	07:00 PM	04:30 AM
Nov 11, 2025	0	11:15	11:59	36 min	04:00 PM	04:00 AM
Nov 10, 2025	0	9:09	11:23	32 min	06:30 PM	06:00 AM
Nov 09, 2025	0	8:45	9:57	18 min	07:00 PM	05:30 AM
Nov 08, 2025	1	6:52	9:28	103 min	07:30 PM	04:30 PM
Nov 07, 2025	0	12:39	13:58	52 min	07:00 PM	05:00 PM
Nov 06, 2025	0	18:00	19:07	22 min	08:30 AM	04:30 AM
Nov 05, 2025	0	8:25	9:07	15 min	06:30 PM	05:30 AM
Nov 04, 2025	1	9:38	10:17	28 min	06:30 PM	05:00 AM
Nov 03, 2025	0	8:00	8:48	15 min	07:00 PM	04:00 AM
Nov 02, 2025	0	7:41	10:36	82 min	06:30 PM	04:00 AM
Nov 01, 2025	0	7:55	9:28	10 min	07:00 PM	05:00 AM
Oct 31, 2025	1	9:31	11:52	14 min	07:00 PM	07:00 AM
Oct 30, 2025	0	8:04	11:20	67 min	06:30 PM	06:00 AM
Oct 29, 2025	1	14:08	16:08	25 min	04:30 PM	09:00 AM
Oct 28, 2025	1	5:45	6:48	13 min	10:30 PM	05:30 AM
Oct 27, 2025	1	8:04	9:30	25 min	06:30 PM	05:30 AM
Oct 26, 2025	0	8:51	9:26	22 min	07:00 PM	04:30 AM
Oct 25, 2025	0	10:39	11:07	28 min	06:30 PM	05:30 AM
Oct 24, 2025	0	9:36	10:18	27 min	07:00 PM	05:00 AM
Oct 23, 2025	2	10:47	12:17	12 min	06:30 PM	07:00 AM
Oct 22, 2025	2	17:04	19:01	40 min	11:00 AM	06:30 AM
Oct 21, 2025	0	9:16	9:41	12 min	06:30 PM	04:30 AM
Oct 20, 2025	0	15:18	16:41	83 min	12:00 PM	04:30 AM
Oct 19, 2025	0	16:06	17:03	32 min	09:00 AM	04:00 AM
Oct 18, 2025	0	16:17	17:17	39 min	11:30 AM	05:00 AM
Oct 17, 2025	1	8:03	8:24	20 min	07:30 PM	04:00 AM
Oct 16, 2025	0	11:47	12:33	26 min	03:30 PM	04:00 AM
Oct 15, 2025	1	13:59	14:25	18 min	03:00 PM	05:30 AM
Oct 14, 2025	0	11:10	11:24	14 min	06:00 PM	05:30 AM
Oct 13, 2025	0	6:34	7:59	17 min	09:30 PM	05:30 AM
Oct 12, 2025	1	9:57	10:11	12 min	06:30 PM	05:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 11, 2025	0	10:16	10:21	5 min	07:00 PM	05:00 AM
Oct 10, 2025	1	21:01	23:16	25 min	04:30 PM	04:30 PM
Oct 09, 2025	0	8:25	10:18	63 min	07:30 PM	06:00 AM
Oct 08, 2025	1	8:38	10:50	23 min	06:30 PM	05:30 AM
Oct 07, 2025	0	10:24	10:32	8 min	06:30 PM	05:00 AM
Oct 06, 2025	0	6:21	10:04	26 min	07:00 PM	05:00 AM
Oct 05, 2025	1	7:59	10:00	22 min	07:00 PM	05:00 AM
Oct 04, 2025	0	9:21	9:44	11 min	07:00 PM	05:00 AM
Oct 03, 2025	0	7:56	8:33	22 min	07:00 PM	03:30 AM
Oct 02, 2025	0	12:17	13:11	26 min	06:30 PM	04:00 PM
Oct 01, 2025	0	7:54	9:44	57 min	07:00 PM	04:30 AM
Sep 30, 2025	0	7:00	9:40	21 min	07:00 PM	05:00 AM
Sep 29, 2025	1	8:13	9:06	35 min	07:30 PM	05:00 AM
Sep 28, 2025	0	9:21	9:54	10 min	07:00 PM	05:00 AM
Sep 27, 2025	0	9:43	10:08	14 min	07:00 PM	05:00 AM
Sep 26, 2025	1	8:31	9:26	52 min	07:00 PM	05:00 AM
Sep 25, 2025	1	6:55	7:27	14 min	06:30 PM	02:00 AM
Sep 24, 2025	0	8:13	9:00	14 min	07:00 PM	04:00 AM
Sep 23, 2025	0	8:31	9:35	22 min	07:00 PM	04:30 AM
Sep 22, 2025	0	8:32	8:52	14 min	09:00 PM	05:30 AM
Sep 21, 2025	1	8:20	9:59	86 min	06:30 PM	04:30 AM
Sep 20, 2025	0	10:01	11:14	24 min	04:00 PM	05:00 AM
Sep 19, 2025	1	8:01	8:43	16 min	08:00 PM	05:00 AM
Sep 18, 2025	1	6:55	10:25	22 min	06:30 PM	05:00 AM
Sep 17, 2025	0	8:46	9:23	18 min	07:30 PM	04:30 AM
Sep 16, 2025	0	9:52	10:50	49 min	06:30 PM	05:30 AM
Sep 15, 2025	0	9:29	9:57	28 min	06:30 PM	04:30 AM
Sep 14, 2025	0	7:19	8:08	49 min	07:30 PM	03:30 AM
Sep 13, 2025	1	7:45	8:13	22 min	08:00 PM	04:30 AM
Sep 12, 2025	0	8:38	9:33	22 min	06:30 PM	04:00 AM
Sep 11, 2025	0	13:09	13:43	12 min	02:30 PM	04:00 AM
Sep 10, 2025	0	8:33	9:19	46 min	07:30 PM	04:30 AM
Sep 09, 2025	0	13:44	15:05	44 min	01:30 PM	04:30 AM
Sep 08, 2025	1	19:20	22:00	34 min	08:30 AM	08:00 AM