

# RiverSpring Living — 303w 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 20, 2026	1	5:18	21:52	132 min	06:00 AM	06:30 AM
Feb 18, 2026	0	7:35	15:47	197 min	12:30 PM	04:00 AM
Feb 17, 2026	1	7:02	29:33	45 min	08:30 PM	06:00 AM
Feb 15, 2026	0	1:37	15:35	814 min	03:30 PM	07:00 AM
Feb 14, 2026	0	8:01	23:46	342 min	12:30 PM	01:00 PM
Feb 13, 2026	0	0:56	10:42	512 min	08:00 PM	06:30 AM
Feb 12, 2026	0	4:10	6:47	157 min	03:00 AM	10:00 AM
Feb 11, 2026	0	11:31	27:46	9 min	07:00 PM	11:00 PM
Feb 10, 2026	0	4:56	6:35	23 min	03:30 AM	10:00 AM
Feb 08, 2026	0	10:52	27:39	290 min	11:00 AM	06:30 PM
Feb 06, 2026	0	14:19	23:40	212 min	11:00 AM	10:30 AM
Feb 05, 2026	0	1:28	8:16	157 min	12:00 AM	08:30 AM
Feb 04, 2026	0	37:17	44:48	15 min	01:00 PM	10:00 AM
Feb 02, 2026	0	0:31	19:13	489 min	12:30 PM	07:30 AM
Feb 01, 2026	0	1:02	12:43	481 min	03:00 PM	03:30 AM
Jan 31, 2026	0	34:01	66:15	94 min	12:30 PM	10:30 AM
Jan 28, 2026	0	19:35	21:33	20 min	11:30 AM	09:30 AM
Jan 27, 2026	0	9:01	15:56	80 min	01:30 PM	06:30 AM
Jan 26, 2026	0	3:03	12:01	95 min	05:30 PM	05:30 AM
Jan 25, 2026	1	24:10	40:17	217 min	01:00 PM	07:00 AM
Jan 23, 2026	0	12:49	20:36	249 min	01:00 PM	09:30 AM
Jan 22, 2026	0	15:07	20:57	78 min	12:00 PM	09:00 AM
Jan 21, 2026	0	33:08	41:50	118 min	12:00 PM	06:30 AM
Jan 19, 2026	0	26:24	44:13	114 min	12:30 PM	09:30 AM
Jan 17, 2026	0	10:34	18:44	139 min	12:30 PM	07:30 AM
Jan 16, 2026	0	3:06	18:51	204 min	12:30 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 15, 2026	0	14:16	20:01	187 min	11:30 AM	07:30 AM
Jan 14, 2026	0	12:23	18:15	156 min	03:00 PM	09:30 AM
Jan 13, 2026	0	15:07	21:06	172 min	12:30 PM	10:00 AM
Jan 12, 2026	0	11:21	21:48	214 min	12:30 PM	10:30 AM
Jan 11, 2026	0	30:36	43:36	177 min	11:00 AM	08:30 AM
Jan 09, 2026	0	15:01	19:11	200 min	12:30 PM	07:30 AM
Jan 08, 2026	0	12:12	14:35	136 min	02:00 PM	04:30 AM
Jan 07, 2026	0	13:07	18:21	152 min	01:00 PM	07:00 AM
Jan 06, 2026	0	13:48	15:12	64 min	07:00 PM	10:30 AM
Jan 05, 2026	1	51:31	59:37	13 min	04:30 PM	07:30 AM
Jan 01, 2026	0	7:14	10:38	195 min	04:30 PM	03:00 AM
Dec 31, 2025	0	9:12	11:14	18 min	07:00 PM	06:00 AM
Dec 30, 2025	0	12:23	17:14	24 min	04:30 PM	09:30 AM
Dec 29, 2025	0	17:30	23:07	84 min	11:00 AM	11:00 AM
Dec 27, 2025	0	15:04	21:23	314 min	01:00 PM	10:30 AM
Dec 26, 2025	0	15:07	21:31	179 min	12:00 PM	09:30 AM
Dec 25, 2025	0	15:24	20:09	147 min	01:00 PM	09:00 AM
Dec 24, 2025	0	61:03	84:29	188 min	11:00 AM	06:30 AM
Dec 20, 2025	0	3:27	9:31	22 min	08:00 PM	05:30 AM
Dec 19, 2025	0	14:32	24:23	222 min	11:30 AM	12:00 PM
Dec 18, 2025	1	15:32	19:39	194 min	10:30 AM	06:30 AM
Dec 17, 2025	0	29:28	41:44	197 min	10:00 AM	04:30 AM
Dec 15, 2025	0	64:58	104:36	163 min	12:30 PM	04:00 AM
Dec 10, 2025	1	22:44	42:31	40 min	09:30 AM	08:00 AM
Dec 08, 2025	0	53:28	64:42	166 min	11:30 AM	05:30 AM
Dec 05, 2025	1	2:37	21:35	30 min	10:30 AM	08:30 AM
Dec 04, 2025	0	12:48	19:31	45 min	10:30 AM	07:00 AM
Dec 03, 2025	0	11:39	18:13	118 min	12:00 PM	06:00 AM
Dec 02, 2025	0	17:54	21:36	32 min	09:30 AM	08:30 AM
Dec 01, 2025	1	1:44	16:51	161 min	01:00 PM	06:00 AM
Nov 30, 2025	2	25:17	35:52	169 min	04:00 PM	06:00 AM
Nov 28, 2025	0	15:34	23:05	167 min	11:30 AM	12:00 PM
Nov 27, 2025	2	33:56	42:46	97 min	01:00 PM	09:00 AM
Nov 25, 2025	0	2:14	11:35	260 min	06:00 PM	10:30 AM
Nov 24, 2025	1	16:32	26:25	228 min	10:00 PM	01:30 AM
Nov 22, 2025	0	11:02	19:43	219 min	01:00 PM	04:00 PM
Nov 21, 2025	0	8:27	14:55	141 min	01:00 PM	03:30 AM
Nov 20, 2025	0	11:13	21:04	119 min	12:00 PM	09:00 AM
Nov 19, 2025	0	15:49	19:44	149 min	01:00 PM	09:00 AM
Nov 18, 2025	0	8:21	15:53	165 min	12:30 PM	04:30 AM
Nov 17, 2025	2	16:23	34:53	181 min	04:30 PM	04:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 15, 2025	0	4:42	13:14	235 min	11:00 AM	12:30 AM
Nov 14, 2025	0	15:43	21:09	147 min	12:00 PM	09:00 AM
Nov 13, 2025	2	14:43	32:43	65 min	07:00 PM	08:30 AM
Nov 11, 2025	0	12:00	23:02	40 min	09:30 AM	11:00 AM
Nov 10, 2025	0	27:41	38:38	137 min	01:30 PM	05:30 AM
Nov 08, 2025	0	15:35	23:19	196 min	11:00 AM	10:00 AM
Nov 07, 2025	0	2:44	16:28	171 min	12:30 PM	05:00 AM
Nov 06, 2025	0	29:00	43:48	115 min	12:00 PM	09:00 AM
Nov 04, 2025	1	8:58	18:46	28 min	01:30 PM	09:00 AM
Nov 03, 2025	1	29:10	44:01	183 min	10:00 AM	09:00 AM
Nov 01, 2025	0	11:46	18:40	274 min	12:30 PM	07:00 AM
Oct 31, 2025	0	24:12	41:12	113 min	12:00 PM	06:30 AM
Oct 29, 2025	0	11:47	18:05	214 min	12:30 PM	07:00 AM
Oct 28, 2025	1	12:13	19:17	167 min	12:30 PM	09:00 AM
Oct 27, 2025	0	47:44	64:11	206 min	02:00 PM	09:00 AM
Oct 24, 2025	0	11:48	22:04	26 min	10:00 AM	10:30 AM
Oct 23, 2025	0	12:35	15:49	172 min	01:00 PM	05:00 AM
Oct 22, 2025	0	14:41	17:57	160 min	11:30 AM	05:30 AM
Oct 21, 2025	2	7:13	19:25	506 min	01:00 PM	09:00 AM
Oct 20, 2025	0	10:22	16:55	354 min	01:00 PM	05:30 AM
Oct 19, 2025	0	33:42	43:41	142 min	12:30 PM	10:00 AM
Oct 17, 2025	0	31:57	41:37	111 min	11:30 AM	06:00 AM
Oct 15, 2025	0	11:07	14:25	23 min	06:30 PM	09:00 AM
Oct 14, 2025	0	4:39	13:33	132 min	03:30 PM	05:00 AM
Oct 13, 2025	0	8:16	16:24	207 min	04:30 PM	08:30 AM
Oct 12, 2025	0	3:08	10:49	374 min	04:00 PM	08:30 AM
Oct 11, 2025	0	6:36	13:43	400 min	06:30 PM	08:00 AM
Oct 10, 2025	0	13:37	19:00	178 min	11:00 AM	06:00 AM
Oct 09, 2025	0	15:00	19:58	154 min	01:00 PM	09:00 AM
Oct 08, 2025	0	14:14	23:03	227 min	12:00 PM	11:00 AM
Oct 07, 2025	1	16:10	20:33	98 min	11:30 AM	09:00 AM
Oct 06, 2025	0	17:57	22:08	179 min	09:30 AM	08:00 AM
Oct 05, 2025	0	8:52	15:47	148 min	02:30 PM	06:00 AM
Oct 04, 2025	0	15:19	19:10	176 min	12:00 PM	07:00 AM
Oct 03, 2025	0	14:56	21:46	130 min	11:30 AM	09:00 AM
Oct 02, 2025	0	15:52	21:21	290 min	12:00 PM	09:00 AM
Oct 01, 2025	0	12:05	13:51	29 min	07:00 PM	09:00 AM
Sep 30, 2025	0	13:37	20:05	272 min	12:30 PM	09:00 AM
Sep 29, 2025	0	17:37	23:01	181 min	10:00 AM	09:00 AM
Sep 28, 2025	0	16:18	18:55	91 min	11:30 AM	06:30 AM
Sep 27, 2025	0	2:04	11:57	197 min	12:30 PM	12:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 26, 2025	3	2:04	18:14	458 min	02:00 PM	08:30 AM
Sep 25, 2025	0	17:27	21:26	110 min	12:30 PM	10:00 AM
Sep 24, 2025	0	30:23	41:05	108 min	12:00 PM	06:00 AM
Sep 22, 2025	0	14:59	23:09	20 min	08:00 AM	09:00 AM
Sep 21, 2025	0	3:06	18:32	164 min	09:30 AM	04:30 AM
Sep 19, 2025	0	11:50	18:17	175 min	03:00 PM	09:30 AM
Sep 18, 2025	0	15:09	21:49	228 min	01:00 PM	10:30 AM
Sep 17, 2025	0	14:17	19:36	239 min	12:30 PM	08:30 AM
Sep 16, 2025	0	12:11	25:22	33 min	05:00 AM	08:00 AM
Sep 14, 2025	0	10:11	17:19	154 min	05:00 PM	10:30 AM
Sep 13, 2025	0	13:56	16:52	2 min	04:30 PM	09:30 AM
Sep 12, 2025	0	31:33	45:13	209 min	01:00 PM	10:30 AM
Sep 10, 2025	0	13:59	22:19	80 min	01:00 PM	11:00 AM
Sep 09, 2025	0	2:35	20:10	129 min	12:00 PM	08:00 AM
Sep 08, 2025	0	17:33	20:56	86 min	01:00 PM	09:30 AM