

RiverSpring Living — 329s 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	1	11:03	11:49	44 min	08:00 PM	03:00 PM
Mar 12, 2026	4	12:37	13:22	35 min	07:00 PM	04:30 PM
Mar 11, 2026	0	10:02	10:58	23 min	07:30 PM	07:00 AM
Mar 10, 2026	1	9:43	10:17	24 min	07:30 PM	06:00 AM
Mar 09, 2026	2	12:11	12:38	27 min	07:30 PM	12:00 PM
Mar 08, 2026	1	10:23	11:10	45 min	07:30 PM	11:00 AM
Mar 07, 2026	1	11:02	11:59	48 min	07:30 PM	11:30 AM
Mar 06, 2026	3	14:29	16:27	26 min	02:30 PM	03:00 PM
Mar 05, 2026	3	9:53	11:22	40 min	07:30 PM	11:00 AM
Mar 04, 2026	1	11:52	12:36	43 min	07:00 PM	03:00 PM
Mar 03, 2026	2	11:03	12:26	80 min	08:00 PM	03:30 PM
Mar 02, 2026	2	10:21	11:57	58 min	07:00 PM	03:00 PM
Mar 01, 2026	3	10:17	12:32	91 min	07:00 PM	03:00 PM
Feb 28, 2026	3	10:34	11:43	45 min	07:30 PM	02:30 PM
Feb 27, 2026	2	11:30	12:22	36 min	07:00 PM	12:00 PM
Feb 26, 2026	1	10:35	11:17	42 min	07:30 PM	11:00 AM
Feb 25, 2026	0	13:33	14:17	43 min	07:30 PM	02:00 PM
Feb 24, 2026	1	10:45	11:46	42 min	06:30 PM	03:00 PM
Feb 23, 2026	2	10:24	11:14	27 min	06:30 PM	06:30 AM
Feb 22, 2026	2	11:39	12:16	32 min	07:00 PM	11:00 AM
Feb 21, 2026	2	10:03	11:07	48 min	08:00 PM	11:30 AM
Feb 20, 2026	3	10:48	11:11	23 min	07:30 PM	07:00 AM
Feb 19, 2026	0	9:44	11:47	113 min	07:30 PM	03:00 PM
Feb 18, 2026	0	10:41	11:57	74 min	07:30 PM	02:30 PM
Feb 17, 2026	1	8:47	9:17	29 min	08:30 PM	06:00 AM
Feb 16, 2026	1	11:55	12:43	45 min	06:30 PM	11:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 15, 2026	4	8:28	10:24	50 min	07:30 PM	06:30 AM
Feb 14, 2026	1	9:40	10:44	51 min	07:30 PM	06:30 AM
Feb 13, 2026	6	13:24	14:39	38 min	07:00 PM	03:30 PM
Feb 12, 2026	1	8:50	10:00	44 min	08:00 PM	03:30 PM
Feb 11, 2026	0	11:27	12:01	34 min	07:00 PM	07:00 AM
Feb 10, 2026	1	9:08	9:39	19 min	09:00 PM	06:30 AM
Feb 09, 2026	1	10:40	11:10	19 min	07:00 PM	06:30 AM
Feb 08, 2026	2	9:47	11:33	43 min	07:30 PM	11:30 AM
Feb 07, 2026	3	11:13	12:40	86 min	07:30 PM	12:30 PM
Feb 06, 2026	1	11:29	12:54	71 min	07:00 PM	02:30 PM
Feb 05, 2026	3	10:29	12:38	89 min	07:30 PM	03:00 PM
Feb 04, 2026	1	11:49	12:51	59 min	07:30 PM	03:30 PM
Feb 03, 2026	2	11:18	13:30	96 min	07:30 PM	03:00 PM
Feb 02, 2026	2	10:35	11:22	46 min	07:00 PM	07:00 AM
Feb 01, 2026	2	12:41	13:54	27 min	07:30 PM	05:00 PM
Jan 31, 2026	1	9:56	13:14	80 min	07:00 PM	03:30 PM
Jan 30, 2026	1	9:35	11:16	26 min	07:00 PM	07:00 AM
Jan 29, 2026	1	9:30	10:06	27 min	08:00 PM	06:30 AM
Jan 28, 2026	1	11:05	11:52	29 min	07:30 PM	11:00 AM
Jan 27, 2026	0	10:37	11:08	26 min	07:00 PM	06:30 AM
Jan 26, 2026	1	10:24	11:26	46 min	09:00 PM	02:30 PM
Jan 25, 2026	3	11:12	12:03	32 min	07:30 PM	03:00 PM
Jan 24, 2026	2	10:29	11:07	38 min	08:30 PM	12:30 PM
Jan 23, 2026	2	9:56	11:22	85 min	09:30 PM	02:30 PM
Jan 22, 2026	1	10:11	11:19	67 min	08:00 PM	11:30 AM
Jan 21, 2026	1	10:20	11:07	26 min	07:00 PM	07:00 AM
Jan 20, 2026	3	11:36	12:41	52 min	07:00 PM	02:00 PM
Jan 19, 2026	2	12:12	13:05	29 min	07:30 PM	04:30 PM
Jan 18, 2026	0	11:51	12:45	48 min	07:00 PM	02:00 PM
Jan 17, 2026	2	10:37	11:35	58 min	08:00 PM	03:00 PM
Jan 16, 2026	3	10:18	12:11	49 min	07:00 PM	03:00 PM
Jan 15, 2026	2	10:29	12:50	57 min	08:30 PM	04:00 PM
Jan 14, 2026	3	13:32	14:05	33 min	07:00 PM	04:00 PM
Jan 13, 2026	2	10:07	10:22	12 min	08:00 PM	06:30 AM
Jan 12, 2026	2	10:52	11:23	31 min	07:30 PM	07:00 AM
Jan 11, 2026	1	11:07	12:32	55 min	07:00 PM	11:30 AM
Jan 10, 2026	1	10:26	11:58	73 min	07:00 PM	07:30 AM
Jan 09, 2026	2	11:32	12:17	45 min	07:00 PM	12:00 PM
Jan 08, 2026	1	11:57	14:18	116 min	07:30 PM	03:00 PM
Jan 07, 2026	0	10:49	11:16	27 min	07:30 PM	07:00 AM
Jan 06, 2026	3	9:23	10:46	70 min	08:00 PM	04:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 05, 2026	1	10:36	12:55	132 min	09:00 PM	01:30 PM
Jan 04, 2026	2	11:23	12:41	29 min	07:00 PM	04:00 PM
Jan 03, 2026	3	13:10	15:05	89 min	08:00 PM	03:30 PM
Jan 02, 2026	2	10:14	11:09	28 min	08:00 PM	11:00 AM
Jan 01, 2026	1	11:02	11:22	12 min	07:00 PM	06:30 AM
Dec 31, 2025	1	10:54	11:15	21 min	08:00 PM	07:30 AM
Dec 30, 2025	1	11:00	11:27	18 min	07:30 PM	02:30 PM
Dec 29, 2025	0	16:17	17:19	13 min	07:30 PM	02:30 PM
Dec 28, 2025	0	9:50	10:07	16 min	08:30 PM	07:00 AM
Dec 27, 2025	1	11:23	12:38	49 min	08:00 PM	04:00 PM
Dec 26, 2025	1	10:04	10:58	22 min	07:00 PM	06:30 AM
Dec 25, 2025	1	9:49	10:06	17 min	08:00 PM	06:30 AM
Dec 24, 2025	2	10:53	11:14	15 min	07:00 PM	07:00 AM
Dec 23, 2025	3	12:00	13:21	61 min	06:30 PM	02:00 PM
Dec 22, 2025	3	7:41	9:49	35 min	07:30 PM	06:30 AM
Dec 21, 2025	1	11:02	11:45	36 min	07:30 PM	02:00 PM
Dec 20, 2025	2	8:12	8:45	23 min	09:30 PM	06:30 AM
Dec 19, 2025	3	11:24	11:45	13 min	07:00 PM	07:00 AM
Dec 18, 2025	3	10:20	12:03	54 min	09:00 PM	03:00 PM
Dec 17, 2025	3	15:04	16:16	32 min	07:00 PM	02:30 PM
Dec 16, 2025	3	11:06	11:35	18 min	07:00 PM	06:30 AM
Dec 15, 2025	2	11:09	12:01	9 min	06:30 PM	07:00 AM
Dec 14, 2025	1	12:31	14:39	31 min	07:00 PM	11:30 AM
Dec 13, 2025	1	11:47	12:51	54 min	07:00 PM	02:30 PM
Dec 12, 2025	3	12:26	13:24	49 min	06:30 PM	03:30 PM
Dec 11, 2025	3	10:34	12:50	26 min	06:30 PM	02:30 PM
Dec 10, 2025	1	13:02	14:30	59 min	07:00 PM	03:00 PM
Dec 09, 2025	2	10:28	12:28	91 min	07:00 PM	03:30 PM
Dec 08, 2025	2	11:06	11:23	17 min	07:00 PM	06:30 AM
Dec 07, 2025	1	11:11	12:07	30 min	07:00 PM	02:30 PM
Dec 06, 2025	1	12:31	13:52	33 min	07:00 PM	03:00 PM
Dec 05, 2025	3	11:49	12:08	18 min	06:30 PM	07:00 AM
Dec 04, 2025	1	11:39	12:04	11 min	06:30 PM	07:00 AM
Dec 03, 2025	2	12:10	12:56	45 min	07:30 PM	02:30 PM
Dec 02, 2025	2	11:56	12:39	43 min	07:00 PM	10:30 AM
Dec 01, 2025	1	11:27	11:36	8 min	07:00 PM	07:00 AM
Nov 30, 2025	2	12:49	14:09	63 min	06:30 PM	02:30 PM
Nov 29, 2025	3	12:30	13:29	35 min	07:00 PM	03:30 PM
Nov 28, 2025	3	10:52	13:44	37 min	07:30 PM	04:30 PM
Nov 27, 2025	2	11:26	12:20	48 min	08:00 PM	02:30 PM
Nov 26, 2025	2	13:30	15:01	26 min	07:30 PM	02:30 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 25, 2025	4	12:57	13:36	33 min	07:30 PM	03:00 PM
Nov 24, 2025	3	12:01	12:58	41 min	07:00 PM	02:00 PM
Nov 23, 2025	3	11:08	11:58	43 min	08:00 PM	03:00 PM
Nov 22, 2025	3	13:42	15:19	11 min	07:30 PM	02:30 PM
Nov 21, 2025	0	12:18	14:31	55 min	02:00 PM	02:00 PM
Nov 20, 2025	3	11:52	12:31	33 min	07:00 PM	10:30 AM
Nov 19, 2025	0	11:11	12:00	30 min	07:00 PM	02:30 PM
Nov 18, 2025	1	10:14	10:29	12 min	08:30 PM	07:00 AM
Nov 17, 2025	1	14:10	15:44	17 min	07:30 PM	12:30 PM
Nov 16, 2025	4	12:59	15:01	61 min	07:00 PM	03:30 PM
Nov 15, 2025	3	12:21	14:04	75 min	08:00 PM	05:00 PM
Nov 14, 2025	1	11:15	11:40	23 min	07:00 PM	07:00 AM
Nov 13, 2025	4	13:31	15:46	45 min	01:30 PM	11:30 AM
Nov 12, 2025	3	13:21	14:36	13 min	02:00 PM	07:00 AM
Nov 11, 2025	3	12:10	13:12	37 min	06:30 PM	12:00 PM
Nov 10, 2025	1	11:48	12:45	45 min	07:00 PM	04:00 PM
Nov 09, 2025	5	14:00	15:58	34 min	06:30 PM	04:00 PM
Nov 08, 2025	4	12:02	12:55	16 min	09:30 PM	03:00 PM
Nov 07, 2025	3	12:30	14:00	77 min	07:00 PM	02:00 PM
Nov 06, 2025	3	12:37	13:52	43 min	08:30 PM	03:00 PM
Nov 05, 2025	3	12:11	13:10	32 min	08:00 PM	04:00 PM
Nov 04, 2025	3	11:42	13:05	48 min	08:30 PM	03:30 PM
Nov 03, 2025	2	11:13	12:00	20 min	07:00 PM	11:00 AM
Nov 02, 2025	3	16:07	17:17	26 min	07:00 PM	04:00 PM
Nov 01, 2025	2	11:14	12:12	46 min	08:30 PM	02:30 PM
Oct 31, 2025	1	12:12	13:43	26 min	07:30 PM	02:00 PM
Oct 30, 2025	1	9:59	11:01	39 min	09:00 PM	11:30 AM
Oct 29, 2025	1	11:25	11:49	24 min	07:30 PM	11:30 AM
Oct 28, 2025	1	11:06	11:45	19 min	07:00 PM	07:00 AM
Oct 27, 2025	1	9:54	10:16	12 min	08:30 PM	07:00 AM
Oct 26, 2025	1	14:04	17:10	39 min	12:00 PM	02:30 PM
Oct 25, 2025	1	9:37	9:57	20 min	09:00 PM	07:00 AM
Oct 24, 2025	4	12:43	14:42	110 min	09:00 PM	03:30 PM
Oct 23, 2025	1	11:39	12:25	35 min	07:30 PM	02:30 PM
Oct 22, 2025	3	10:53	11:08	12 min	10:30 PM	10:00 AM
Oct 21, 2025	2	11:22	12:02	29 min	07:00 PM	03:30 PM
Oct 20, 2025	2	10:59	11:31	32 min	08:00 PM	08:00 AM
Oct 19, 2025	2	11:14	11:54	34 min	09:00 PM	05:00 PM
Oct 18, 2025	2	12:23	13:41	25 min	07:00 PM	09:30 AM
Oct 17, 2025	5	9:57	12:11	28 min	10:00 PM	03:30 PM
Oct 16, 2025	1	11:08	11:40	32 min	07:30 PM	02:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 15, 2025	2	10:42	12:03	44 min	07:30 PM	03:00 PM
Oct 14, 2025	2	10:07	11:29	50 min	08:30 PM	11:30 AM
Oct 13, 2025	1	8:57	10:31	52 min	08:30 PM	07:30 AM
Oct 12, 2025	5	11:51	15:27	66 min	07:30 PM	04:00 PM
Oct 11, 2025	4	14:53	17:09	47 min	08:00 PM	04:30 PM
Oct 10, 2025	1	11:13	12:39	39 min	07:00 PM	01:00 PM
Oct 09, 2025	1	12:38	14:12	50 min	09:00 PM	03:00 PM
Oct 08, 2025	1	6:52	8:57	40 min	07:30 PM	06:30 AM
Oct 07, 2025	1	9:32	10:10	14 min	09:00 PM	07:00 AM
Oct 06, 2025	1	10:09	13:15	139 min	07:30 PM	02:30 PM
Oct 05, 2025	1	10:32	11:27	20 min	07:00 PM	07:00 AM
Oct 04, 2025	1	9:55	10:48	28 min	08:00 PM	07:00 AM
Oct 03, 2025	2	9:25	10:02	21 min	08:30 PM	06:30 AM
Oct 02, 2025	2	10:05	11:36	15 min	07:30 PM	07:30 AM
Oct 01, 2025	2	9:55	11:38	37 min	09:00 PM	03:00 PM
Sep 30, 2025	2	10:27	13:18	55 min	08:00 PM	02:30 PM
Sep 29, 2025	4	9:18	10:19	47 min	09:30 PM	04:00 PM
Sep 28, 2025	1	10:40	12:15	55 min	09:00 PM	12:30 PM
Sep 27, 2025	1	10:27	11:32	19 min	07:30 PM	07:00 AM
Sep 26, 2025	2	11:03	12:12	32 min	07:00 PM	07:30 AM
Sep 25, 2025	1	10:16	11:31	23 min	08:00 PM	07:30 AM
Sep 24, 2025	1	9:36	10:14	37 min	09:00 PM	02:00 PM
Sep 23, 2025	1	10:10	11:42	50 min	08:00 PM	03:00 PM
Sep 22, 2025	1	9:04	9:59	28 min	09:00 PM	07:00 AM
Sep 21, 2025	2	10:20	11:50	27 min	08:00 PM	02:00 PM
Sep 20, 2025	2	10:48	11:42	18 min	06:30 PM	06:30 AM
Sep 19, 2025	1	9:39	11:38	54 min	08:30 PM	11:00 AM
Sep 18, 2025	1	9:18	10:39	42 min	09:00 PM	02:00 PM
Sep 17, 2025	1	9:22	10:44	72 min	08:30 PM	10:30 AM
Sep 16, 2025	3	12:09	15:37	53 min	06:30 PM	03:00 PM
Sep 15, 2025	1	10:41	13:59	49 min	07:30 PM	03:30 PM
Sep 14, 2025	0	10:59	13:11	92 min	06:30 PM	02:30 PM
Sep 13, 2025	1	9:35	10:25	16 min	09:00 PM	07:30 AM
Sep 12, 2025	2	10:43	12:07	46 min	07:00 PM	07:30 AM
Sep 11, 2025	2	10:02	10:37	15 min	08:30 PM	07:00 AM
Sep 10, 2025	1	11:25	13:18	42 min	06:30 PM	02:30 PM
Sep 09, 2025	2	11:40	13:47	33 min	08:00 PM	04:00 PM
Sep 08, 2025	1	10:51	12:20	77 min	08:30 PM	03:30 PM