

RiverSpring Living — 304w 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 11, 2026	0	3:07	7:11	51 min	12:30 AM	07:30 AM
Mar 10, 2026	0	5:29	13:29	138 min	09:00 PM	10:30 AM
Mar 09, 2026	0	7:08	11:46	196 min	08:30 PM	08:30 AM
Mar 08, 2026	1	4:10	14:11	239 min	07:30 PM	10:30 AM
Mar 07, 2026	1	4:20	10:20	113 min	12:00 AM	10:00 AM
Mar 06, 2026	0	10:34	16:17	175 min	07:30 PM	11:30 AM
Mar 05, 2026	1	7:40	13:20	155 min	07:00 PM	08:30 AM
Mar 04, 2026	0	3:58	7:49	73 min	12:30 AM	08:00 AM
Mar 03, 2026	1	10:08	13:32	55 min	09:30 PM	02:30 PM
Mar 02, 2026	0	9:20	13:28	128 min	09:00 PM	10:30 AM
Mar 01, 2026	1	7:56	13:16	135 min	08:30 PM	10:00 AM
Feb 28, 2026	1	12:25	15:49	93 min	08:00 PM	12:30 PM
Feb 27, 2026	1	8:34	12:46	57 min	07:00 PM	08:00 AM
Feb 26, 2026	0	0:31	9:57	100 min	07:00 PM	05:00 AM
Feb 25, 2026	2	6:53	12:40	163 min	07:30 PM	08:30 AM
Feb 24, 2026	1	6:41	13:08	129 min	07:00 PM	08:00 AM
Feb 23, 2026	0	4:48	11:57	221 min	07:30 PM	07:00 AM
Feb 22, 2026	1	6:55	10:10	95 min	07:30 PM	05:30 AM
Feb 21, 2026	1	5:57	11:04	186 min	09:00 PM	08:00 AM
Feb 20, 2026	1	6:43	12:22	188 min	07:30 PM	08:00 AM
Feb 19, 2026	0	7:25	11:38	176 min	09:00 PM	08:30 AM
Feb 18, 2026	1	8:47	12:24	78 min	09:00 PM	11:00 AM
Feb 17, 2026	1	3:19	12:34	361 min	07:00 PM	08:30 AM
Feb 16, 2026	0	7:46	12:45	110 min	08:00 PM	08:30 AM
Feb 15, 2026	1	13:51	19:36	22 min	01:30 PM	09:00 AM
Feb 14, 2026	1	3:48	13:37	524 min	07:30 PM	09:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 13, 2026	1	0:49	15:18	98 min	01:30 PM	06:00 AM
Feb 12, 2026	0	9:11	11:32	53 min	08:30 PM	08:30 AM
Feb 11, 2026	1	12:47	17:23	58 min	03:00 PM	08:00 AM
Feb 10, 2026	2	3:14	16:09	443 min	06:00 PM	12:00 PM
Feb 09, 2026	1	10:40	15:32	174 min	07:30 PM	01:30 PM
Feb 08, 2026	1	8:09	12:36	235 min	08:00 PM	08:30 AM
Feb 07, 2026	1	2:40	12:52	478 min	08:30 PM	09:30 AM
Feb 06, 2026	1	8:18	12:03	120 min	10:00 PM	10:00 AM
Feb 05, 2026	0	9:20	10:52	73 min	09:30 PM	08:00 AM
Feb 03, 2026	0	4:25	9:23	181 min	08:00 PM	05:30 AM
Feb 02, 2026	1	11:10	18:33	42 min	02:30 PM	09:30 AM
Feb 01, 2026	0	8:05	12:45	31 min	09:30 PM	10:30 AM
Jan 31, 2026	2	5:28	14:52	171 min	07:30 PM	11:30 AM
Jan 30, 2026	1	7:27	13:03	125 min	09:00 PM	10:00 AM
Jan 29, 2026	0	7:11	10:08	114 min	10:00 PM	08:00 AM
Jan 28, 2026	0	13:08	17:10	89 min	03:00 PM	08:00 AM
Jan 27, 2026	0	8:11	13:24	63 min	08:30 PM	09:30 AM
Jan 26, 2026	0	8:20	11:13	114 min	09:00 PM	08:30 AM
Jan 25, 2026	0	6:42	11:23	135 min	08:30 PM	08:00 AM
Jan 24, 2026	0	7:48	10:21	86 min	09:00 PM	07:30 AM
Jan 23, 2026	0	5:11	9:22	24 min	08:30 PM	06:00 AM
Jan 22, 2026	1	6:47	9:14	50 min	09:30 PM	06:30 AM
Jan 21, 2026	0	6:58	10:25	56 min	09:30 PM	08:00 AM
Jan 20, 2026	0	9:08	10:22	57 min	09:30 PM	08:00 AM
Jan 19, 2026	0	3:59	10:32	84 min	09:30 PM	08:00 AM
Jan 18, 2026	1	3:43	12:57	197 min	10:00 PM	11:00 AM
Jan 17, 2026	0	8:37	10:17	47 min	09:00 PM	07:30 AM
Jan 16, 2026	0	8:32	10:38	125 min	09:30 PM	08:30 AM
Jan 15, 2026	0	1:24	10:45	301 min	09:30 PM	08:30 AM
Jan 14, 2026	0	6:36	10:53	157 min	07:00 PM	06:00 AM
Jan 13, 2026	1	10:06	13:03	65 min	09:30 PM	11:30 AM
Jan 12, 2026	0	10:01	13:02	124 min	07:30 PM	08:30 AM
Jan 11, 2026	0	6:49	13:50	213 min	08:00 PM	10:00 AM
Jan 10, 2026	1	7:36	9:49	68 min	10:00 PM	07:30 AM
Jan 09, 2026	1	7:57	11:43	34 min	10:00 PM	11:00 AM
Jan 08, 2026	0	7:29	9:09	90 min	08:00 PM	05:00 AM
Jan 07, 2026	0	7:28	11:41	252 min	09:00 PM	08:30 AM
Jan 06, 2026	1	4:08	11:58	219 min	09:30 PM	09:30 AM
Jan 05, 2026	0	6:01	10:07	92 min	09:30 PM	07:30 AM
Jan 04, 2026	0	8:00	10:30	49 min	09:00 PM	07:30 AM
Jan 03, 2026	0	6:21	13:30	135 min	06:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 02, 2026	1	8:31	14:12	202 min	05:30 PM	08:00 AM
Jan 01, 2026	0	6:55	12:56	187 min	06:30 PM	07:30 AM
Dec 31, 2025	0	7:23	11:10	107 min	08:30 PM	07:30 AM
Dec 30, 2025	0	7:48	13:02	214 min	07:00 PM	08:00 AM
Dec 29, 2025	0	4:00	9:49	263 min	07:30 PM	05:30 AM
Dec 28, 2025	0	6:37	10:00	157 min	07:30 PM	05:30 AM
Dec 27, 2025	1	6:15	8:03	58 min	12:00 AM	08:30 AM
Dec 26, 2025	0	2:47	9:46	231 min	10:00 PM	08:00 AM
Dec 25, 2025	1	7:33	13:34	123 min	09:00 PM	11:00 AM
Dec 24, 2025	0	7:12	10:11	133 min	09:30 PM	07:30 AM
Dec 23, 2025	0	3:37	11:12	267 min	06:30 PM	05:30 AM
Dec 22, 2025	0	6:15	10:06	138 min	09:30 PM	07:30 AM
Dec 21, 2025	0	5:55	10:15	146 min	09:30 PM	08:00 AM
Dec 20, 2025	0	5:51	12:05	223 min	07:30 PM	07:30 AM
Dec 19, 2025	0	8:50	13:43	75 min	09:30 PM	11:00 AM
Dec 18, 2025	0	7:09	10:15	150 min	09:30 PM	07:30 AM
Dec 17, 2025	0	8:01	12:56	65 min	09:00 PM	10:00 AM
Dec 16, 2025	0	6:57	12:16	133 min	09:00 PM	09:00 AM
Dec 15, 2025	0	8:35	13:39	139 min	06:30 PM	08:00 AM
Dec 14, 2025	0	0:25	11:10	196 min	06:30 PM	05:30 AM
Dec 13, 2025	0	4:27	7:15	86 min	12:30 AM	07:30 AM
Dec 12, 2025	0	7:06	11:27	46 min	08:30 PM	08:00 AM
Dec 11, 2025	0	6:53	10:38	80 min	09:00 PM	08:00 AM
Dec 10, 2025	1	6:06	10:57	54 min	09:00 PM	08:00 AM
Dec 09, 2025	0	9:12	14:06	57 min	07:30 PM	09:30 AM
Dec 08, 2025	0	7:30	10:17	52 min	09:30 PM	07:30 AM
Dec 07, 2025	1	4:46	10:11	236 min	09:30 PM	08:00 AM
Dec 06, 2025	1	5:15	12:18	207 min	07:30 PM	08:00 AM
Dec 05, 2025	0	7:40	10:45	117 min	09:00 PM	08:00 AM
Dec 04, 2025	0	8:53	11:02	93 min	09:00 PM	08:00 AM
Dec 03, 2025	0	5:57	10:21	136 min	09:30 PM	07:30 AM
Dec 02, 2025	0	6:17	10:44	174 min	09:00 PM	08:00 AM
Dec 01, 2025	1	6:30	11:49	180 min	07:30 PM	07:30 AM
Nov 30, 2025	1	7:40	10:18	128 min	07:30 PM	06:00 AM
Nov 29, 2025	1	7:16	13:05	159 min	07:00 PM	08:30 AM
Nov 28, 2025	2	7:22	12:47	36 min	07:00 PM	07:30 AM
Nov 27, 2025	1	8:31	14:24	86 min	07:00 PM	09:30 AM
Nov 26, 2025	1	7:15	12:11	272 min	07:00 PM	08:00 AM
Nov 25, 2025	0	8:14	10:29	117 min	07:00 PM	05:30 AM
Nov 24, 2025	0	8:16	10:40	96 min	09:00 PM	07:30 AM
Nov 23, 2025	0	7:02	10:42	129 min	09:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 22, 2025	0	8:16	13:30	210 min	06:30 PM	08:00 AM
Nov 21, 2025	0	16:00	19:38	111 min	12:30 PM	08:00 AM
Nov 20, 2025	0	11:11	13:55	125 min	06:30 PM	08:30 AM
Nov 19, 2025	0	10:00	10:17	17 min	07:00 PM	05:30 AM
Nov 18, 2025	0	6:37	10:18	152 min	06:30 PM	04:30 AM
Nov 17, 2025	1	7:51	13:12	80 min	06:30 PM	07:30 AM
Nov 16, 2025	1	4:48	13:32	204 min	06:30 PM	08:00 AM
Nov 15, 2025	0	8:29	11:38	28 min	08:00 PM	07:30 AM
Nov 14, 2025	0	9:23	10:34	58 min	09:00 PM	07:30 AM
Nov 12, 2025	0	5:53	10:44	204 min	06:30 PM	05:30 AM
Nov 11, 2025	1	5:44	10:14	180 min	07:30 PM	05:30 AM
Nov 10, 2025	0	10:17	11:10	34 min	09:30 PM	08:30 AM
Nov 09, 2025	0	2:39	10:35	125 min	09:30 PM	08:00 AM
Nov 08, 2025	0	5:28	9:40	175 min	06:30 PM	04:00 AM
Nov 07, 2025	0	9:19	10:58	14 min	06:30 PM	05:30 AM
Nov 06, 2025	1	9:00	15:26	207 min	06:30 PM	11:00 AM
Nov 05, 2025	0	9:57	13:30	46 min	05:00 PM	08:00 AM
Nov 04, 2025	0	9:05	10:52	49 min	09:00 PM	07:30 AM
Nov 03, 2025	1	8:11	13:13	111 min	06:30 PM	07:30 AM
Nov 02, 2025	0	5:06	12:27	131 min	09:00 PM	08:30 AM
Nov 01, 2025	0	8:14	11:32	158 min	09:00 PM	08:30 AM
Oct 31, 2025	2	8:48	14:57	149 min	07:30 PM	10:30 AM
Oct 30, 2025	0	9:31	14:10	31 min	05:30 PM	08:00 AM
Oct 29, 2025	1	9:38	12:20	106 min	07:30 PM	08:00 AM
Oct 28, 2025	1	8:22	12:41	186 min	09:00 PM	10:00 AM
Oct 27, 2025	0	5:08	10:34	64 min	09:30 PM	08:00 AM
Oct 26, 2025	1	7:09	10:48	69 min	09:30 PM	08:00 AM
Oct 25, 2025	0	14:13	18:51	93 min	01:30 PM	08:00 AM
Oct 24, 2025	0	8:10	14:13	68 min	07:30 PM	09:30 AM
Oct 23, 2025	1	5:46	11:35	176 min	07:00 PM	08:00 AM
Oct 22, 2025	0	9:02	13:02	27 min	07:00 PM	08:00 AM
Oct 21, 2025	0	8:52	12:08	74 min	09:00 PM	09:30 AM
Oct 20, 2025	0	11:30	17:35	200 min	02:30 PM	08:00 AM
Oct 19, 2025	0	12:12	14:26	12 min	07:30 PM	10:00 AM
Oct 18, 2025	0	6:42	12:35	275 min	07:30 PM	08:00 AM
Oct 17, 2025	0	9:35	11:36	68 min	08:30 PM	08:00 AM
Oct 16, 2025	0	8:59	12:30	193 min	07:30 PM	08:00 AM
Oct 15, 2025	0	0:16	8:18	400 min	12:00 AM	08:00 AM
Oct 14, 2025	0	5:54	12:47	108 min	07:30 PM	08:00 AM
Oct 13, 2025	0	7:18	11:11	127 min	09:00 PM	08:30 AM
Oct 12, 2025	0	8:04	10:28	61 min	09:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 11, 2025	1	8:19	13:00	63 min	07:30 PM	08:30 AM
Oct 10, 2025	0	9:23	13:49	66 min	06:30 PM	08:00 AM
Oct 09, 2025	0	9:09	12:07	85 min	08:00 PM	08:00 AM
Oct 08, 2025	0	11:41	12:03	17 min	08:00 PM	08:30 AM
Oct 07, 2025	3	1:14	10:11	80 min	09:00 PM	08:00 AM
Oct 06, 2025	1	6:03	11:57	67 min	08:30 PM	08:30 AM
Oct 05, 2025	1	23:09	34:53	112 min	08:30 PM	08:30 AM
Oct 03, 2025	0	4:17	11:02	251 min	09:30 PM	08:30 AM
Oct 02, 2025	0	10:53	12:08	33 min	07:30 PM	07:30 AM
Oct 01, 2025	0	7:16	11:41	15 min	08:30 PM	08:30 AM
Sep 30, 2025	0	1:25	12:01	111 min	07:30 PM	07:30 AM
Sep 29, 2025	0	6:57	10:24	154 min	09:30 PM	08:00 AM
Sep 28, 2025	1	6:24	10:26	90 min	10:00 PM	08:30 AM
Sep 27, 2025	1	8:58	12:47	146 min	07:30 PM	08:00 AM
Sep 26, 2025	1	9:40	12:41	68 min	07:00 PM	08:00 AM
Sep 25, 2025	1	8:49	13:16	156 min	07:00 PM	08:00 AM
Sep 24, 2025	0	8:10	10:38	124 min	09:00 PM	08:00 AM
Sep 23, 2025	0	7:58	10:28	94 min	09:30 PM	08:00 AM
Sep 22, 2025	1	7:27	10:32	119 min	09:00 PM	08:00 AM
Sep 21, 2025	0	5:54	12:04	175 min	07:30 PM	07:30 AM
Sep 20, 2025	0	9:07	12:10	120 min	07:30 PM	08:00 AM
Sep 19, 2025	0	7:18	11:09	163 min	09:00 PM	08:00 AM
Sep 18, 2025	0	7:48	10:41	99 min	09:30 PM	08:00 AM
Sep 17, 2025	0	13:44	17:16	24 min	02:30 PM	08:00 AM
Sep 16, 2025	0	7:08	12:25	209 min	07:30 PM	08:00 AM
Sep 15, 2025	1	8:51	11:18	31 min	09:00 PM	08:30 AM
Sep 14, 2025	0	5:22	11:06	182 min	09:00 PM	08:00 AM
Sep 13, 2025	0	15:47	18:02	48 min	12:00 PM	06:00 AM
Sep 12, 2025	0	11:27	12:32	51 min	08:30 PM	09:00 AM
Sep 11, 2025	0	0:54	7:09	140 min	09:00 PM	04:00 AM
Sep 10, 2025	0	6:42	10:33	110 min	09:30 PM	08:30 AM
Sep 09, 2025	1	9:31	12:33	137 min	07:30 PM	08:30 AM
Sep 08, 2025	2	2:51	11:52	41 min	09:00 PM	09:00 AM