

RiverSpring Living — 319s 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	8:34	9:16	37 min	08:30 PM	06:00 AM
Mar 12, 2026	0	7:22	8:15	53 min	08:30 PM	05:00 AM
Mar 11, 2026	0	5:55	8:00	91 min	11:30 PM	03:30 PM
Mar 10, 2026	1	6:56	8:16	52 min	09:30 PM	06:00 AM
Mar 09, 2026	1	9:10	10:06	34 min	09:00 PM	07:30 AM
Mar 08, 2026	2	8:21	8:57	18 min	09:00 PM	07:00 AM
Mar 07, 2026	1	5:18	6:59	74 min	09:00 PM	04:00 AM
Mar 06, 2026	1	5:57	7:20	38 min	08:00 PM	05:00 AM
Mar 05, 2026	0	7:02	9:20	54 min	08:30 PM	06:00 AM
Mar 04, 2026	1	6:30	7:02	32 min	08:00 PM	03:00 AM
Mar 03, 2026	1	9:04	10:20	75 min	07:30 PM	06:00 AM
Mar 02, 2026	1	7:31	8:37	38 min	10:00 PM	07:00 AM
Mar 01, 2026	1	7:12	8:04	40 min	09:00 PM	05:30 AM
Feb 28, 2026	1	8:06	9:09	34 min	08:30 PM	05:30 AM
Feb 27, 2026	1	9:33	10:48	46 min	07:30 PM	06:00 AM
Feb 26, 2026	1	9:58	11:03	51 min	07:30 PM	06:30 AM
Feb 25, 2026	0	4:00	6:17	69 min	10:00 PM	06:30 AM
Feb 24, 2026	0	3:49	5:12	41 min	12:30 AM	05:30 AM
Feb 23, 2026	1	7:59	9:16	60 min	08:00 PM	05:30 AM
Feb 22, 2026	1	6:58	8:21	65 min	09:30 PM	06:00 AM
Feb 21, 2026	1	5:50	7:32	56 min	10:00 PM	06:00 AM
Feb 20, 2026	1	6:33	9:45	138 min	08:00 PM	06:00 AM
Feb 19, 2026	2	7:34	9:07	25 min	08:00 PM	07:00 AM
Feb 18, 2026	1	8:11	9:58	59 min	08:30 PM	06:30 AM
Feb 17, 2026	1	9:47	10:15	28 min	07:30 PM	05:30 AM
Feb 16, 2026	0	4:26	5:21	55 min	01:00 AM	06:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 15, 2026	1	5:16	9:20	134 min	08:30 PM	10:30 PM
Feb 14, 2026	2	6:10	8:56	86 min	08:00 PM	06:30 AM
Feb 13, 2026	1	7:13	7:48	35 min	10:00 PM	06:00 AM
Feb 12, 2026	1	6:26	8:28	22 min	09:00 PM	07:00 AM
Feb 11, 2026	0	6:05	6:51	31 min	08:30 PM	03:30 AM
Feb 10, 2026	1	6:19	7:24	49 min	08:30 PM	04:00 AM
Feb 09, 2026	1	8:11	11:06	51 min	10:00 PM	04:30 PM
Feb 08, 2026	0	3:04	6:43	103 min	09:00 PM	06:00 AM
Feb 07, 2026	1	5:36	7:07	61 min	11:00 PM	06:30 AM
Feb 06, 2026	0	6:28	6:48	20 min	09:00 PM	04:00 AM
Feb 05, 2026	0	3:03	3:47	29 min	01:30 AM	05:30 AM
Feb 04, 2026	0	3:59	5:22	49 min	10:30 PM	03:30 AM
Feb 03, 2026	2	9:43	10:21	30 min	09:30 PM	08:00 AM
Feb 02, 2026	0	4:59	7:00	47 min	08:30 PM	05:00 AM
Feb 01, 2026	1	4:26	5:44	37 min	10:00 PM	05:30 AM
Jan 31, 2026	0	7:13	9:43	65 min	08:30 PM	07:00 AM
Jan 30, 2026	0	4:50	6:56	69 min	09:30 PM	05:30 AM
Jan 29, 2026	1	5:22	7:34	76 min	12:00 AM	08:00 AM
Jan 28, 2026	2	6:20	8:37	66 min	09:00 PM	06:30 AM
Jan 27, 2026	1	4:30	6:33	31 min	09:30 PM	04:00 AM
Jan 26, 2026	0	7:21	8:48	37 min	09:00 PM	06:00 AM
Jan 25, 2026	0	0:30	1:00	30 min	06:00 AM	07:00 AM
Jan 24, 2026	2	8:16	12:47	90 min	08:30 PM	11:30 PM
Jan 23, 2026	1	7:35	8:21	29 min	07:30 PM	04:00 AM
Jan 22, 2026	0	5:55	7:28	93 min	08:00 PM	06:00 AM
Jan 21, 2026	1	4:08	6:26	119 min	09:30 PM	04:00 AM
Jan 20, 2026	0	5:03	6:55	72 min	09:30 PM	06:30 AM
Jan 19, 2026	0	5:41	6:30	37 min	10:30 PM	05:00 AM
Jan 18, 2026	1	5:37	7:12	95 min	08:00 PM	06:00 AM
Jan 17, 2026	1	6:12	7:20	61 min	11:00 PM	06:30 AM
Jan 16, 2026	1	9:24	10:28	51 min	08:00 PM	04:00 PM
Jan 15, 2026	1	6:05	7:09	64 min	11:00 PM	06:30 AM
Jan 14, 2026	0	5:09	6:51	67 min	10:00 PM	06:30 AM
Jan 13, 2026	0	4:06	5:24	47 min	12:00 AM	05:30 AM
Jan 12, 2026	1	6:00	7:44	27 min	09:30 PM	06:00 AM
Jan 11, 2026	0	5:44	7:15	75 min	10:00 PM	07:30 AM
Jan 10, 2026	1	6:16	7:04	20 min	12:00 AM	07:30 AM
Jan 09, 2026	0	7:37	8:03	26 min	09:00 PM	05:30 AM
Jan 08, 2026	1	6:20	7:09	17 min	01:30 AM	08:30 AM
Jan 07, 2026	0	2:26	3:37	71 min	03:30 AM	11:00 PM
Jan 06, 2026	3	7:21	10:46	122 min	11:00 PM	12:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 05, 2026	0	4:19	4:58	39 min	11:30 PM	04:30 AM
Jan 04, 2026	0	6:19	7:49	52 min	11:30 PM	08:00 AM
Jan 03, 2026	1	7:47	8:46	41 min	10:30 PM	07:30 AM
Jan 02, 2026	1	7:10	8:16	35 min	11:00 PM	07:00 AM
Jan 01, 2026	0	3:19	4:35	19 min	01:30 AM	06:30 AM
Dec 31, 2025	1	6:03	8:45	132 min	06:00 PM	04:00 AM
Dec 30, 2025	0	0:57	2:06	35 min	04:30 AM	06:30 AM
Dec 29, 2025	1	7:21	8:43	59 min	10:30 PM	07:00 AM
Dec 28, 2025	0	5:22	6:29	44 min	11:00 PM	06:30 AM
Dec 27, 2025	0	3:57	6:03	80 min	11:00 PM	05:00 AM
Dec 26, 2025	0	3:31	4:28	36 min	01:30 AM	06:00 AM
Dec 25, 2025	1	7:56	8:42	38 min	10:30 PM	07:30 AM
Dec 24, 2025	1	9:26	10:12	43 min	08:00 PM	06:30 AM
Dec 23, 2025	2	4:26	7:32	46 min	09:30 PM	07:00 AM
Dec 22, 2025	1	5:14	7:56	49 min	07:00 PM	04:30 AM
Dec 21, 2025	1	7:10	7:48	38 min	12:00 AM	08:00 AM
Dec 20, 2025	1	5:48	7:41	85 min	10:30 PM	06:30 AM
Dec 19, 2025	1	6:59	8:09	45 min	10:30 PM	06:30 AM
Dec 18, 2025	0	4:52	5:08	16 min	12:00 AM	05:00 AM
Dec 17, 2025	0	6:34	7:44	22 min	10:30 PM	07:00 AM
Dec 16, 2025	2	5:11	7:40	32 min	10:30 PM	06:00 AM
Dec 15, 2025	0	6:48	8:09	53 min	08:30 PM	06:30 AM
Dec 14, 2025	1	4:11	6:34	103 min	08:30 PM	06:30 AM
Dec 13, 2025	1	8:00	9:06	58 min	08:30 PM	06:00 AM
Dec 12, 2025	1	7:37	9:05	56 min	09:00 PM	06:00 AM
Dec 11, 2025	0	4:28	4:53	25 min	10:30 PM	03:30 AM
Dec 10, 2025	1	7:26	7:47	21 min	11:00 PM	07:00 AM
Dec 09, 2025	2	8:44	10:55	37 min	09:30 PM	09:00 AM
Dec 08, 2025	0	4:46	5:11	25 min	10:30 PM	03:30 AM
Dec 07, 2025	0	1:05	3:44	109 min	12:00 AM	05:30 AM
Dec 06, 2025	1	8:07	9:23	76 min	09:30 PM	07:00 AM
Dec 05, 2025	1	7:13	8:34	38 min	08:30 PM	06:30 AM
Dec 04, 2025	0	6:53	7:28	35 min	10:30 PM	08:00 AM
Dec 03, 2025	0	3:06	3:55	49 min	12:00 AM	03:30 AM
Dec 02, 2025	1	5:34	7:00	27 min	11:30 PM	07:00 AM
Dec 01, 2025	0	5:50	7:36	82 min	10:30 PM	08:30 AM
Nov 30, 2025	1	3:29	4:26	31 min	11:30 PM	06:00 AM
Nov 29, 2025	1	3:43	6:05	24 min	12:00 AM	06:00 AM
Nov 28, 2025	1	6:59	8:12	35 min	11:00 PM	07:00 AM
Nov 27, 2025	1	7:38	8:06	26 min	11:30 PM	07:30 AM
Nov 26, 2025	0	3:16	4:55	76 min	11:30 PM	05:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 25, 2025	1	7:10	7:59	30 min	10:30 PM	06:30 AM
Nov 24, 2025	1	3:45	5:39	20 min	01:00 AM	07:00 AM
Nov 23, 2025	1	3:11	5:36	58 min	11:00 PM	06:00 AM
Nov 22, 2025	0	9:07	10:15	42 min	09:30 PM	08:30 AM
Nov 21, 2025	0	4:29	4:51	22 min	11:00 PM	04:00 AM
Nov 20, 2025	0	4:36	4:55	19 min	11:30 PM	04:30 AM
Nov 19, 2025	0	5:32	6:32	42 min	10:30 PM	05:00 AM
Nov 18, 2025	1	4:08	5:45	48 min	10:30 PM	05:30 AM
Nov 14, 2025	0	7:37	8:38	37 min	08:00 PM	06:00 AM
Nov 13, 2025	0	6:56	8:12	39 min	09:00 PM	06:30 AM
Nov 12, 2025	1	5:42	7:10	51 min	10:30 PM	11:30 AM
Nov 11, 2025	0	5:52	6:51	34 min	08:30 PM	04:30 AM
Nov 10, 2025	1	5:09	5:43	34 min	12:00 AM	06:00 AM
Nov 09, 2025	1	5:57	7:10	73 min	08:30 PM	03:30 AM
Nov 08, 2025	1	5:22	7:15	34 min	09:00 PM	05:30 AM
Nov 07, 2025	1	8:03	9:40	56 min	09:00 PM	07:00 AM
Nov 06, 2025	1	6:14	7:46	29 min	10:00 PM	06:00 AM
Nov 05, 2025	1	8:58	9:30	32 min	09:00 PM	06:30 AM
Nov 04, 2025	1	7:03	7:31	28 min	09:30 PM	05:30 AM
Nov 03, 2025	1	7:38	8:33	24 min	09:00 PM	06:00 AM
Nov 02, 2025	0	7:19	8:06	26 min	10:30 PM	06:00 AM
Nov 01, 2025	1	7:35	8:27	17 min	11:00 PM	07:30 AM
Oct 31, 2025	2	3:49	6:42	23 min	12:00 AM	07:30 AM
Oct 30, 2025	1	6:33	8:54	71 min	08:30 PM	06:00 AM
Oct 29, 2025	1	11:05	11:31	19 min	09:00 PM	09:00 AM
Oct 28, 2025	0	8:16	8:53	37 min	07:00 PM	04:00 AM
Oct 27, 2025	0	4:21	5:51	52 min	11:30 PM	08:00 AM
Oct 26, 2025	1	10:43	12:04	41 min	07:30 PM	12:30 PM
Oct 25, 2025	0	5:34	6:07	33 min	10:00 PM	08:30 AM
Oct 24, 2025	0	6:05	6:55	33 min	10:30 PM	06:00 AM
Oct 23, 2025	1	5:53	6:34	15 min	11:30 PM	07:00 AM
Oct 22, 2025	0	3:35	4:29	54 min	12:30 AM	05:00 AM
Oct 21, 2025	0	2:32	3:48	76 min	12:30 AM	07:30 AM
Oct 20, 2025	0	4:53	5:41	42 min	11:00 PM	04:30 AM
Oct 19, 2025	1	7:08	7:58	44 min	10:30 PM	06:30 AM
Oct 18, 2025	2	3:17	5:46	35 min	11:00 PM	05:30 AM
Oct 17, 2025	1	7:25	8:47	34 min	09:30 PM	06:30 AM
Oct 16, 2025	1	8:23	8:51	28 min	09:30 PM	06:30 AM
Oct 15, 2025	1	5:50	7:46	46 min	10:00 PM	06:00 AM
Oct 14, 2025	2	7:44	8:23	39 min	09:30 PM	06:30 AM
Oct 13, 2025	1	5:38	6:57	68 min	11:00 PM	06:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 12, 2025	0	2:56	4:07	40 min	10:00 PM	03:30 AM
Oct 11, 2025	1	7:40	9:38	44 min	08:30 PM	07:00 AM
Oct 10, 2025	0	6:24	7:37	37 min	08:30 PM	05:00 AM
Oct 09, 2025	0	5:26	6:55	46 min	11:00 PM	06:00 AM
Oct 08, 2025	1	9:35	9:56	21 min	08:30 PM	06:30 AM
Oct 07, 2025	1	4:38	6:22	33 min	09:30 PM	06:00 AM
Oct 06, 2025	2	7:31	8:14	43 min	10:00 PM	06:30 AM
Oct 05, 2025	1	8:11	9:15	29 min	08:30 PM	07:00 AM
Oct 04, 2025	0	4:30	4:59	29 min	11:30 PM	04:30 AM
Oct 03, 2025	2	6:33	7:24	23 min	11:00 PM	07:00 AM
Oct 02, 2025	0	6:39	7:00	21 min	10:00 PM	05:00 AM
Oct 01, 2025	0	3:20	4:17	42 min	12:00 AM	04:30 AM
Sep 30, 2025	0	2:43	3:49	66 min	10:00 PM	01:30 AM
Sep 29, 2025	1	3:03	4:11	56 min	11:30 PM	05:30 AM
Sep 28, 2025	0	4:50	5:41	51 min	11:00 PM	07:00 AM
Sep 27, 2025	1	6:40	7:39	43 min	10:00 PM	06:00 AM
Sep 26, 2025	1	4:40	5:59	67 min	10:00 PM	07:00 AM
Sep 25, 2025	1	5:45	6:48	22 min	09:00 PM	05:30 AM
Sep 24, 2025	0	3:08	4:31	83 min	10:00 PM	05:00 AM
Sep 23, 2025	1	5:53	6:44	39 min	09:30 PM	06:00 AM
Sep 22, 2025	0	4:01	4:34	33 min	10:30 PM	03:00 AM
Sep 21, 2025	0	7:51	8:11	20 min	10:00 PM	06:00 AM
Sep 20, 2025	1	3:18	4:58	77 min	12:00 AM	07:00 AM
Sep 19, 2025	0	4:28	5:28	26 min	10:30 PM	05:00 AM
Sep 18, 2025	1	7:08	8:00	52 min	11:00 PM	03:00 PM
Sep 17, 2025	1	8:00	8:22	22 min	11:00 PM	07:30 AM
Sep 16, 2025	1	5:44	6:24	19 min	11:30 PM	07:30 AM
Sep 15, 2025	2	6:45	7:54	30 min	10:30 PM	06:30 AM
Sep 14, 2025	1	6:31	7:15	43 min	11:30 PM	07:00 AM
Sep 13, 2025	0	4:16	5:25	69 min	10:30 PM	04:00 AM