

# RiverSpring Living — 306d 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 08, 2026	1	15:09	18:11	103 min	08:00 PM	08:00 PM
Feb 07, 2026	1	3:07	4:37	40 min	02:00 AM	07:00 AM
Feb 06, 2026	3	31:49	41:06	178 min	11:30 PM	11:30 PM
Feb 04, 2026	1	1:34	3:50	17 min	02:00 AM	06:30 AM
Feb 03, 2026	1	31:32	34:01	9 min	12:00 PM	10:30 PM
Feb 02, 2026	1	3:32	7:57	10 min	01:30 AM	09:30 AM
Feb 01, 2026	0	0:16	1:23	9 min	12:30 PM	02:00 PM
Jan 31, 2026	1	20:43	25:14	67 min	08:30 PM	12:00 AM
Jan 30, 2026	2	17:34	25:51	76 min	01:30 PM	05:30 PM
Jan 29, 2026	1	1:04	2:33	13 min	02:00 AM	05:30 AM
Jan 28, 2026	1	10:50	14:03	25 min	09:30 PM	03:30 PM
Jan 27, 2026	0	25:38	34:09	105 min	02:00 AM	03:30 PM
Jan 25, 2026	2	37:36	47:05	45 min	10:00 PM	11:00 PM
Jan 23, 2026	0	31:17	41:03	28 min	07:00 PM	03:00 PM
Jan 21, 2026	0	16:29	19:00	23 min	09:00 PM	04:30 PM
Jan 20, 2026	2	32:28	40:21	102 min	12:00 AM	06:30 PM
Jan 18, 2026	0	29:05	35:32	14 min	08:00 PM	09:30 AM
Jan 16, 2026	3	15:37	16:51	14 min	07:00 PM	12:30 PM
Jan 15, 2026	1	13:45	14:59	17 min	08:00 PM	11:30 AM
Jan 14, 2026	1	30:03	38:59	54 min	05:00 PM	10:30 AM
Jan 12, 2026	3	8:31	13:21	21 min	09:00 PM	11:00 AM
Jan 11, 2026	2	25:13	34:56	14 min	09:00 PM	04:00 PM
Jan 09, 2026	1	12:25	13:32	52 min	07:30 PM	09:30 AM
Jan 08, 2026	0	16:02	18:50	43 min	05:30 PM	05:30 PM
Jan 07, 2026	1	10:44	13:37	125 min	08:30 PM	10:30 AM
Jan 06, 2026	1	9:11	10:48	37 min	10:00 PM	04:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 05, 2026	0	3:35	7:56	89 min	12:30 AM	09:30 AM
Jan 04, 2026	1	16:21	19:39	71 min	11:30 PM	07:00 PM
Jan 03, 2026	1	32:17	38:36	71 min	07:30 PM	11:00 AM
Jan 01, 2026	1	24:28	32:26	10 min	09:30 PM	08:30 AM
Dec 30, 2025	3	16:27	18:16	28 min	02:30 PM	12:00 PM
Dec 29, 2025	0	21:48	32:33	59 min	08:30 PM	08:00 AM
Dec 27, 2025	1	21:31	23:22	65 min	06:00 PM	05:30 PM
Dec 26, 2025	1	71:05	91:07	14 min	05:00 AM	08:00 AM
Dec 22, 2025	0	4:43	5:24	24 min	06:30 PM	12:00 AM
Dec 21, 2025	2	11:12	14:08	80 min	11:30 PM	02:00 PM
Dec 20, 2025	1	16:32	19:11	23 min	08:30 PM	08:30 PM
Dec 19, 2025	1	14:31	17:26	31 min	06:30 PM	01:00 PM
Dec 18, 2025	0	10:13	11:31	17 min	09:30 PM	09:00 AM
Dec 17, 2025	2	23:08	29:39	148 min	06:00 AM	12:30 PM
Dec 16, 2025	2	6:04	9:57	17 min	03:00 PM	03:30 AM
Dec 15, 2025	1	13:48	16:05	19 min	08:00 PM	01:00 PM
Dec 14, 2025	3	32:04	36:19	28 min	09:00 PM	05:00 PM
Dec 12, 2025	1	11:50	14:31	80 min	06:00 PM	08:30 AM
Dec 11, 2025	1	52:25	59:16	6 min	07:00 PM	09:30 AM
Dec 08, 2025	1	4:26	6:40	24 min	01:00 AM	07:30 AM
Dec 07, 2025	0	51:01	65:40	16 min	04:30 PM	07:30 PM
Dec 04, 2025	1	29:20	32:04	10 min	12:00 AM	09:00 AM
Dec 02, 2025	0	13:19	16:25	35 min	03:30 PM	09:00 PM
Dec 01, 2025	1	24:33	27:53	51 min	08:00 AM	01:00 PM
Nov 30, 2025	1	2:45	5:23	17 min	08:00 PM	03:00 AM
Nov 29, 2025	1	10:39	15:06	30 min	02:30 PM	07:30 AM
Nov 28, 2025	2	28:18	33:42	10 min	08:00 PM	10:30 AM
Nov 26, 2025	1	35:19	43:45	33 min	06:00 PM	04:30 PM
Nov 24, 2025	0	12:50	14:05	16 min	07:30 PM	10:00 AM
Nov 23, 2025	2	47:58	58:32	12 min	07:30 PM	08:30 AM
Nov 20, 2025	0	16:39	18:02	47 min	02:00 PM	08:00 AM
Nov 19, 2025	1	16:28	19:48	18 min	12:00 PM	09:00 AM
Nov 18, 2025	2	13:11	17:07	36 min	02:30 PM	08:00 AM
Nov 17, 2025	0	0:15	4:09	234 min	04:00 AM	08:00 AM
Nov 16, 2025	1	18:03	21:34	39 min	09:00 PM	11:30 PM
Nov 15, 2025	1	13:09	16:17	29 min	08:00 PM	02:30 PM
Nov 14, 2025	1	16:14	19:17	37 min	04:00 PM	05:30 PM
Nov 13, 2025	1	29:43	33:48	14 min	08:30 PM	07:30 AM
Nov 11, 2025	0	10:10	12:26	9 min	04:30 PM	07:00 AM
Nov 10, 2025	0	30:57	40:03	27 min	05:30 PM	01:00 PM
Nov 08, 2025	0	0:58	1:22	14 min	04:30 AM	05:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 07, 2025	2	20:54	25:35	62 min	12:00 PM	11:30 PM
Nov 06, 2025	0	13:53	19:09	70 min	02:00 PM	09:30 AM
Nov 05, 2025	2	45:46	60:00	60 min	02:30 PM	09:00 AM
Nov 02, 2025	0	5:53	10:21	250 min	01:00 AM	10:00 AM
Nov 01, 2025	1	24:17	28:06	114 min	02:00 PM	10:00 PM
Oct 31, 2025	1	11:43	14:41	76 min	08:30 PM	11:00 AM
Oct 30, 2025	0	9:59	14:59	55 min	09:00 PM	12:30 PM
Oct 29, 2025	1	32:39	41:51	9 min	11:00 PM	07:00 PM
Oct 27, 2025	2	12:08	21:54	42 min	04:00 PM	07:30 PM
Oct 26, 2025	2	51:49	66:34	16 min	10:00 AM	11:30 AM
Oct 23, 2025	2	29:33	34:23	37 min	07:30 PM	07:00 AM
Oct 21, 2025	1	23:41	27:48	22 min	10:00 AM	01:30 PM
Oct 20, 2025	0	10:05	13:07	26 min	04:00 PM	05:30 AM
Oct 19, 2025	1	1:45	3:25	22 min	08:00 AM	11:30 AM
Oct 18, 2025	3	15:41	17:04	31 min	08:00 PM	03:00 PM
Oct 17, 2025	1	13:36	16:17	17 min	04:30 PM	09:30 AM
Oct 16, 2025	1	16:36	19:02	27 min	04:00 PM	12:30 PM
Oct 15, 2025	2	16:05	17:45	17 min	07:30 PM	01:30 PM
Oct 14, 2025	1	15:50	18:25	24 min	04:00 PM	11:30 AM
Oct 13, 2025	0	31:42	41:33	22 min	03:30 PM	11:00 AM
Oct 11, 2025	0	7:15	14:46	17 min	08:00 PM	11:30 AM
Oct 10, 2025	2	13:22	18:45	149 min	07:30 PM	06:00 PM
Oct 09, 2025	1	36:18	43:30	143 min	03:00 PM	05:30 PM
Oct 07, 2025	2	12:00	17:09	80 min	04:30 PM	11:00 AM
Oct 06, 2025	0	1:44	3:10	80 min	08:30 AM	11:30 AM
Oct 05, 2025	3	16:32	21:56	11 min	09:00 PM	09:30 PM
Oct 04, 2025	3	37:15	42:28	21 min	05:30 PM	03:30 PM
Oct 02, 2025	2	22:40	25:18	27 min	04:00 AM	09:00 AM
Sep 30, 2025	1	16:16	20:37	20 min	03:00 PM	04:00 PM
Sep 29, 2025	2	30:18	33:13	57 min	08:30 PM	09:30 AM
Sep 27, 2025	1	45:40	57:04	32 min	07:00 PM	07:00 AM
Sep 24, 2025	3	5:42	9:45	40 min	12:00 AM	02:30 PM
Sep 23, 2025	2	37:23	46:28	19 min	05:00 PM	07:00 PM
Sep 21, 2025	1	21:44	23:13	9 min	09:30 AM	09:00 AM
Sep 20, 2025	1	8:15	8:48	16 min	07:00 PM	04:30 AM
Sep 19, 2025	1	2:29	3:16	14 min	01:00 AM	05:30 AM
Sep 18, 2025	4	17:32	22:25	82 min	04:00 PM	11:00 PM
Sep 17, 2025	2	18:02	21:17	21 min	03:30 PM	01:00 PM
Sep 15, 2025	5	35:22	43:57	42 min	07:00 PM	10:30 PM
Sep 13, 2025	2	47:55	57:05	25 min	04:30 AM	04:00 PM
Sep 11, 2025	0	4:00	4:52	28 min	08:30 PM	01:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 10, 2025	3	37:06	41:06	12 min	11:30 PM	06:00 PM
Sep 08, 2025	2	2:04	2:48	14 min	04:30 PM	07:30 PM

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