

RiverSpring Living — 306w 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
Jan 30, 2026	0	4:32	6:44	80 min	08:00 PM	05:00 AM
Jan 27, 2026	0	3:24	7:22	40 min	03:00 AM	11:30 PM
Jan 25, 2026	0	2:13	4:41	100 min	08:00 PM	12:30 AM
Jan 24, 2026	0	0:47	1:20	12 min	04:00 AM	05:30 AM
Jan 23, 2026	1	0:54	5:51	46 min	07:30 PM	10:00 PM
Jan 22, 2026	0	0:11	0:43	32 min	11:30 AM	12:00 PM
Jan 21, 2026	0	13:22	18:27	31 min	04:30 AM	01:00 AM
Jan 20, 2026	0	2:23	4:29	51 min	10:00 PM	02:30 AM
Jan 17, 2026	1	5:41	13:29	265 min	07:00 PM	10:30 PM
Jan 16, 2026	0	2:55	7:09	100 min	09:00 PM	04:00 AM
Jan 15, 2026	0	0:34	6:16	256 min	06:00 PM	12:30 AM
Jan 14, 2026	1	6:21	9:56	12 min	08:00 PM	07:00 AM
Jan 13, 2026	1	0:50	1:53	34 min	07:00 AM	01:00 PM
Jan 12, 2026	0	1:31	3:53	56 min	01:00 AM	04:30 AM
Jan 11, 2026	0	5:00	7:52	29 min	07:00 PM	05:00 AM
Jan 10, 2026	0	7:18	12:02	191 min	05:30 PM	05:30 AM
Jan 09, 2026	0	9:13	15:26	120 min	02:30 PM	06:30 AM
Jan 07, 2026	0	5:20	7:49	105 min	07:30 PM	11:00 AM
Jan 06, 2026	1	2:42	4:36	79 min	09:00 PM	01:30 AM
Jan 05, 2026	1	0:43	3:26	39 min	08:00 PM	12:00 AM
Jan 04, 2026	0	2:30	3:39	18 min	04:30 AM	08:30 AM
Jan 03, 2026	0	2:44	5:43	17 min	11:30 PM	05:00 AM
Jan 02, 2026	1	4:42	8:45	41 min	04:30 PM	01:30 AM
Jan 01, 2026	0	0:59	4:58	141 min	08:30 PM	01:30 AM
Dec 31, 2025	0	3:14	8:01	227 min	10:00 PM	06:00 PM
Dec 30, 2025	0	6:55	9:08	74 min	06:30 PM	03:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 29, 2025	0	4:39	8:19	138 min	08:00 PM	04:30 AM
Dec 28, 2025	0	4:17	4:38	15 min	07:30 PM	12:00 AM
Dec 26, 2025	0	4:24	9:22	97 min	06:30 PM	10:00 PM
Dec 25, 2025	0	6:45	9:37	16 min	08:30 PM	06:00 AM
Dec 24, 2025	0	4:30	10:09	31 min	09:30 PM	09:00 AM
Dec 23, 2025	0	0:40	1:45	15 min	02:00 PM	04:00 PM
Dec 22, 2025	0	2:20	5:11	26 min	06:00 PM	11:30 PM
Dec 21, 2025	0	4:07	5:11	41 min	07:00 PM	12:00 AM
Dec 20, 2025	0	5:07	7:27	42 min	07:00 PM	04:00 PM
Dec 19, 2025	1	1:38	4:43	120 min	07:00 PM	12:00 AM
Dec 18, 2025	0	0:32	4:31	139 min	09:30 PM	02:00 AM
Dec 16, 2025	0	3:17	4:27	31 min	07:00 PM	11:30 PM
Dec 15, 2025	1	12:51	18:38	194 min	05:00 PM	11:30 PM
Dec 14, 2025	2	5:49	9:03	40 min	07:00 PM	05:00 AM
Dec 13, 2025	0	1:57	8:28	302 min	08:00 PM	07:30 AM
Dec 12, 2025	0	1:09	2:52	40 min	12:30 AM	12:30 PM
Dec 11, 2025	0	3:18	5:59	34 min	10:30 PM	06:30 AM
Dec 10, 2025	0	3:19	4:15	19 min	11:30 PM	03:30 AM
Dec 09, 2025	1	6:45	14:29	299 min	07:00 PM	09:00 PM
Dec 08, 2025	1	6:03	9:31	14 min	09:00 PM	08:00 AM
Dec 05, 2025	0	4:12	15:32	181 min	05:00 PM	11:00 PM
Dec 04, 2025	0	4:02	7:20	15 min	06:30 PM	02:30 AM
Dec 03, 2025	0	1:06	2:59	75 min	10:00 AM	04:30 PM
Dec 02, 2025	1	1:42	3:59	117 min	05:00 AM	12:00 PM
Dec 01, 2025	0	6:30	10:29	59 min	06:30 PM	11:30 PM
Nov 30, 2025	0	5:11	10:06	119 min	05:30 PM	03:30 AM
Nov 28, 2025	0	0:30	7:49	34 min	06:00 AM	05:30 PM
Nov 27, 2025	0	7:29	12:18	121 min	08:00 PM	10:30 PM
Nov 25, 2025	0	0:52	4:56	128 min	03:00 AM	12:00 AM
Nov 24, 2025	2	8:08	15:28	201 min	08:30 PM	11:00 PM
Nov 23, 2025	1	3:08	11:31	370 min	08:30 PM	08:30 AM
Nov 22, 2025	0	0:29	1:09	40 min	05:00 AM	06:30 AM
Nov 21, 2025	2	5:50	14:00	104 min	09:00 PM	11:00 PM
Nov 19, 2025	0	0:31	4:28	126 min	06:00 PM	10:30 PM
Nov 18, 2025	1	6:08	11:09	34 min	06:30 PM	11:00 PM
Nov 17, 2025	0	6:46	12:44	36 min	06:30 PM	01:00 PM
Nov 16, 2025	1	4:17	7:11	12 min	08:00 PM	03:30 AM
Nov 15, 2025	1	3:33	9:00	166 min	04:30 PM	02:00 AM
Nov 13, 2025	0	6:55	10:07	32 min	09:30 PM	12:00 AM
Nov 12, 2025	0	0:52	6:22	20 min	06:30 PM	01:00 AM
Nov 11, 2025	1	5:45	7:49	12 min	06:00 PM	02:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 10, 2025	0	0:15	1:55	15 min	02:30 AM	04:30 AM
Nov 09, 2025	0	1:37	6:16	83 min	01:00 AM	08:00 PM
Nov 08, 2025	0	1:41	4:12	21 min	06:30 PM	10:30 PM
Nov 07, 2025	1	3:09	6:39	22 min	05:30 AM	04:30 PM
Nov 06, 2025	0	6:26	11:45	134 min	06:00 PM	11:30 PM
Nov 04, 2025	0	3:32	11:57	43 min	06:30 PM	10:00 PM
Nov 03, 2025	0	0:31	2:08	49 min	04:00 AM	06:00 AM
Nov 02, 2025	0	2:47	4:27	28 min	12:30 AM	04:00 AM
Nov 01, 2025	0	1:42	9:27	257 min	12:00 AM	10:00 PM
Oct 31, 2025	0	3:48	6:35	31 min	07:00 PM	01:30 AM
Oct 29, 2025	0	5:20	8:23	118 min	05:30 PM	02:00 AM
Oct 28, 2025	1	4:25	7:37	79 min	07:30 PM	03:30 AM
Oct 27, 2025	0	3:22	4:56	84 min	02:00 AM	11:30 AM
Oct 26, 2025	0	5:15	8:44	158 min	02:30 AM	11:00 PM
Oct 25, 2025	0	10:12	18:18	131 min	06:30 PM	09:00 PM
Oct 24, 2025	1	6:19	10:22	76 min	06:30 PM	05:30 AM
Oct 23, 2025	0	2:42	7:25	14 min	07:00 PM	02:30 AM
Oct 22, 2025	0	2:17	8:43	13 min	09:30 PM	07:00 AM
Oct 21, 2025	0	2:15	5:57	35 min	07:30 PM	01:30 AM
Oct 20, 2025	0	6:38	7:42	0 min	08:00 PM	03:30 AM
Oct 19, 2025	0	3:05	5:08	29 min	11:00 PM	08:30 AM
Oct 18, 2025	0	2:47	5:12	11 min	10:00 PM	03:00 AM
Oct 17, 2025	0	5:19	7:09	35 min	07:30 PM	03:00 AM
Oct 16, 2025	1	3:54	10:11	54 min	08:30 PM	12:00 PM
Oct 15, 2025	0	0:51	4:56	94 min	09:00 PM	02:00 AM
Oct 14, 2025	1	4:42	9:05	14 min	07:00 PM	04:30 AM
Oct 13, 2025	1	4:31	7:50	27 min	12:30 AM	09:00 AM
Oct 11, 2025	2	4:07	12:16	29 min	08:30 PM	09:00 PM
Oct 09, 2025	0	2:34	6:40	57 min	11:30 PM	06:00 AM
Oct 08, 2025	0	2:51	8:54	36 min	09:30 PM	06:00 AM
Oct 07, 2025	0	0:38	2:13	40 min	01:00 AM	03:00 AM
Oct 06, 2025	0	2:48	4:40	27 min	09:30 PM	02:00 AM
Oct 05, 2025	0	4:49	11:58	34 min	07:00 PM	11:30 AM
Oct 03, 2025	0	4:05	9:08	59 min	12:00 AM	12:00 AM
Oct 02, 2025	0	1:36	3:52	26 min	11:30 PM	03:00 AM
Oct 01, 2025	0	3:21	4:49	11 min	08:00 PM	01:00 AM
Sep 30, 2025	1	3:18	11:17	64 min	07:00 PM	08:00 AM
Sep 27, 2025	0	6:55	11:36	173 min	03:30 PM	04:00 AM
Sep 26, 2025	0	5:25	10:30	24 min	07:30 PM	11:30 AM
Sep 23, 2025	0	3:17	8:10	69 min	10:00 PM	03:30 PM
Sep 22, 2025	0	2:38	3:35	9 min	10:30 PM	02:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 21, 2025	1	4:30	7:40	6 min	05:30 PM	02:30 AM
Sep 20, 2025	0	0:42	0:58	16 min	11:30 AM	02:30 PM
Sep 19, 2025	0	0:30	2:22	112 min	03:00 AM	05:30 AM
Sep 18, 2025	0	2:20	3:29	55 min	11:30 PM	03:00 AM
Sep 17, 2025	0	0:36	0:56	20 min	04:30 AM	05:00 AM
Sep 16, 2025	0	3:34	6:30	35 min	11:30 PM	06:00 AM
Sep 15, 2025	0	1:38	3:03	16 min	10:30 PM	01:30 AM
Sep 13, 2025	0	13:40	15:20	91 min	08:00 PM	05:00 PM
Sep 12, 2025	1	5:48	7:23	18 min	10:30 PM	06:00 AM
Sep 10, 2025	0	4:12	7:18	156 min	12:00 AM	07:30 AM
Sep 09, 2025	0	6:28	10:38	125 min	09:30 PM	08:30 PM
Sep 08, 2025	0	2:32	5:46	147 min	10:00 PM	08:00 AM