

# RiverSpring Living — 307d 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 12, 2026 | 2         | 18:24            | 18:47       | 8 min         | 09:00 PM | 06:00 PM |
| Feb 11, 2026 | 3         | 10:22            | 11:13       | 28 min        | 09:00 PM | 09:00 AM |
| Feb 10, 2026 | 1         | 10:47            | 11:06       | 12 min        | 09:30 PM | 09:00 AM |
| Feb 09, 2026 | 2         | 6:04             | 6:57        | 35 min        | 07:30 PM | 07:30 AM |
| Feb 08, 2026 | 3         | 11:53            | 13:05       | 34 min        | 02:30 PM | 09:00 AM |
| Feb 07, 2026 | 3         | 14:43            | 15:47       | 31 min        | 02:30 PM | 08:30 AM |
| Feb 06, 2026 | 0         | 11:35            | 11:52       | 8 min         | 09:00 PM | 09:00 AM |
| Feb 05, 2026 | 2         | 14:51            | 15:25       | 10 min        | 04:00 PM | 08:30 AM |
| Feb 04, 2026 | 3         | 9:00             | 9:38        | 10 min        | 09:30 PM | 07:30 AM |
| Feb 03, 2026 | 1         | 8:02             | 8:30        | 28 min        | 09:00 PM | 05:30 AM |
| Feb 02, 2026 | 1         | 3:54             | 4:15        | 14 min        | 12:30 PM | 06:30 PM |
| Dec 24, 2025 | 0         | 10:40            | 11:29       | 11 min        | 08:30 PM | 08:00 AM |
| Dec 23, 2025 | 2         | 12:02            | 12:40       | 21 min        | 07:30 PM | 08:30 AM |
| Dec 22, 2025 | 2         | 10:55            | 11:05       | 9 min         | 09:00 PM | 08:30 AM |
| Dec 21, 2025 | 1         | 15:33            | 16:46       | 20 min        | 07:30 PM | 05:30 PM |
| Dec 20, 2025 | 1         | 14:04            | 14:53       | 32 min        | 06:30 PM | 01:00 PM |
| Dec 19, 2025 | 2         | 13:29            | 13:44       | 15 min        | 07:00 PM | 09:30 AM |
| Dec 18, 2025 | 0         | 9:38             | 10:36       | 15 min        | 09:00 PM | 08:00 AM |
| Dec 17, 2025 | 2         | 16:40            | 16:54       | 8 min         | 12:30 AM | 06:00 PM |
| Dec 14, 2025 | 1         | 27:50            | 28:40       | 22 min        | 01:30 PM | 06:30 PM |
| Dec 13, 2025 | 3         | 9:54             | 10:36       | 39 min        | 08:30 PM | 08:00 AM |
| Dec 12, 2025 | 3         | 12:19            | 13:52       | 56 min        | 07:00 PM | 12:30 PM |
| Dec 11, 2025 | 3         | 11:05            | 11:35       | 19 min        | 07:30 PM | 08:00 AM |
| Dec 10, 2025 | 4         | 16:53            | 17:39       | 10 min        | 07:30 PM | 04:00 PM |
| Dec 09, 2025 | 1         | 9:35             | 11:22       | 14 min        | 07:30 PM | 08:30 AM |
| Dec 08, 2025 | 1         | 14:27            | 15:14       | 47 min        | 07:00 PM | 05:30 PM |

| DATE         | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME  | WAKE     |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Dec 07, 2025 | 1         | 14:30            | 16:22       | 17 min        | 05:30 PM | 03:30 PM |
| Dec 06, 2025 | 2         | 7:41             | 8:38        | 9 min         | 07:30 PM | 05:00 AM |
| Dec 05, 2025 | 2         | 13:11            | 14:13       | 31 min        | 04:00 PM | 04:30 PM |
| Dec 03, 2025 | 1         | 10:36            | 11:31       | 40 min        | 09:30 PM | 03:30 PM |
| Dec 02, 2025 | 0         | 33:00            | 38:29       | 51 min        | 08:00 PM | 07:00 PM |
| Nov 30, 2025 | 2         | 13:26            | 14:15       | 27 min        | 06:00 PM | 09:00 AM |
| Nov 29, 2025 | 2         | 17:32            | 17:53       | 12 min        | 07:00 PM | 01:00 PM |
| Nov 28, 2025 | 1         | 38:50            | 41:01       | 13 min        | 06:30 PM | 03:30 PM |
| Nov 26, 2025 | 0         | 17:00            | 19:37       | 103 min       | 04:00 PM | 11:30 AM |
| Nov 25, 2025 | 1         | 15:29            | 17:08       | 38 min        | 06:00 PM | 12:00 PM |
| Nov 24, 2025 | 2         | 14:04            | 15:43       | 8 min         | 02:30 PM | 08:00 AM |
| Nov 23, 2025 | 2         | 12:20            | 13:31       | 31 min        | 01:30 PM | 07:00 AM |
| Nov 22, 2025 | 2         | 12:56            | 13:50       | 10 min        | 07:00 PM | 11:00 AM |
| Nov 21, 2025 | 3         | 11:52            | 12:28       | 13 min        | 07:30 PM | 08:30 AM |
| Nov 20, 2025 | 2         | 17:56            | 19:23       | 31 min        | 01:30 PM | 12:30 PM |
| Nov 19, 2025 | 2         | 12:44            | 13:22       | 6 min         | 06:30 PM | 09:00 AM |
| Nov 18, 2025 | 2         | 15:26            | 16:28       | 24 min        | 03:30 PM | 09:00 AM |
| Nov 17, 2025 | 1         | 14:25            | 15:27       | 38 min        | 03:30 PM | 09:00 AM |
| Nov 16, 2025 | 3         | 14:25            | 15:54       | 11 min        | 02:00 PM | 09:00 AM |
| Nov 15, 2025 | 1         | 12:23            | 13:03       | 8 min         | 07:00 PM | 08:30 AM |
| Nov 14, 2025 | 1         | 14:30            | 15:24       | 40 min        | 07:00 PM | 04:00 PM |
| Nov 13, 2025 | 2         | 14:55            | 16:55       | 9 min         | 03:00 PM | 10:30 AM |
| Nov 12, 2025 | 1         | 14:13            | 15:33       | 12 min        | 07:00 PM | 01:00 PM |
| Nov 11, 2025 | 2         | 12:45            | 13:22       | 16 min        | 07:00 PM | 09:00 AM |
| Nov 10, 2025 | 1         | 16:02            | 17:34       | 67 min        | 04:30 PM | 05:00 PM |
| Nov 09, 2025 | 1         | 15:50            | 17:19       | 34 min        | 03:30 PM | 11:30 AM |
| Nov 08, 2025 | 4         | 16:35            | 17:09       | 12 min        | 05:30 PM | 12:30 PM |
| Nov 07, 2025 | 3         | 12:49            | 13:26       | 14 min        | 06:30 PM | 08:30 AM |
| Nov 06, 2025 | 4         | 14:29            | 16:02       | 27 min        | 07:00 PM | 01:00 PM |
| Nov 05, 2025 | 3         | 12:55            | 15:50       | 31 min        | 04:30 PM | 02:30 PM |
| Nov 04, 2025 | 1         | 11:55            | 12:26       | 31 min        | 06:30 PM | 07:30 AM |
| Nov 03, 2025 | 3         | 13:50            | 14:46       | 10 min        | 04:00 PM | 10:30 AM |
| Nov 02, 2025 | 0         | 11:40            | 12:12       | 28 min        | 08:00 PM | 07:30 AM |
| Nov 01, 2025 | 3         | 10:32            | 10:48       | 13 min        | 09:30 PM | 09:00 AM |
| Oct 31, 2025 | 1         | 17:30            | 19:04       | 45 min        | 02:00 PM | 05:30 PM |
| Oct 30, 2025 | 1         | 12:26            | 12:43       | 17 min        | 06:30 PM | 07:30 AM |
| Oct 29, 2025 | 1         | 11:09            | 12:24       | 35 min        | 07:00 PM | 08:00 AM |
| Oct 28, 2025 | 2         | 40:10            | 42:05       | 7 min         | 07:30 PM | 02:00 PM |
| Oct 26, 2025 | 3         | 11:24            | 12:06       | 7 min         | 08:00 PM | 09:00 AM |
| Oct 25, 2025 | 2         | 14:32            | 15:26       | 18 min        | 03:30 PM | 09:30 AM |
| Oct 24, 2025 | 3         | 12:56            | 14:56       | 38 min        | 06:00 PM | 01:00 PM |

| DATE         | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME  | WAKE     |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Oct 23, 2025 | 3         | 12:09            | 12:28       | 14 min        | 07:00 PM | 08:30 AM |
| Oct 22, 2025 | 3         | 17:15            | 17:47       | 22 min        | 07:30 PM | 01:30 PM |
| Oct 21, 2025 | 1         | 12:36            | 13:32       | 47 min        | 07:30 PM | 09:00 AM |
| Oct 20, 2025 | 3         | 13:35            | 14:17       | 31 min        | 06:30 PM | 02:30 PM |
| Oct 19, 2025 | 3         | 12:26            | 12:38       | 12 min        | 07:00 PM | 08:00 AM |
| Oct 18, 2025 | 1         | 12:31            | 12:52       | 18 min        | 07:00 PM | 08:00 AM |
| Oct 17, 2025 | 2         | 8:33             | 12:37       | 17 min        | 06:00 PM | 08:30 AM |
| Oct 16, 2025 | 2         | 11:46            | 12:22       | 11 min        | 07:00 PM | 08:30 AM |
| Oct 15, 2025 | 1         | 16:01            | 16:31       | 16 min        | 07:00 PM | 05:00 PM |
| Oct 14, 2025 | 1         | 14:17            | 15:16       | 27 min        | 06:30 PM | 01:00 PM |
| Oct 13, 2025 | 1         | 12:31            | 13:06       | 12 min        | 05:30 PM | 07:30 AM |
| Oct 12, 2025 | 2         | 13:06            | 13:59       | 23 min        | 08:00 PM | 02:00 PM |
| Oct 11, 2025 | 5         | 14:22            | 16:56       | 37 min        | 07:00 PM | 05:00 PM |
| Oct 10, 2025 | 2         | 12:27            | 13:01       | 32 min        | 08:00 PM | 03:00 PM |
| Oct 09, 2025 | 4         | 14:32            | 15:27       | 32 min        | 06:30 PM | 05:00 PM |
| Oct 08, 2025 | 1         | 14:13            | 14:41       | 26 min        | 07:00 PM | 12:30 PM |
| Oct 07, 2025 | 1         | 6:18             | 7:09        | 15 min        | 02:30 AM | 01:00 PM |
| Oct 06, 2025 | 2         | 10:33            | 11:03       | 11 min        | 08:00 PM | 08:00 AM |
| Oct 05, 2025 | 1         | 14:14            | 15:14       | 34 min        | 07:00 PM | 06:00 PM |
| Oct 04, 2025 | 3         | 12:34            | 13:11       | 20 min        | 08:00 PM | 05:00 PM |
| Oct 03, 2025 | 1         | 12:15            | 13:05       | 29 min        | 08:00 PM | 04:30 PM |
| Oct 02, 2025 | 2         | 12:50            | 14:01       | 26 min        | 06:00 PM | 05:30 PM |
| Oct 01, 2025 | 3         | 11:37            | 14:12       | 53 min        | 03:00 PM | 02:30 PM |
| Sep 30, 2025 | 2         | 10:43            | 11:34       | 17 min        | 08:00 PM | 08:30 AM |
| Sep 29, 2025 | 2         | 9:26             | 10:14       | 10 min        | 09:30 PM | 08:00 AM |
| Sep 28, 2025 | 0         | 11:37            | 12:49       | 39 min        | 07:30 PM | 04:00 PM |
| Sep 27, 2025 | 2         | 9:16             | 9:43        | 21 min        | 08:30 PM | 07:00 AM |
| Sep 26, 2025 | 2         | 10:49            | 12:49       | 54 min        | 06:30 PM | 05:00 PM |
| Sep 25, 2025 | 0         | 12:36            | 14:29       | 18 min        | 03:30 PM | 08:00 AM |
| Sep 24, 2025 | 3         | 11:50            | 13:01       | 47 min        | 07:30 PM | 12:30 PM |
| Sep 23, 2025 | 1         | 10:38            | 11:26       | 36 min        | 09:00 PM | 03:30 PM |
| Sep 22, 2025 | 2         | 10:23            | 11:10       | 23 min        | 10:00 PM | 05:00 PM |
| Sep 21, 2025 | 2         | 14:46            | 16:06       | 60 min        | 06:00 PM | 12:30 PM |
| Sep 20, 2025 | 3         | 12:51            | 14:01       | 28 min        | 03:30 PM | 08:00 AM |
| Sep 19, 2025 | 1         | 11:35            | 12:37       | 22 min        | 06:00 PM | 07:00 AM |
| Sep 18, 2025 | 2         | 7:43             | 8:50        | 62 min        | 08:30 PM | 09:00 AM |
| Sep 17, 2025 | 1         | 10:15            | 10:37       | 7 min         | 08:30 PM | 08:00 AM |
| Sep 16, 2025 | 3         | 12:10            | 13:17       | 17 min        | 03:30 PM | 07:00 AM |
| Sep 15, 2025 | 2         | 11:20            | 12:09       | 13 min        | 05:30 PM | 08:00 AM |
| Sep 14, 2025 | 2         | 10:41            | 11:47       | 24 min        | 08:00 PM | 12:30 PM |
| Sep 13, 2025 | 1         | 8:21             | 9:20        | 34 min        | 08:00 PM | 02:30 PM |

| DATE         | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME  | WAKE     |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Sep 12, 2025 | 0         | 11:28            | 12:01       | 17 min        | 07:00 PM | 07:30 AM |
| Sep 11, 2025 | 2         | 10:28            | 10:55       | 20 min        | 08:00 PM | 02:30 PM |
| Sep 08, 2025 | 2         | 6:04             | 9:07        | 56 min        | 09:30 PM | 08:30 AM |

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