

RiverSpring Living — 307w 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 20, 2026 | 1 | 11:13 | 13:37 | 140 min | 09:00 PM | 09:00 PM |
| Feb 19, 2026 | 2 | 51:15 | 63:59 | 20 min | 08:30 PM | 02:00 PM |
| Feb 15, 2026 | 2 | 21:10 | 26:30 | 185 min | 09:30 AM | 12:00 PM |
| Feb 13, 2026 | 0 | 10:54 | 16:29 | 31 min | 08:30 PM | 02:30 PM |
| Feb 12, 2026 | 0 | 9:19 | 17:37 | 165 min | 09:00 PM | 02:30 PM |
| Feb 11, 2026 | 1 | 7:09 | 15:41 | 21 min | 08:00 PM | 12:30 PM |
| Feb 10, 2026 | 1 | 10:54 | 16:48 | 130 min | 09:00 PM | 02:00 PM |
| Feb 09, 2026 | 1 | 19:24 | 22:20 | 31 min | 02:00 PM | 01:00 PM |
| Feb 08, 2026 | 0 | 33:45 | 37:45 | 27 min | 05:30 PM | 09:30 AM |
| Feb 06, 2026 | 0 | 8:30 | 10:56 | 65 min | 03:30 AM | 02:30 PM |
| Feb 05, 2026 | 2 | 14:18 | 15:03 | 29 min | 07:30 PM | 01:00 PM |
| Feb 04, 2026 | 2 | 43:42 | 50:28 | 29 min | 06:00 AM | 11:00 AM |
| Feb 01, 2026 | 1 | 15:12 | 20:57 | 27 min | 07:00 PM | 05:30 PM |
| Jan 30, 2026 | 0 | 0:09 | 0:17 | 8 min | 09:00 PM | 09:30 PM |
| Jan 29, 2026 | 0 | 10:03 | 15:05 | 53 min | 05:00 PM | 10:00 PM |
| Jan 27, 2026 | 4 | 12:39 | 16:42 | 143 min | 05:30 PM | 08:30 PM |
| Jan 26, 2026 | 0 | 7:54 | 9:24 | 21 min | 07:00 PM | 04:00 AM |
| Jan 25, 2026 | 1 | 33:22 | 40:30 | 32 min | 05:00 PM | 01:30 PM |
| Jan 23, 2026 | 1 | 9:25 | 14:43 | 136 min | 05:00 PM | 08:30 AM |
| Jan 22, 2026 | 0 | 8:04 | 9:55 | 27 min | 07:30 PM | 05:30 AM |
| Jan 21, 2026 | 1 | 10:15 | 14:07 | 120 min | 06:00 PM | 08:00 AM |
| Jan 20, 2026 | 2 | 5:22 | 9:56 | 209 min | 01:30 PM | 12:00 AM |
| Jan 19, 2026 | 1 | 8:36 | 11:47 | 133 min | 09:00 PM | 09:00 AM |
| Jan 18, 2026 | 1 | 10:11 | 14:00 | 24 min | 05:30 PM | 09:30 AM |
| Jan 17, 2026 | 1 | 8:07 | 12:34 | 48 min | 07:30 PM | 08:00 AM |
| Jan 16, 2026 | 0 | 4:11 | 11:42 | 195 min | 08:00 PM | 08:30 AM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Jan 15, 2026 | 0 | 8:24 | 12:05 | 102 min | 06:00 PM | 06:00 AM |
| Jan 14, 2026 | 1 | 10:38 | 13:49 | 116 min | 06:00 PM | 08:00 AM |
| Jan 13, 2026 | 1 | 10:35 | 14:12 | 63 min | 06:00 PM | 08:30 AM |
| Jan 12, 2026 | 1 | 18:25 | 25:33 | 58 min | 08:00 AM | 11:00 AM |
| Jan 11, 2026 | 1 | 20:57 | 31:34 | 324 min | 08:30 PM | 06:00 AM |
| Jan 09, 2026 | 0 | 1:02 | 4:13 | 100 min | 04:00 AM | 08:00 AM |
| Jan 08, 2026 | 5 | 12:13 | 23:02 | 310 min | 06:00 PM | 12:00 AM |
| Jan 07, 2026 | 2 | 14:02 | 20:28 | 33 min | 11:00 AM | 08:00 AM |
| Jan 06, 2026 | 0 | 3:06 | 11:02 | 36 min | 08:00 PM | 07:00 AM |
| Jan 05, 2026 | 1 | 5:22 | 11:27 | 83 min | 08:30 PM | 08:00 AM |
| Jan 04, 2026 | 1 | 6:57 | 12:52 | 30 min | 07:30 PM | 08:30 AM |
| Jan 03, 2026 | 1 | 9:29 | 14:17 | 58 min | 08:00 PM | 10:30 AM |
| Jan 02, 2026 | 1 | 16:48 | 20:20 | 16 min | 12:00 PM | 08:30 AM |
| Jan 01, 2026 | 0 | 7:04 | 10:47 | 80 min | 09:00 PM | 08:00 AM |
| Dec 31, 2025 | 0 | 5:45 | 10:13 | 100 min | 08:00 PM | 06:00 AM |
| Dec 30, 2025 | 0 | 2:57 | 10:45 | 408 min | 08:30 PM | 04:00 PM |
| Dec 29, 2025 | 0 | 6:32 | 9:09 | 80 min | 08:00 PM | 05:00 AM |
| Dec 28, 2025 | 0 | 4:07 | 9:20 | 142 min | 08:00 PM | 05:30 AM |
| Dec 27, 2025 | 0 | 7:44 | 19:20 | 281 min | 07:00 PM | 05:30 PM |
| Dec 26, 2025 | 1 | 5:32 | 8:04 | 145 min | 11:30 PM | 08:00 AM |
| Dec 25, 2025 | 1 | 8:23 | 13:04 | 76 min | 07:30 PM | 08:30 AM |
| Dec 24, 2025 | 1 | 10:36 | 11:57 | 23 min | 08:00 PM | 08:30 AM |
| Dec 23, 2025 | 0 | 8:08 | 11:45 | 37 min | 07:00 PM | 07:00 AM |
| Dec 22, 2025 | 2 | 23:29 | 34:08 | 34 min | 08:30 PM | 07:30 AM |
| Dec 20, 2025 | 1 | 8:34 | 11:41 | 93 min | 09:00 PM | 09:00 AM |
| Dec 19, 2025 | 0 | 7:15 | 9:03 | 45 min | 07:00 PM | 04:00 AM |
| Dec 18, 2025 | 0 | 2:36 | 10:44 | 380 min | 08:30 PM | 07:30 AM |
| Dec 17, 2025 | 0 | 11:56 | 18:08 | 321 min | 08:30 PM | 06:00 PM |
| Dec 16, 2025 | 1 | 7:53 | 13:46 | 43 min | 07:00 PM | 09:00 AM |
| Dec 15, 2025 | 0 | 7:35 | 9:12 | 51 min | 06:30 PM | 04:00 AM |
| Dec 14, 2025 | 0 | 7:02 | 9:17 | 86 min | 06:30 PM | 04:00 AM |
| Dec 13, 2025 | 1 | 8:04 | 11:20 | 38 min | 09:00 PM | 08:00 AM |
| Dec 12, 2025 | 0 | 7:20 | 9:13 | 75 min | 07:00 PM | 04:00 AM |
| Dec 11, 2025 | 1 | 14:33 | 20:23 | 180 min | 07:30 PM | 04:00 PM |
| Dec 10, 2025 | 1 | 8:32 | 12:33 | 31 min | 07:30 PM | 08:30 AM |
| Dec 09, 2025 | 1 | 9:46 | 12:43 | 16 min | 07:00 PM | 08:00 AM |
| Dec 08, 2025 | 1 | 8:00 | 12:33 | 135 min | 07:00 PM | 08:00 AM |
| Dec 07, 2025 | 2 | 48:35 | 56:50 | 26 min | 07:30 PM | 08:00 AM |
| Dec 04, 2025 | 1 | 10:13 | 13:14 | 28 min | 07:00 PM | 08:30 AM |
| Dec 03, 2025 | 1 | 7:25 | 10:47 | 30 min | 09:00 PM | 08:00 AM |
| Dec 02, 2025 | 1 | 8:06 | 10:37 | 6 min | 07:30 PM | 06:00 AM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Dec 01, 2025 | 1 | 7:31 | 11:56 | 166 min | 07:30 PM | 07:30 AM |
| Nov 30, 2025 | 0 | 11:15 | 13:43 | 15 min | 07:30 PM | 09:30 AM |
| Nov 29, 2025 | 1 | 8:34 | 10:30 | 28 min | 07:00 PM | 05:30 AM |
| Nov 28, 2025 | 1 | 30:01 | 38:00 | 52 min | 07:00 PM | 10:00 AM |
| Nov 26, 2025 | 1 | 11:47 | 13:16 | 27 min | 06:30 PM | 08:00 AM |
| Nov 25, 2025 | 1 | 15:09 | 19:10 | 76 min | 06:30 PM | 02:00 PM |
| Nov 24, 2025 | 1 | 7:09 | 13:09 | 91 min | 09:30 PM | 01:00 PM |
| Nov 23, 2025 | 1 | 8:07 | 11:37 | 26 min | 09:30 PM | 09:30 AM |
| Nov 22, 2025 | 1 | 4:18 | 7:35 | 181 min | 12:30 AM | 08:00 AM |
| Nov 21, 2025 | 1 | 9:02 | 13:24 | 148 min | 07:00 PM | 08:30 AM |
| Nov 20, 2025 | 1 | 7:57 | 13:16 | 52 min | 06:30 PM | 08:00 AM |
| Nov 19, 2025 | 2 | 8:17 | 12:40 | 72 min | 07:00 PM | 08:00 AM |
| Nov 18, 2025 | 2 | 15:08 | 18:26 | 82 min | 11:00 AM | 05:30 AM |
| Nov 17, 2025 | 1 | 9:46 | 12:54 | 27 min | 07:00 PM | 08:00 AM |
| Nov 16, 2025 | 1 | 5:19 | 9:06 | 130 min | 08:00 PM | 05:30 AM |
| Nov 15, 2025 | 1 | 7:54 | 11:16 | 22 min | 07:00 PM | 06:30 AM |
| Nov 14, 2025 | 0 | 1:13 | 5:09 | 189 min | 11:30 PM | 04:30 AM |
| Nov 13, 2025 | 1 | 7:55 | 11:16 | 93 min | 07:00 PM | 06:30 AM |
| Nov 12, 2025 | 2 | 5:33 | 11:03 | 25 min | 07:00 PM | 06:30 AM |
| Nov 11, 2025 | 1 | 9:35 | 14:00 | 14 min | 07:00 PM | 09:00 AM |
| Nov 10, 2025 | 0 | 2:08 | 4:02 | 78 min | 04:00 AM | 08:00 AM |
| Nov 09, 2025 | 2 | 9:01 | 12:07 | 34 min | 07:00 PM | 07:30 AM |
| Nov 08, 2025 | 1 | 9:41 | 11:33 | 12 min | 08:00 PM | 08:00 AM |
| Nov 07, 2025 | 1 | 8:35 | 11:49 | 23 min | 07:00 PM | 07:00 AM |
| Nov 06, 2025 | 1 | 10:22 | 12:47 | 26 min | 07:30 PM | 08:30 AM |
| Nov 05, 2025 | 1 | 6:23 | 9:59 | 29 min | 09:00 PM | 07:00 AM |
| Nov 04, 2025 | 1 | 8:42 | 13:01 | 30 min | 06:00 PM | 07:30 AM |
| Nov 03, 2025 | 1 | 6:24 | 8:57 | 17 min | 07:30 PM | 04:30 AM |
| Nov 02, 2025 | 2 | 6:22 | 11:49 | 76 min | 08:00 PM | 07:30 AM |
| Nov 01, 2025 | 2 | 15:23 | 18:19 | 27 min | 07:00 PM | 01:30 PM |
| Oct 31, 2025 | 1 | 9:30 | 11:54 | 42 min | 06:30 PM | 06:30 AM |
| Oct 30, 2025 | 1 | 8:38 | 10:50 | 40 min | 08:30 PM | 07:30 AM |
| Oct 29, 2025 | 1 | 8:39 | 12:00 | 28 min | 07:30 PM | 07:30 AM |
| Oct 28, 2025 | 1 | 10:11 | 12:18 | 17 min | 07:30 PM | 08:00 AM |
| Oct 27, 2025 | 1 | 6:01 | 8:02 | 28 min | 11:30 PM | 08:00 AM |
| Oct 26, 2025 | 2 | 13:39 | 19:30 | 25 min | 11:00 PM | 07:30 PM |
| Oct 25, 2025 | 2 | 7:33 | 12:41 | 91 min | 07:30 PM | 09:00 AM |
| Oct 24, 2025 | 2 | 6:24 | 10:01 | 23 min | 10:30 PM | 09:00 AM |
| Oct 23, 2025 | 2 | 8:50 | 12:59 | 34 min | 07:00 PM | 08:30 AM |
| Oct 22, 2025 | 2 | 9:09 | 11:58 | 42 min | 07:00 PM | 07:00 AM |
| Oct 21, 2025 | 1 | 7:41 | 12:23 | 62 min | 07:00 PM | 07:30 AM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Oct 20, 2025 | 0 | 8:56 | 10:43 | 40 min | 08:00 PM | 06:30 AM |
| Oct 19, 2025 | 1 | 6:08 | 7:47 | 34 min | 07:00 PM | 03:00 AM |
| Oct 18, 2025 | 0 | 9:33 | 11:09 | 65 min | 09:00 PM | 08:00 AM |
| Oct 16, 2025 | 1 | 8:47 | 12:21 | 65 min | 07:30 PM | 07:30 AM |
| Oct 15, 2025 | 1 | 5:43 | 8:21 | 41 min | 07:30 PM | 04:00 AM |
| Oct 14, 2025 | 0 | 6:34 | 9:15 | 15 min | 07:00 PM | 04:30 AM |
| Oct 13, 2025 | 2 | 7:16 | 10:29 | 22 min | 09:00 PM | 07:30 AM |
| Oct 12, 2025 | 1 | 6:18 | 8:16 | 47 min | 11:00 PM | 07:30 AM |
| Oct 11, 2025 | 1 | 7:24 | 11:30 | 34 min | 07:30 PM | 07:30 AM |
| Oct 10, 2025 | 3 | 6:33 | 10:30 | 24 min | 07:00 PM | 05:30 AM |
| Oct 09, 2025 | 1 | 8:19 | 10:40 | 22 min | 09:00 PM | 08:00 AM |
| Oct 08, 2025 | 1 | 6:28 | 10:31 | 42 min | 07:30 PM | 06:00 AM |
| Oct 07, 2025 | 1 | 5:06 | 10:55 | 35 min | 08:30 PM | 08:00 AM |
| Oct 06, 2025 | 1 | 6:37 | 11:22 | 26 min | 08:30 PM | 08:00 AM |
| Oct 05, 2025 | 3 | 5:26 | 9:30 | 46 min | 07:30 PM | 05:30 AM |
| Oct 04, 2025 | 1 | 5:50 | 11:28 | 40 min | 08:30 PM | 08:30 AM |
| Oct 03, 2025 | 1 | 3:46 | 8:04 | 32 min | 08:30 PM | 04:30 AM |
| Oct 02, 2025 | 0 | 7:02 | 9:01 | 24 min | 07:30 PM | 04:30 AM |
| Oct 01, 2025 | 0 | 6:19 | 11:00 | 36 min | 09:00 PM | 08:00 AM |
| Sep 30, 2025 | 1 | 6:58 | 11:21 | 24 min | 07:00 PM | 07:00 AM |
| Sep 29, 2025 | 1 | 6:12 | 10:09 | 68 min | 09:00 PM | 07:00 AM |
| Sep 28, 2025 | 1 | 4:39 | 9:45 | 101 min | 09:30 PM | 07:30 AM |
| Sep 27, 2025 | 2 | 16:31 | 21:39 | 205 min | 08:00 AM | 07:00 AM |
| Sep 26, 2025 | 2 | 5:29 | 8:34 | 29 min | 07:00 PM | 05:00 AM |
| Sep 25, 2025 | 1 | 8:08 | 10:11 | 25 min | 07:00 PM | 05:00 AM |
| Sep 24, 2025 | 1 | 5:26 | 10:16 | 51 min | 08:30 PM | 07:00 AM |
| Sep 23, 2025 | 1 | 7:21 | 10:12 | 33 min | 09:00 PM | 07:30 AM |
| Sep 22, 2025 | 0 | 6:39 | 7:38 | 13 min | 10:00 PM | 05:30 AM |
| Sep 20, 2025 | 1 | 6:33 | 10:10 | 17 min | 08:30 PM | 06:30 AM |
| Sep 19, 2025 | 0 | 7:31 | 10:11 | 17 min | 09:00 PM | 07:00 AM |
| Sep 18, 2025 | 2 | 14:00 | 17:16 | 36 min | 09:00 PM | 03:30 PM |
| Sep 17, 2025 | 0 | 6:42 | 8:25 | 29 min | 09:00 PM | 05:30 AM |
| Sep 16, 2025 | 1 | 7:40 | 11:32 | 24 min | 07:30 PM | 07:00 AM |
| Sep 15, 2025 | 1 | 5:43 | 9:54 | 40 min | 08:30 PM | 06:30 AM |
| Sep 14, 2025 | 1 | 5:48 | 8:22 | 26 min | 11:00 PM | 07:30 AM |
| Sep 13, 2025 | 3 | 23:39 | 32:28 | 47 min | 08:00 PM | 07:00 AM |
| Sep 11, 2025 | 1 | 7:06 | 9:34 | 37 min | 08:00 PM | 06:00 AM |
| Sep 10, 2025 | 1 | 7:12 | 9:32 | 31 min | 08:30 PM | 06:00 AM |
| Sep 09, 2025 | 1 | 7:06 | 9:28 | 46 min | 08:30 PM | 06:00 AM |
| Sep 08, 2025 | 1 | 5:33 | 9:05 | 21 min | 10:00 PM | 07:00 AM |

