

RiverSpring Living — 308s 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 12, 2026	1	10:33	11:52	23 min	07:00 PM	07:00 AM
Mar 11, 2026	0	3:40	4:27	14 min	01:30 AM	06:00 AM
Mar 10, 2026	0	4:49	5:05	16 min	01:00 AM	06:00 AM
Mar 09, 2026	0	9:27	9:51	10 min	08:30 PM	06:00 AM
Mar 08, 2026	0	8:17	9:13	56 min	08:00 PM	06:30 AM
Mar 07, 2026	1	9:28	10:07	22 min	08:30 PM	06:30 AM
Mar 06, 2026	0	9:22	10:04	24 min	07:30 PM	06:00 AM
Mar 05, 2026	1	9:03	9:13	8 min	08:30 PM	06:00 AM
Mar 04, 2026	0	7:10	9:12	18 min	08:30 PM	06:00 AM
Mar 03, 2026	0	8:07	9:08	24 min	09:00 PM	06:00 AM
Mar 02, 2026	1	6:03	9:33	51 min	09:00 PM	06:30 AM
Mar 01, 2026	0	7:22	9:13	22 min	09:00 PM	06:30 AM
Feb 28, 2026	0	9:00	10:19	18 min	08:30 PM	06:30 AM
Feb 27, 2026	2	9:16	10:42	25 min	08:30 PM	07:30 AM
Feb 26, 2026	0	7:52	8:35	29 min	10:30 PM	07:00 AM
Feb 25, 2026	1	8:23	8:52	12 min	10:30 PM	07:30 AM
Feb 24, 2026	0	7:33	10:49	170 min	07:30 PM	06:00 AM
Feb 23, 2026	1	7:59	11:05	159 min	07:30 PM	07:00 AM
Feb 22, 2026	1	9:11	10:47	42 min	08:30 PM	07:30 AM
Feb 21, 2026	0	7:13	8:33	27 min	09:30 PM	06:00 AM
Feb 20, 2026	1	7:22	11:03	61 min	09:00 PM	08:00 AM
Feb 19, 2026	1	9:05	10:21	67 min	08:30 PM	07:00 AM
Feb 18, 2026	1	8:57	9:52	22 min	10:00 PM	08:00 AM
Feb 17, 2026	1	9:57	11:02	17 min	09:00 PM	08:00 AM
Feb 16, 2026	1	9:37	11:28	32 min	09:30 PM	09:00 AM
Feb 15, 2026	0	9:20	10:31	20 min	09:00 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 14, 2026	1	7:46	10:34	16 min	09:00 PM	07:30 AM
Feb 13, 2026	1	2:07	5:30	159 min	02:00 AM	08:00 AM
Feb 12, 2026	1	9:24	10:29	17 min	09:30 PM	08:00 AM
Feb 10, 2026	1	9:02	10:10	33 min	09:30 PM	08:00 AM
Feb 09, 2026	1	8:36	10:52	20 min	08:00 PM	07:00 AM
Feb 08, 2026	0	9:18	10:33	58 min	08:00 PM	06:30 AM
Feb 07, 2026	0	7:06	8:41	38 min	09:30 PM	06:00 AM
Feb 06, 2026	0	7:48	8:49	16 min	09:30 PM	06:30 AM
Feb 05, 2026	0	8:07	9:36	76 min	11:00 PM	05:30 PM
Feb 04, 2026	1	8:35	9:51	36 min	10:00 PM	08:00 AM
Feb 03, 2026	1	8:09	10:15	41 min	09:30 PM	07:30 AM
Feb 02, 2026	2	10:30	11:39	13 min	06:30 PM	08:00 AM
Feb 01, 2026	1	4:57	8:10	23 min	11:00 PM	07:00 AM
Jan 31, 2026	0	7:32	8:47	51 min	11:30 PM	08:00 AM
Jan 30, 2026	1	10:39	11:45	33 min	08:00 PM	08:00 AM
Jan 29, 2026	0	9:34	9:53	19 min	09:30 PM	07:30 AM
Jan 28, 2026	0	7:43	9:15	51 min	09:30 PM	07:00 AM
Jan 27, 2026	1	8:39	10:27	59 min	08:00 PM	06:30 AM
Jan 26, 2026	0	11:11	11:38	27 min	08:30 PM	04:30 PM
Jan 25, 2026	0	1:24	8:56	339 min	08:00 PM	05:00 AM
Jan 24, 2026	2	15:06	19:02	35 min	10:00 PM	05:30 PM
Jan 23, 2026	0	7:18	7:48	30 min	09:00 PM	05:00 AM
Jan 22, 2026	1	10:23	10:41	16 min	09:00 PM	07:30 AM
Dec 12, 2025	0	9:12	9:54	23 min	07:30 PM	05:30 AM
Dec 11, 2025	1	8:48	10:19	24 min	08:00 PM	06:30 AM
Dec 10, 2025	1	8:52	10:28	16 min	08:30 PM	07:00 AM
Dec 09, 2025	1	10:02	10:20	16 min	08:00 PM	06:30 AM
Dec 08, 2025	1	7:44	8:09	12 min	11:00 PM	07:30 AM
Dec 07, 2025	1	5:54	6:33	14 min	12:00 AM	06:30 AM
Dec 06, 2025	1	6:57	10:50	204 min	08:30 PM	07:30 AM
Dec 05, 2025	2	9:16	11:08	49 min	07:00 PM	06:30 AM
Dec 04, 2025	0	8:14	9:54	68 min	07:30 PM	05:00 AM
Dec 03, 2025	1	6:33	9:03	18 min	09:00 PM	06:00 AM
Dec 02, 2025	1	10:51	12:00	42 min	07:30 PM	07:30 AM
Dec 01, 2025	1	9:56	10:55	11 min	08:30 PM	07:30 AM
Nov 30, 2025	1	7:16	9:14	62 min	08:30 PM	06:00 AM
Nov 29, 2025	1	11:17	12:48	72 min	07:30 PM	03:00 PM
Nov 28, 2025	1	8:25	10:43	36 min	07:00 PM	06:00 AM
Nov 27, 2025	1	6:43	12:04	118 min	07:00 PM	07:00 AM
Nov 26, 2025	2	10:22	11:45	19 min	07:30 PM	07:00 AM
Nov 25, 2025	0	19:46	21:16	29 min	10:00 AM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 24, 2025	1	10:55	11:58	29 min	07:00 PM	07:00 AM
Nov 23, 2025	0	3:52	4:23	24 min	03:30 AM	08:00 AM
Nov 22, 2025	0	7:50	8:38	34 min	08:30 PM	05:00 AM
Nov 21, 2025	1	10:05	11:02	39 min	07:30 PM	06:30 AM
Nov 20, 2025	1	8:47	9:28	29 min	09:00 PM	06:30 AM
Nov 19, 2025	0	10:46	12:04	21 min	07:00 PM	07:00 AM
Nov 18, 2025	1	7:35	7:57	22 min	09:30 PM	05:30 AM
Nov 17, 2025	1	8:45	9:10	25 min	07:30 PM	05:00 AM
Nov 16, 2025	0	7:37	8:10	21 min	08:30 PM	05:00 AM
Nov 15, 2025	0	8:27	9:09	23 min	08:00 PM	05:30 AM
Nov 14, 2025	0	3:13	4:37	18 min	09:00 PM	02:00 AM
Nov 13, 2025	1	7:50	10:51	59 min	07:30 PM	06:30 AM
Nov 12, 2025	0	8:36	10:06	21 min	07:30 PM	05:30 AM
Nov 11, 2025	0	10:31	11:15	33 min	07:00 PM	06:30 AM
Nov 10, 2025	0	9:57	10:17	20 min	07:00 PM	05:30 AM
Nov 09, 2025	3	2:24	2:51	21 min	03:30 AM	07:00 AM
Nov 08, 2025	0	6:57	7:22	25 min	08:30 PM	04:00 AM
Nov 07, 2025	0	8:59	9:33	26 min	07:30 PM	05:00 AM
Nov 06, 2025	1	9:13	9:44	30 min	07:00 PM	04:30 AM
Nov 05, 2025	1	7:27	8:03	22 min	08:30 PM	05:00 AM
Nov 04, 2025	1	8:03	9:58	26 min	07:30 PM	05:30 AM
Nov 03, 2025	1	8:31	9:42	19 min	08:00 PM	06:00 AM
Nov 02, 2025	1	8:32	8:57	19 min	08:30 PM	04:30 AM
Nov 01, 2025	0	8:52	9:29	37 min	08:00 PM	05:30 AM
Oct 31, 2025	1	6:43	7:47	21 min	09:30 PM	05:30 AM
Oct 30, 2025	0	7:27	8:24	42 min	07:00 PM	03:30 AM
Oct 29, 2025	0	9:57	11:03	50 min	07:00 PM	06:00 AM
Oct 28, 2025	0	8:23	9:33	62 min	07:00 PM	04:30 AM
Oct 27, 2025	0	8:24	9:25	24 min	07:00 PM	04:30 AM
Oct 26, 2025	1	8:49	10:51	110 min	06:30 PM	05:30 AM
Oct 25, 2025	1	9:28	10:24	17 min	07:30 PM	06:00 AM
Oct 24, 2025	0	9:00	9:27	25 min	08:00 PM	05:30 AM
Oct 23, 2025	0	9:02	10:01	53 min	07:30 PM	05:30 AM
Oct 22, 2025	0	8:49	9:51	52 min	08:00 PM	06:00 AM
Oct 21, 2025	1	6:40	11:29	132 min	06:30 PM	06:00 AM
Oct 20, 2025	0	8:39	9:27	19 min	08:30 PM	06:00 AM
Oct 19, 2025	1	8:52	9:34	15 min	08:00 PM	06:00 AM
Oct 18, 2025	1	9:18	11:09	39 min	07:30 PM	07:00 AM
Oct 17, 2025	0	6:52	7:19	27 min	09:00 PM	04:30 AM
Oct 16, 2025	0	0:22	0:42	20 min	05:30 AM	06:00 AM
Oct 15, 2025	0	9:45	10:45	48 min	07:00 PM	09:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 14, 2025	0	8:44	11:05	8 min	07:00 PM	06:00 AM
Oct 13, 2025	0	6:04	6:33	23 min	10:00 PM	05:00 AM
Oct 12, 2025	1	8:33	9:20	20 min	08:00 PM	05:30 AM
Oct 11, 2025	0	9:23	11:47	11 min	07:00 PM	07:00 AM
Oct 10, 2025	0	8:40	10:25	40 min	06:30 PM	05:00 AM
Sep 29, 2025	1	8:14	10:05	70 min	08:30 PM	07:30 AM
Sep 28, 2025	1	10:21	12:11	27 min	07:00 PM	07:00 AM
Sep 27, 2025	0	9:23	10:45	28 min	07:00 PM	06:00 AM
Sep 26, 2025	1	10:32	11:37	14 min	07:00 PM	06:30 AM
Sep 25, 2025	1	9:31	11:37	121 min	07:30 PM	07:00 AM
Sep 24, 2025	0	0:41	1:43	62 min	05:30 AM	07:00 AM
Sep 23, 2025	1	8:31	11:02	79 min	08:30 PM	05:30 PM
Sep 22, 2025	0	9:01	9:21	16 min	09:00 PM	06:30 AM
Sep 21, 2025	1	9:48	10:27	31 min	07:30 PM	06:00 AM
Sep 20, 2025	1	7:55	10:32	22 min	08:30 PM	07:00 AM
Sep 19, 2025	3	5:34	9:30	185 min	07:30 PM	05:30 AM
Sep 18, 2025	0	1:38	2:02	24 min	04:30 AM	06:30 AM
Sep 17, 2025	1	10:40	11:07	19 min	07:30 PM	07:00 AM
Sep 16, 2025	1	9:19	10:05	18 min	07:30 PM	05:30 AM
Sep 15, 2025	0	0:23	1:01	38 min	06:00 AM	07:00 AM
Sep 14, 2025	1	8:04	12:19	143 min	08:30 PM	10:00 PM
Sep 13, 2025	0	9:37	10:08	23 min	09:00 PM	07:00 AM
Sep 12, 2025	1	9:37	10:46	14 min	07:00 PM	06:00 AM
Sep 11, 2025	1	8:33	10:19	30 min	08:30 PM	07:00 AM
Sep 10, 2025	1	8:29	9:45	14 min	09:00 PM	07:00 AM
Sep 09, 2025	1	8:50	9:14	13 min	09:00 PM	06:00 AM
Sep 08, 2025	2	9:48	10:16	19 min	09:00 PM	07:30 AM