

RiverSpring Living — 309s 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	0	4:47	9:49	148 min	05:00 PM	03:00 AM
Mar 11, 2026	2	7:46	14:47	129 min	05:00 PM	09:00 AM
Mar 10, 2026	0	11:58	15:29	52 min	05:00 PM	09:00 AM
Mar 09, 2026	0	7:29	10:08	16 min	06:30 PM	05:00 AM
Mar 08, 2026	1	42:25	57:27	234 min	09:00 PM	08:30 AM
Mar 05, 2026	0	10:28	15:58	114 min	05:00 PM	09:00 AM
Mar 04, 2026	1	8:06	13:27	71 min	05:00 PM	08:00 AM
Mar 03, 2026	0	7:31	11:09	19 min	07:00 PM	06:00 AM
Mar 02, 2026	0	9:54	12:36	42 min	08:30 PM	09:00 AM
Mar 01, 2026	1	8:22	15:58	26 min	01:00 PM	06:30 AM
Feb 28, 2026	0	14:37	21:11	109 min	11:00 AM	08:30 AM
Feb 27, 2026	1	17:08	22:04	46 min	09:00 AM	07:30 AM
Feb 26, 2026	0	31:30	42:10	209 min	10:30 AM	06:30 AM
Feb 24, 2026	0	6:22	10:58	33 min	07:00 PM	06:00 AM
Feb 23, 2026	1	31:26	44:31	29 min	10:30 AM	07:30 AM
Feb 21, 2026	1	16:09	20:53	46 min	09:30 AM	07:00 AM
Feb 20, 2026	0	13:31	19:27	90 min	11:00 AM	06:30 AM
Feb 19, 2026	0	7:13	10:41	55 min	07:30 PM	06:00 AM
Feb 18, 2026	0	17:19	22:10	117 min	11:30 AM	09:30 AM
Feb 17, 2026	0	14:47	19:13	63 min	11:00 AM	06:00 AM
Feb 16, 2026	1	12:02	21:09	77 min	10:30 AM	08:00 AM
Feb 15, 2026	0	8:24	11:34	26 min	07:00 PM	07:00 AM
Feb 14, 2026	0	13:55	20:27	174 min	11:00 AM	07:30 AM
Feb 13, 2026	1	32:32	45:26	35 min	09:30 AM	07:30 AM
Feb 11, 2026	0	13:34	18:04	74 min	11:00 AM	05:00 AM
Feb 10, 2026	0	12:30	18:04	108 min	11:00 AM	05:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 09, 2026	0	8:46	10:53	38 min	07:00 PM	06:00 AM
Feb 08, 2026	0	6:56	11:13	45 min	07:30 PM	06:30 AM
Feb 07, 2026	0	14:56	19:00	42 min	10:00 AM	05:30 AM
Feb 06, 2026	0	11:33	18:05	83 min	11:00 AM	05:00 AM
Feb 05, 2026	0	15:01	21:04	101 min	11:00 AM	08:00 AM
Feb 04, 2026	0	14:00	21:04	154 min	11:00 AM	08:00 AM
Feb 03, 2026	0	16:16	18:04	7 min	11:00 AM	05:00 AM
Feb 01, 2026	1	4:39	10:22	36 min	05:30 PM	04:00 AM
Jan 31, 2026	3	6:55	13:20	39 min	07:30 PM	09:00 AM
Jan 30, 2026	2	8:54	22:45	98 min	10:00 AM	10:30 AM
Jan 29, 2026	0	13:13	19:12	98 min	09:30 AM	04:30 AM
Jan 28, 2026	0	12:14	18:50	125 min	10:30 AM	05:30 AM
Jan 27, 2026	1	10:18	15:10	29 min	03:00 PM	06:30 AM
Jan 26, 2026	1	5:11	13:04	218 min	06:30 PM	08:00 AM
Jan 25, 2026	0	8:06	15:22	65 min	07:00 PM	11:00 AM
Jan 24, 2026	0	20:07	24:00	73 min	10:30 AM	10:30 AM
Jan 23, 2026	0	10:09	18:15	52 min	11:00 AM	05:00 AM
Jan 22, 2026	0	12:57	19:43	67 min	09:00 AM	05:30 AM
Jan 21, 2026	1	12:54	20:50	56 min	07:30 AM	05:00 AM
Jan 20, 2026	1	20:39	33:27	19 min	07:00 PM	05:00 AM
Jan 18, 2026	0	7:50	12:14	47 min	07:00 PM	07:00 AM
Jan 17, 2026	0	15:06	21:47	79 min	10:30 AM	09:30 AM
Jan 16, 2026	1	8:06	11:51	31 min	07:00 PM	07:30 AM
Jan 15, 2026	1	8:03	15:00	11 min	07:00 PM	10:30 AM
Jan 14, 2026	1	7:51	13:30	16 min	07:00 PM	08:30 AM
Jan 13, 2026	1	7:47	13:30	67 min	08:30 PM	10:30 AM
Jan 12, 2026	0	6:16	13:18	25 min	07:00 PM	08:30 AM
Jan 11, 2026	0	8:55	15:01	14 min	07:30 PM	10:30 AM
Jan 10, 2026	0	30:00	46:36	128 min	09:00 AM	08:30 AM
Jan 08, 2026	0	41:24	55:41	24 min	07:00 PM	05:00 AM
Jan 05, 2026	1	10:56	14:42	16 min	07:30 PM	10:00 AM
Jan 04, 2026	0	6:27	13:08	37 min	07:30 PM	02:30 PM
Jan 03, 2026	0	3:54	10:07	79 min	07:00 PM	05:00 AM
Jan 02, 2026	0	5:16	12:56	272 min	07:30 PM	08:00 AM
Jan 01, 2026	2	16:50	31:45	13 min	08:30 PM	05:00 AM
Dec 30, 2025	1	9:57	11:53	45 min	07:00 PM	07:00 AM
Dec 29, 2025	0	6:44	12:55	144 min	07:30 PM	10:00 AM
Dec 28, 2025	0	7:57	12:21	38 min	07:30 PM	08:00 AM
Dec 27, 2025	1	18:11	25:37	115 min	11:00 AM	01:00 PM
Dec 26, 2025	0	10:18	12:04	18 min	07:00 PM	07:00 AM
Dec 25, 2025	0	10:30	13:47	20 min	06:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 24, 2025	0	10:06	13:21	22 min	07:30 PM	08:30 AM
Dec 23, 2025	1	10:45	14:41	47 min	06:30 PM	09:00 AM
Dec 22, 2025	1	6:19	13:29	196 min	07:30 PM	09:00 AM
Dec 21, 2025	0	8:29	12:54	21 min	07:00 PM	08:00 AM
Dec 20, 2025	0	9:47	15:18	54 min	07:30 PM	11:00 AM
Dec 19, 2025	0	9:51	14:05	19 min	06:30 PM	08:30 AM
Dec 18, 2025	0	7:35	14:41	17 min	07:00 PM	11:00 AM
Dec 17, 2025	0	6:37	13:42	26 min	07:00 PM	08:30 AM
Dec 16, 2025	0	9:46	13:37	41 min	06:30 PM	08:00 AM
Dec 15, 2025	0	10:37	15:46	30 min	07:00 PM	11:00 AM
Dec 14, 2025	0	11:36	16:01	14 min	07:00 PM	11:00 AM
Dec 13, 2025	1	8:29	17:50	58 min	07:00 PM	12:30 PM
Dec 12, 2025	1	8:12	12:59	27 min	07:00 PM	08:00 AM
Dec 11, 2025	0	9:33	13:58	18 min	07:00 PM	09:00 AM
Dec 10, 2025	1	9:23	14:51	64 min	07:30 PM	10:30 AM
Dec 09, 2025	1	6:01	15:35	406 min	07:00 PM	10:30 AM
Dec 08, 2025	0	5:18	14:25	40 min	06:30 PM	09:00 AM
Dec 07, 2025	0	7:11	14:23	193 min	06:30 PM	09:00 AM
Dec 06, 2025	1	7:04	13:12	58 min	06:30 PM	08:00 AM
Dec 05, 2025	1	11:11	17:44	45 min	06:30 PM	12:30 PM
Dec 04, 2025	1	55:28	70:12	35 min	11:00 AM	12:00 PM
Dec 01, 2025	0	5:37	11:08	43 min	06:30 PM	05:30 AM
Nov 30, 2025	0	7:48	10:50	27 min	06:30 PM	05:30 AM
Nov 29, 2025	0	12:08	19:40	26 min	06:30 PM	02:00 PM
Nov 28, 2025	1	14:25	25:31	67 min	09:30 AM	11:30 AM
Nov 27, 2025	0	5:25	9:07	14 min	06:30 PM	03:30 AM
Nov 26, 2025	1	7:43	12:02	86 min	06:00 PM	06:30 AM
Nov 25, 2025	0	9:04	12:41	62 min	06:30 PM	12:00 PM
Nov 24, 2025	0	8:34	12:17	65 min	07:30 PM	10:30 AM
Nov 23, 2025	0	6:08	11:59	21 min	07:00 PM	07:00 AM
Nov 22, 2025	0	8:33	13:18	17 min	06:30 PM	08:00 AM
Nov 21, 2025	1	11:42	16:41	44 min	06:30 PM	11:30 AM
Nov 20, 2025	1	10:17	11:56	16 min	07:00 PM	07:00 AM
Nov 19, 2025	1	8:25	13:52	127 min	06:30 PM	11:30 AM
Nov 18, 2025	0	12:36	16:27	22 min	07:00 PM	11:30 AM
Nov 17, 2025	2	9:18	14:04	35 min	06:30 PM	09:00 AM
Nov 16, 2025	0	10:30	17:22	23 min	06:30 PM	01:00 PM
Nov 15, 2025	1	10:09	13:53	97 min	06:30 PM	12:30 PM
Nov 14, 2025	1	42:35	60:18	91 min	06:30 PM	11:30 AM
Nov 11, 2025	1	11:27	16:33	23 min	06:00 PM	11:30 AM
Nov 10, 2025	1	6:43	15:04	173 min	06:30 PM	12:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 09, 2025	0	7:53	12:18	23 min	06:30 PM	07:00 AM
Nov 08, 2025	0	7:35	12:52	26 min	06:30 PM	07:30 AM
Nov 07, 2025	0	8:56	13:20	21 min	06:30 PM	08:00 AM
Nov 06, 2025	1	7:50	14:01	71 min	06:00 PM	10:30 AM
Nov 05, 2025	0	10:40	11:56	11 min	06:30 PM	06:30 AM
Nov 04, 2025	0	12:23	15:30	12 min	07:30 PM	11:00 AM
Nov 03, 2025	0	6:58	11:59	40 min	03:30 PM	03:30 AM
Nov 02, 2025	2	8:42	15:35	38 min	06:30 PM	09:30 AM
Nov 01, 2025	0	7:31	10:06	15 min	08:00 PM	06:00 AM
Oct 31, 2025	1	11:51	13:09	18 min	06:30 PM	07:30 AM
Oct 30, 2025	0	10:59	13:17	16 min	06:30 PM	07:30 AM
Oct 29, 2025	1	10:03	14:31	16 min	06:00 PM	09:00 AM
Oct 28, 2025	0	7:46	9:27	16 min	06:30 PM	04:00 AM
Oct 27, 2025	0	8:09	12:09	21 min	06:00 PM	06:30 AM
Oct 26, 2025	0	7:47	14:08	18 min	06:00 PM	08:30 AM
Oct 25, 2025	0	15:11	18:04	86 min	10:00 AM	04:00 AM
Oct 24, 2025	0	6:18	10:51	6 min	07:30 PM	06:00 AM
Oct 23, 2025	0	6:56	9:57	15 min	06:30 PM	04:30 AM
Oct 22, 2025	0	6:27	11:43	41 min	06:30 PM	06:00 AM
Oct 21, 2025	1	6:45	11:28	11 min	09:00 PM	08:30 AM
Oct 20, 2025	1	7:42	11:05	10 min	07:30 PM	06:30 AM
Oct 19, 2025	0	10:14	11:28	25 min	06:30 PM	06:00 AM
Oct 17, 2025	0	7:25	12:46	56 min	06:30 PM	07:00 AM
Oct 16, 2025	1	8:55	13:29	19 min	07:00 PM	08:30 AM
Oct 15, 2025	0	10:53	12:08	11 min	06:30 PM	07:00 AM
Oct 14, 2025	0	6:26	9:26	100 min	06:00 PM	03:30 AM
Oct 13, 2025	0	0:44	9:59	555 min	07:00 PM	05:00 AM
Oct 12, 2025	1	8:43	13:02	28 min	07:00 PM	08:00 AM
Oct 11, 2025	1	11:30	14:28	20 min	06:30 PM	09:30 AM
Oct 10, 2025	0	9:00	12:35	16 min	06:30 PM	07:00 AM
Oct 09, 2025	0	6:21	9:14	14 min	07:00 PM	04:00 AM
Oct 08, 2025	0	9:43	14:23	14 min	06:30 PM	09:00 AM
Oct 07, 2025	0	8:55	14:01	12 min	06:30 PM	09:00 AM
Oct 06, 2025	1	9:01	11:25	11 min	07:30 PM	07:00 AM
Oct 05, 2025	0	8:57	13:19	16 min	06:30 PM	08:00 AM
Oct 04, 2025	2	47:54	64:20	74 min	10:30 AM	05:00 AM
Oct 01, 2025	0	6:16	9:25	22 min	07:00 PM	04:30 AM
Sep 30, 2025	0	8:33	15:37	37 min	06:30 PM	10:00 AM
Sep 29, 2025	0	5:17	11:12	27 min	07:00 PM	06:00 AM
Sep 28, 2025	0	6:20	10:48	33 min	07:30 PM	06:00 AM
Sep 27, 2025	0	12:42	18:03	111 min	11:00 AM	05:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 26, 2025	0	49:33	65:27	70 min	10:30 AM	06:30 AM
Sep 23, 2025	0	17:33	19:31	43 min	09:00 AM	05:00 AM
Sep 21, 2025	1	8:21	15:16	51 min	06:30 PM	10:00 AM
Sep 20, 2025	0	13:30	18:06	11 min	12:00 PM	06:00 AM
Sep 19, 2025	0	10:10	11:37	22 min	06:30 PM	06:00 AM
Sep 18, 2025	0	8:39	12:56	68 min	06:30 PM	11:00 AM
Sep 17, 2025	0	6:20	11:30	39 min	06:30 PM	06:00 AM
Sep 16, 2025	0	6:47	9:26	18 min	06:30 PM	04:00 AM
Sep 15, 2025	0	7:31	10:48	53 min	06:30 PM	05:30 AM
Sep 14, 2025	0	10:07	15:05	51 min	01:00 PM	04:00 AM
Sep 13, 2025	0	17:02	20:58	53 min	10:30 AM	07:30 AM
Sep 12, 2025	0	8:26	11:46	28 min	06:30 PM	06:00 AM
Sep 11, 2025	0	5:29	9:09	72 min	07:00 PM	04:30 AM
Sep 10, 2025	0	6:42	10:45	13 min	07:30 PM	06:00 AM
Sep 09, 2025	0	6:39	9:28	34 min	06:30 PM	04:00 AM
Sep 08, 2025	0	10:38	14:08	27 min	06:30 PM	09:00 AM