

# RiverSpring Living — 310s 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 06, 2026	1	3:08	6:53	7 min	09:30 PM	04:30 AM
Feb 05, 2026	1	3:38	6:14	13 min	11:00 PM	05:30 AM
Feb 04, 2026	0	5:41	8:40	8 min	10:00 PM	07:00 AM
Feb 03, 2026	0	1:55	5:21	107 min	01:00 AM	06:00 AM
Feb 02, 2026	0	2:44	6:01	10 min	11:00 PM	06:00 AM
Feb 01, 2026	0	1:45	4:50	29 min	12:30 AM	05:00 AM
Jan 31, 2026	1	5:39	10:03	19 min	08:30 PM	08:30 AM
Jan 30, 2026	1	6:58	9:29	4 min	10:00 PM	07:30 AM
Jan 29, 2026	0	7:29	9:16	41 min	12:30 AM	02:30 PM
Jan 27, 2026	1	3:12	5:37	80 min	12:30 AM	06:30 AM
Jan 26, 2026	0	6:51	8:18	7 min	09:00 PM	05:30 AM
Jan 25, 2026	0	0:37	2:49	78 min	02:30 AM	05:30 AM
Jan 24, 2026	0	2:19	3:11	43 min	01:00 AM	07:00 AM
Jan 23, 2026	0	3:32	6:25	51 min	09:00 PM	03:00 AM
Jan 22, 2026	1	6:48	8:46	68 min	10:30 PM	11:30 AM
Jan 21, 2026	0	5:16	7:01	5 min	01:00 AM	08:00 AM
Jan 20, 2026	1	1:14	2:42	33 min	12:00 AM	03:00 AM
Jan 19, 2026	0	3:59	6:14	67 min	02:00 AM	08:00 AM
Jan 18, 2026	2	4:59	8:24	13 min	11:30 PM	11:00 PM
Jan 17, 2026	0	0:11	0:17	6 min	03:00 AM	03:00 AM
Jan 16, 2026	1	5:18	7:07	27 min	10:30 PM	06:30 AM
Jan 15, 2026	2	5:56	6:55	12 min	08:30 PM	03:30 AM
Jan 14, 2026	1	1:10	3:56	60 min	10:30 PM	02:30 AM
Jan 13, 2026	0	3:23	5:53	8 min	12:00 AM	08:00 AM
Jan 12, 2026	0	2:03	4:17	110 min	01:00 AM	05:00 AM
Jan 11, 2026	0	4:19	6:37	71 min	12:30 AM	07:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 10, 2026	0	4:15	6:32	56 min	09:00 PM	08:30 AM
Jan 09, 2026	2	4:13	7:45	35 min	09:00 PM	06:00 AM
Jan 08, 2026	1	5:11	6:06	42 min	10:00 PM	06:30 AM
Jan 07, 2026	0	3:16	7:18	58 min	10:30 PM	06:00 AM
Jan 06, 2026	0	1:46	3:17	85 min	02:30 AM	03:30 PM
Jan 05, 2026	0	0:30	0:56	26 min	05:00 AM	06:00 AM
Jan 04, 2026	1	5:27	8:09	5 min	11:00 PM	07:30 AM
Jan 03, 2026	1	4:06	5:14	6 min	10:30 PM	05:30 AM
Jan 02, 2026	1	4:57	6:18	10 min	11:30 PM	06:00 AM
Jan 01, 2026	0	3:39	7:08	13 min	11:00 PM	06:30 AM
Dec 31, 2025	0	4:53	8:29	83 min	09:00 PM	05:30 AM
Dec 30, 2025	2	5:23	9:29	39 min	10:30 PM	08:00 AM
Dec 29, 2025	0	3:45	6:46	91 min	12:00 AM	09:00 AM
Dec 28, 2025	0	0:30	2:42	8 min	11:30 PM	02:00 AM
Dec 27, 2025	1	2:10	5:22	9 min	10:30 PM	04:30 AM
Dec 26, 2025	0	4:48	6:01	20 min	12:00 AM	06:00 AM
Dec 25, 2025	0	3:09	4:57	101 min	01:00 AM	06:00 AM
Dec 24, 2025	2	1:37	2:40	13 min	01:00 AM	09:00 PM
Dec 23, 2025	1	5:22	7:48	30 min	09:00 PM	05:00 AM
Dec 22, 2025	0	7:58	9:30	8 min	11:30 PM	09:30 AM
Dec 21, 2025	0	2:56	3:27	20 min	01:30 AM	08:00 AM
Dec 20, 2025	1	12:03	13:53	5 min	02:00 AM	05:30 PM
Dec 19, 2025	1	5:26	12:23	18 min	11:00 PM	11:30 AM
Dec 18, 2025	0	4:27	5:34	15 min	11:30 PM	05:00 AM
Dec 17, 2025	2	3:58	5:48	11 min	11:00 PM	05:30 AM
Dec 16, 2025	1	14:58	17:52	10 min	12:00 AM	06:00 PM
Dec 15, 2025	0	3:14	5:20	113 min	08:00 PM	01:00 AM
Dec 14, 2025	1	6:45	7:46	30 min	10:30 PM	06:30 AM
Dec 13, 2025	0	4:26	6:58	16 min	10:30 PM	05:30 AM
Dec 12, 2025	0	4:18	4:48	10 min	03:30 AM	08:00 AM
Dec 11, 2025	1	6:08	10:53	19 min	10:30 PM	02:00 PM
Dec 10, 2025	1	3:47	5:39	34 min	11:30 PM	05:30 AM
Dec 09, 2025	0	3:09	5:21	10 min	11:00 PM	05:00 AM
Dec 08, 2025	0	4:18	4:41	6 min	03:30 AM	09:00 AM
Dec 07, 2025	1	2:25	4:06	10 min	01:30 AM	06:00 AM
Dec 06, 2025	1	15:26	18:31	13 min	11:00 PM	05:30 PM
Dec 05, 2025	0	2:30	4:51	17 min	12:30 AM	05:30 AM
Dec 04, 2025	0	3:16	5:27	6 min	12:00 AM	06:30 AM
Dec 03, 2025	0	4:25	5:42	30 min	12:00 AM	06:00 AM
Dec 02, 2025	2	14:21	16:43	7 min	12:00 AM	06:00 PM
Dec 01, 2025	0	5:57	7:46	24 min	08:30 PM	04:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 30, 2025	2	3:20	5:14	9 min	02:00 AM	07:30 AM
Nov 29, 2025	0	1:09	2:22	11 min	11:00 PM	01:30 AM
Nov 28, 2025	0	3:12	5:29	51 min	10:30 PM	04:00 AM
Nov 27, 2025	0	3:53	9:17	127 min	07:30 PM	06:30 AM
Nov 26, 2025	0	3:20	8:35	31 min	07:00 PM	03:30 AM
Nov 25, 2025	0	4:25	7:39	146 min	08:00 PM	03:30 AM
Nov 24, 2025	0	1:57	3:46	11 min	01:00 AM	04:30 AM
Nov 23, 2025	0	5:03	7:08	11 min	10:00 PM	05:00 AM
Nov 22, 2025	1	7:57	10:04	67 min	11:30 PM	10:00 AM
Nov 21, 2025	1	1:56	3:05	13 min	11:30 PM	03:00 AM
Nov 20, 2025	0	1:16	4:12	120 min	11:30 PM	03:30 AM
Nov 19, 2025	0	24:39	28:54	31 min	10:00 PM	04:00 AM
Nov 17, 2025	0	0:31	0:42	11 min	06:30 AM	07:00 AM
Nov 16, 2025	0	2:48	6:24	89 min	08:30 PM	03:00 AM
Nov 15, 2025	0	5:28	8:03	12 min	08:30 PM	04:30 AM
Nov 14, 2025	1	0:58	5:50	247 min	08:30 PM	02:30 AM
Nov 13, 2025	0	1:28	2:31	42 min	12:00 AM	03:00 AM
Nov 12, 2025	0	1:47	3:41	22 min	12:00 AM	04:00 AM
Nov 11, 2025	0	5:11	9:18	87 min	08:30 PM	06:00 AM
Nov 10, 2025	3	3:25	5:05	10 min	12:30 AM	06:30 AM
Nov 09, 2025	3	4:15	8:09	13 min	02:00 AM	10:30 AM
Nov 08, 2025	1	0:46	4:35	204 min	12:30 AM	05:00 AM
Nov 07, 2025	2	4:30	9:55	133 min	08:00 PM	10:00 PM
Nov 06, 2025	0	4:25	8:43	35 min	08:30 PM	05:30 AM
Nov 05, 2025	0	2:13	5:44	133 min	11:30 PM	03:00 PM
Nov 04, 2025	1	4:23	5:28	13 min	01:30 AM	07:00 AM
Nov 03, 2025	0	3:47	5:52	23 min	01:00 AM	06:30 AM
Nov 02, 2025	1	11:38	16:27	205 min	12:00 AM	10:30 PM
Nov 01, 2025	1	1:10	3:40	104 min	12:00 AM	09:00 PM
Oct 31, 2025	0	2:20	3:55	10 min	02:30 AM	06:30 AM
Oct 30, 2025	1	2:51	3:02	11 min	02:30 AM	05:30 AM
Oct 29, 2025	0	5:30	10:08	52 min	10:00 PM	11:30 PM
Oct 28, 2025	2	2:47	3:49	9 min	02:30 AM	07:00 AM
Oct 27, 2025	1	2:04	2:32	11 min	02:00 AM	05:00 AM
Oct 26, 2025	1	1:05	2:15	7 min	01:30 AM	04:30 AM
Oct 25, 2025	1	5:44	7:29	56 min	08:30 PM	11:00 PM
Oct 24, 2025	1	6:19	7:39	10 min	10:00 PM	05:30 AM
Oct 23, 2025	1	7:42	10:14	111 min	08:00 PM	06:30 AM
Oct 22, 2025	0	0:22	0:32	10 min	02:00 AM	02:30 AM
Oct 21, 2025	0	2:59	6:13	24 min	10:30 PM	11:00 PM
Oct 20, 2025	1	3:39	7:49	7 min	09:00 PM	05:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 19, 2025	1	3:50	5:33	9 min	12:00 AM	06:30 AM
Oct 18, 2025	0	3:56	5:16	19 min	11:30 PM	05:00 AM
Oct 17, 2025	0	4:39	7:46	118 min	10:30 PM	06:00 AM
Oct 16, 2025	1	5:13	7:18	10 min	10:30 PM	06:30 AM
Oct 15, 2025	0	3:18	5:18	7 min	10:00 PM	03:30 AM
Oct 14, 2025	0	4:26	8:33	9 min	09:00 PM	05:30 AM
Oct 13, 2025	1	1:45	3:33	8 min	12:00 AM	04:00 AM
Oct 12, 2025	1	3:33	6:16	91 min	11:30 PM	06:00 AM
Oct 11, 2025	2	3:35	6:49	12 min	09:30 PM	05:30 AM
Oct 10, 2025	0	0:12	0:48	17 min	03:00 AM	03:30 AM
Oct 09, 2025	1	0:23	0:30	7 min	10:30 PM	11:00 PM
Oct 05, 2025	2	2:42	5:16	72 min	01:00 AM	06:30 AM
Oct 04, 2025	0	4:42	6:38	16 min	12:00 AM	10:30 PM
Oct 03, 2025	1	6:35	9:52	87 min	09:00 PM	08:00 AM
Oct 02, 2025	1	3:10	5:24	90 min	12:30 AM	07:30 AM
Oct 01, 2025	0	3:55	6:30	14 min	10:30 PM	05:30 AM
Sep 30, 2025	2	5:14	8:32	32 min	10:00 PM	07:00 AM
Sep 29, 2025	0	4:53	6:08	10 min	11:30 PM	05:30 AM
Sep 28, 2025	0	1:37	1:47	10 min	03:30 AM	05:30 AM
Sep 27, 2025	1	4:50	8:05	11 min	09:00 PM	05:30 AM
Sep 26, 2025	0	3:53	5:19	66 min	10:00 PM	03:30 AM
Sep 25, 2025	1	3:58	5:09	8 min	12:00 AM	05:30 AM
Sep 24, 2025	1	3:24	6:46	101 min	10:00 PM	05:00 AM
Sep 23, 2025	2	2:40	7:21	146 min	09:30 PM	05:00 AM
Sep 22, 2025	3	1:30	5:02	142 min	11:30 PM	05:30 AM
Sep 21, 2025	0	4:34	6:42	89 min	09:30 PM	04:00 AM
Sep 20, 2025	0	3:20	8:14	5 min	08:30 PM	05:00 AM
Sep 19, 2025	0	2:52	3:34	28 min	01:30 AM	06:00 AM
Sep 18, 2025	1	11:41	12:51	8 min	03:00 AM	04:30 PM
Sep 17, 2025	0	5:05	6:06	15 min	11:30 PM	05:30 AM
Sep 16, 2025	1	4:37	7:24	23 min	09:30 PM	07:30 AM
Sep 15, 2025	1	2:19	4:11	53 min	11:30 PM	04:00 AM
Sep 14, 2025	1	2:48	4:31	35 min	12:30 AM	05:00 AM
Sep 13, 2025	1	3:20	6:47	124 min	10:30 PM	05:30 AM
Sep 12, 2025	0	3:41	6:12	8 min	10:00 PM	04:30 AM
Sep 11, 2025	0	5:45	9:23	41 min	09:30 PM	07:00 AM
Sep 10, 2025	0	4:12	6:32	37 min	11:00 PM	05:30 AM
Sep 09, 2025	1	4:40	7:14	55 min	10:30 PM	06:00 AM
Sep 08, 2025	0	1:51	2:48	26 min	12:30 AM	07:30 AM