

RiverSpring Living — 311s 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	2	18:14	20:19	34 min	04:00 PM	03:30 PM
Mar 11, 2026	3	7:16	9:46	24 min	11:00 PM	11:30 AM
Mar 10, 2026	1	15:27	17:12	34 min	04:30 PM	08:30 PM
Mar 09, 2026	1	14:43	15:43	24 min	06:00 PM	12:00 PM
Mar 08, 2026	1	8:18	9:19	25 min	07:30 PM	01:00 PM
Mar 07, 2026	2	28:14	31:56	29 min	10:30 PM	12:30 PM
Mar 05, 2026	1	13:31	15:56	15 min	02:00 PM	08:30 AM
Mar 04, 2026	0	8:33	10:14	50 min	10:00 PM	08:30 AM
Mar 03, 2026	3	32:13	36:53	59 min	06:00 PM	03:30 PM
Mar 01, 2026	1	10:37	15:50	20 min	06:30 PM	01:30 PM
Feb 28, 2026	2	15:21	18:28	28 min	04:00 PM	01:00 PM
Feb 27, 2026	1	13:36	14:24	11 min	06:30 PM	10:00 AM
Feb 26, 2026	2	14:44	16:11	12 min	06:30 PM	12:30 PM
Feb 25, 2026	0	13:07	16:24	17 min	05:30 PM	03:00 PM
Feb 24, 2026	2	14:33	17:55	17 min	05:30 PM	03:00 PM
Feb 23, 2026	2	15:12	16:04	41 min	06:30 PM	03:00 PM
Feb 22, 2026	3	16:44	18:36	13 min	06:00 PM	03:00 PM
Feb 21, 2026	1	15:32	17:05	39 min	06:00 PM	12:30 PM
Feb 20, 2026	1	7:17	12:05	25 min	06:30 PM	08:30 AM
Feb 19, 2026	0	16:46	19:26	36 min	03:30 PM	04:00 PM
Feb 18, 2026	2	45:01	55:55	55 min	07:00 PM	01:00 PM
Feb 15, 2026	1	6:24	7:31	45 min	01:00 AM	08:30 AM
Feb 14, 2026	2	46:01	53:13	63 min	12:30 AM	04:00 PM
Feb 11, 2026	3	34:27	41:40	49 min	04:30 PM	10:00 PM
Feb 09, 2026	3	30:32	36:59	75 min	06:30 PM	11:00 AM
Feb 07, 2026	2	14:35	17:33	73 min	07:30 PM	03:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 06, 2026	2	33:43	38:59	15 min	07:00 PM	03:30 PM
Feb 04, 2026	3	27:36	34:16	102 min	11:00 PM	01:30 PM
Feb 02, 2026	1	16:54	22:26	30 min	07:00 PM	08:30 PM
Feb 01, 2026	0	15:33	19:19	47 min	05:00 PM	04:30 PM
Jan 31, 2026	0	35:50	42:02	24 min	12:00 PM	02:00 PM
Jan 29, 2026	2	30:50	35:10	16 min	06:30 PM	09:00 AM
Jan 27, 2026	1	16:54	20:55	34 min	05:00 PM	04:30 PM
Jan 26, 2026	2	14:48	16:19	14 min	07:00 PM	12:00 PM
Jan 25, 2026	1	33:20	37:52	0 min	07:30 PM	02:30 PM
Jan 23, 2026	1	7:34	13:29	33 min	07:30 PM	09:30 AM
Jan 22, 2026	3	32:29	38:56	84 min	04:30 PM	03:30 PM
Jan 20, 2026	1	9:25	10:02	11 min	02:00 AM	01:00 PM
Jan 19, 2026	1	0:34	1:19	33 min	10:00 PM	11:30 PM
Jan 14, 2026	0	0:55	1:18	23 min	10:00 AM	11:30 AM
Dec 13, 2025	2	47:33	53:11	13 min	06:00 PM	10:30 AM
Dec 10, 2025	1	49:51	55:54	17 min	06:00 PM	10:30 AM
Dec 07, 2025	3	10:40	13:10	27 min	06:00 PM	09:00 AM
Dec 06, 2025	2	66:57	77:02	37 min	06:00 PM	02:30 PM
Dec 02, 2025	2	7:54	9:31	69 min	01:30 AM	12:30 PM
Dec 01, 2025	1	13:32	15:29	87 min	08:00 PM	07:30 PM
Nov 30, 2025	3	14:03	15:06	18 min	05:30 PM	10:00 AM
Nov 29, 2025	4	48:38	55:27	71 min	02:30 PM	08:00 AM
Nov 26, 2025	2	12:06	13:28	22 min	06:00 PM	08:30 AM
Nov 25, 2025	3	16:14	18:17	27 min	06:00 PM	03:30 PM
Nov 24, 2025	4	16:15	17:49	31 min	06:00 PM	04:00 PM
Nov 23, 2025	2	19:02	20:19	17 min	05:30 PM	03:30 PM
Nov 22, 2025	1	15:29	16:52	20 min	05:30 PM	02:00 PM
Nov 21, 2025	1	32:40	36:28	23 min	06:00 PM	11:30 AM
Nov 19, 2025	4	16:46	19:02	17 min	01:30 PM	11:30 AM
Nov 18, 2025	0	52:29	57:35	52 min	04:00 PM	11:30 AM
Nov 15, 2025	4	50:23	56:08	30 min	05:30 PM	01:30 PM
Nov 12, 2025	2	16:25	18:36	38 min	06:00 PM	03:30 PM
Nov 11, 2025	3	15:24	16:55	14 min	06:00 PM	12:30 PM
Nov 10, 2025	2	32:31	37:01	20 min	04:00 PM	12:30 PM
Nov 08, 2025	3	33:02	39:14	49 min	04:00 PM	01:30 PM
Nov 06, 2025	1	16:49	18:25	39 min	04:00 PM	01:00 PM
Nov 05, 2025	3	15:38	16:45	38 min	05:30 PM	11:30 AM
Nov 04, 2025	2	28:35	32:24	36 min	10:00 PM	10:30 AM
Nov 02, 2025	1	17:32	19:43	36 min	02:30 PM	06:30 PM
Nov 01, 2025	4	16:37	17:33	31 min	06:00 PM	12:30 PM
Oct 31, 2025	2	32:42	36:54	29 min	06:30 PM	12:30 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 29, 2025	2	32:04	35:59	65 min	08:00 PM	01:00 PM
Oct 27, 2025	3	13:56	15:42	26 min	06:00 PM	11:30 AM
Oct 26, 2025	3	35:03	38:07	17 min	07:00 PM	01:00 PM
Oct 24, 2025	3	33:48	36:29	13 min	06:00 PM	12:00 PM
Oct 22, 2025	3	15:42	16:44	37 min	04:30 PM	12:30 PM
Oct 21, 2025	2	13:32	14:58	22 min	07:00 PM	11:00 AM
Oct 20, 2025	3	12:57	14:18	18 min	11:30 PM	04:30 PM
Oct 18, 2025	2	16:50	18:32	21 min	04:00 PM	12:30 PM
Oct 17, 2025	1	4:53	6:11	26 min	06:00 PM	01:00 AM
Oct 14, 2025	6	13:17	18:44	38 min	05:30 PM	09:00 PM
Oct 13, 2025	3	14:05	17:15	59 min	07:30 PM	03:30 PM
Oct 12, 2025	3	16:36	19:52	19 min	06:00 PM	05:00 PM
Oct 11, 2025	2	31:13	35:25	33 min	05:30 PM	04:00 PM
Oct 09, 2025	4	30:01	34:25	36 min	06:00 PM	03:30 PM
Oct 07, 2025	0	16:29	18:38	18 min	04:00 PM	12:30 PM
Oct 06, 2025	2	28:57	35:40	25 min	05:00 PM	01:00 PM
Oct 04, 2025	2	12:49	14:14	21 min	09:00 PM	01:00 PM
Oct 03, 2025	2	15:18	18:35	16 min	04:30 PM	04:00 PM
Oct 02, 2025	3	14:52	18:23	12 min	06:00 PM	02:00 PM
Oct 01, 2025	2	14:31	16:41	14 min	08:30 PM	03:00 PM
Sep 30, 2025	2	13:31	16:00	37 min	10:00 PM	05:30 PM
Sep 29, 2025	1	13:32	16:53	104 min	08:00 PM	06:00 PM
Sep 28, 2025	2	34:43	41:56	22 min	04:30 PM	03:30 PM
Sep 26, 2025	2	13:20	16:22	28 min	06:30 PM	12:30 PM
Sep 25, 2025	1	13:39	16:44	22 min	06:00 PM	12:00 PM
Sep 24, 2025	0	33:24	38:05	42 min	03:30 PM	02:30 PM
Sep 22, 2025	2	19:00	20:54	16 min	01:00 PM	12:00 PM
Sep 21, 2025	1	11:43	14:16	24 min	06:00 PM	10:00 AM
Sep 20, 2025	3	47:45	58:46	29 min	06:00 PM	03:00 PM
Sep 17, 2025	2	13:39	16:44	50 min	06:30 PM	03:30 PM
Sep 16, 2025	3	16:30	18:47	54 min	01:00 PM	02:30 PM
Sep 15, 2025	1	13:47	16:27	18 min	04:30 PM	10:30 AM
Sep 14, 2025	1	13:26	18:17	21 min	02:30 PM	12:30 PM
Sep 13, 2025	3	31:00	37:13	19 min	06:00 PM	12:30 PM
Sep 11, 2025	2	13:32	16:44	28 min	06:00 PM	12:00 PM
Sep 10, 2025	2	31:51	39:32	16 min	06:00 PM	03:30 PM
Sep 08, 2025	0	14:18	17:18	62 min	07:00 PM	01:00 PM