

RiverSpring Living — 312s 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
Dec 24, 2025	1	7:58	8:24	10 min	10:00 PM	06:00 AM
Dec 23, 2025	3	7:19	8:27	9 min	09:30 PM	06:30 AM
Dec 22, 2025	1	8:50	9:03	13 min	09:00 PM	06:30 AM
Dec 21, 2025	0	9:01	9:13	5 min	09:00 PM	06:00 AM
Dec 20, 2025	1	8:51	9:01	10 min	08:30 PM	06:00 AM
Dec 19, 2025	0	6:56	7:19	7 min	09:30 PM	05:00 AM
Dec 18, 2025	1	7:30	7:41	10 min	11:00 PM	07:00 AM
Dec 17, 2025	2	7:58	8:58	8 min	08:30 PM	06:30 AM
Dec 16, 2025	1	9:18	9:35	9 min	08:30 PM	06:00 AM
Dec 15, 2025	1	8:50	9:22	6 min	08:30 PM	06:30 AM
Dec 14, 2025	1	9:10	9:45	7 min	09:00 PM	07:00 AM
Dec 13, 2025	1	6:33	8:36	6 min	09:00 PM	05:30 AM
Dec 12, 2025	0	10:14	10:33	10 min	07:00 PM	06:30 AM
Dec 11, 2025	1	9:35	10:24	6 min	07:30 PM	06:00 AM
Dec 10, 2025	1	8:12	8:24	10 min	09:30 PM	06:00 AM
Dec 09, 2025	1	7:14	7:56	13 min	09:00 PM	05:00 AM
Dec 08, 2025	1	7:58	8:19	10 min	09:30 PM	06:00 AM
Dec 07, 2025	0	8:05	9:05	7 min	09:00 PM	06:30 AM
Dec 06, 2025	1	8:32	8:53	8 min	09:30 PM	06:30 AM
Dec 05, 2025	1	6:16	7:11	37 min	11:00 PM	06:00 AM
Dec 04, 2025	2	7:10	7:43	7 min	09:30 PM	06:00 AM
Dec 03, 2025	1	7:13	8:03	50 min	10:30 PM	07:00 AM
Dec 02, 2025	2	8:09	8:47	7 min	08:00 PM	06:00 AM
Dec 01, 2025	2	8:04	9:04	13 min	09:00 PM	06:30 AM
Nov 30, 2025	0	9:48	10:22	9 min	09:00 PM	08:00 AM
Nov 29, 2025	2	7:00	7:30	7 min	10:00 PM	06:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 28, 2025	1	7:18	8:04	11 min	08:00 PM	05:00 AM
Nov 27, 2025	1	10:20	10:48	17 min	07:30 PM	07:00 AM
Nov 26, 2025	2	8:04	8:47	6 min	08:30 PM	06:00 AM
Nov 25, 2025	1	6:59	7:37	10 min	10:00 PM	05:30 AM
Nov 24, 2025	1	8:22	9:27	11 min	09:00 PM	07:00 AM
Nov 23, 2025	0	8:46	9:19	13 min	08:30 PM	06:30 AM
Nov 22, 2025	1	8:06	9:06	10 min	08:30 PM	06:00 AM
Nov 21, 2025	2	7:45	8:21	10 min	09:00 PM	05:30 AM
Nov 20, 2025	1	8:24	8:41	13 min	09:00 PM	06:00 AM
Nov 19, 2025	1	7:25	7:58	7 min	10:00 PM	06:00 AM
Nov 18, 2025	1	9:03	9:13	10 min	09:00 PM	06:30 AM
Nov 17, 2025	2	8:25	9:17	23 min	08:00 PM	06:00 AM
Nov 16, 2025	3	8:55	10:29	25 min	08:30 PM	07:30 AM
Nov 15, 2025	2	7:47	8:54	38 min	09:00 PM	06:30 AM
Nov 14, 2025	1	6:32	6:48	9 min	10:00 PM	05:00 AM
Nov 13, 2025	0	6:48	6:56	8 min	10:30 PM	05:30 AM
Nov 12, 2025	3	8:11	8:29	11 min	09:30 PM	06:30 AM
Nov 11, 2025	1	8:35	9:16	10 min	07:30 PM	05:30 AM
Nov 10, 2025	3	10:24	10:52	7 min	06:30 PM	06:00 AM
Nov 09, 2025	3	9:06	9:25	8 min	08:30 PM	06:00 AM
Nov 08, 2025	1	8:46	9:21	12 min	09:00 PM	06:30 AM
Nov 07, 2025	0	8:01	8:27	19 min	08:30 PM	05:00 AM
Nov 06, 2025	1	9:54	10:14	13 min	08:00 PM	06:30 AM
Nov 05, 2025	2	9:22	9:52	11 min	08:00 PM	06:30 AM
Nov 04, 2025	2	6:49	7:26	9 min	08:30 PM	04:30 AM
Nov 03, 2025	1	11:40	11:55	7 min	07:30 PM	07:30 AM
Nov 02, 2025	1	10:33	11:10	13 min	06:30 PM	05:00 AM
Nov 01, 2025	1	9:51	10:08	8 min	07:30 PM	06:00 AM
Oct 31, 2025	2	8:56	9:03	7 min	08:30 PM	06:00 AM
Oct 30, 2025	1	10:00	10:11	10 min	08:30 PM	06:30 AM
Oct 29, 2025	1	12:23	12:33	10 min	06:30 PM	07:30 AM
Oct 28, 2025	2	4:59	5:44	5 min	07:00 PM	01:00 AM
Oct 27, 2025	1	8:47	9:00	8 min	08:30 PM	06:00 AM
Oct 26, 2025	1	11:14	11:23	8 min	06:30 PM	06:30 AM
Oct 25, 2025	0	13:19	14:41	13 min	06:30 PM	10:00 AM
Oct 24, 2025	0	8:47	9:23	9 min	08:30 PM	06:00 AM
Oct 23, 2025	0	11:06	11:26	6 min	07:30 PM	07:00 AM
Oct 22, 2025	0	11:06	11:30	11 min	06:30 PM	06:00 AM
Oct 21, 2025	1	9:40	10:20	7 min	07:30 PM	06:00 AM
Oct 20, 2025	1	8:25	8:38	7 min	09:00 PM	05:30 AM
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Oct 11, 2025	0	10:45	10:54	7 min	07:30 PM	06:30 AM
Oct 10, 2025	1	6:45	7:03	11 min	08:30 PM	03:30 AM
Oct 09, 2025	1	13:39	14:21	8 min	07:30 PM	10:00 AM
Oct 08, 2025	1	9:54	10:02	7 min	08:00 PM	06:30 AM
Oct 07, 2025	1	9:38	9:57	6 min	07:30 PM	06:00 AM
Oct 06, 2025	1	9:49	10:47	7 min	07:30 PM	06:30 AM
Oct 05, 2025	2	9:57	10:41	7 min	07:00 PM	06:00 AM
Oct 04, 2025	2	10:31	10:41	7 min	07:30 PM	06:30 AM
Oct 03, 2025	0	8:57	9:27	17 min	08:30 PM	06:00 AM
Oct 02, 2025	1	11:01	11:39	19 min	07:00 PM	07:00 AM
Oct 01, 2025	1	9:51	10:16	24 min	07:30 PM	06:00 AM
Sep 30, 2025	2	9:56	10:19	8 min	08:00 PM	06:30 AM
Sep 29, 2025	0	9:36	10:28	8 min	07:00 PM	06:00 AM
Sep 28, 2025	1	9:30	9:47	11 min	08:00 PM	06:30 AM
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Sep 19, 2025	1	9:19	9:42	16 min	07:00 PM	05:30 AM
Sep 18, 2025	1	11:01	11:13	11 min	06:30 PM	06:00 AM
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Sep 11, 2025	3	10:10	10:25	13 min	07:00 PM	09:00 AM
Sep 10, 2025	1	10:23	10:39	9 min	07:30 PM	06:30 AM
Sep 09, 2025	1	8:57	9:42	12 min	08:00 PM	06:00 AM
Sep 08, 2025	1	10:14	10:30	10 min	07:00 PM	06:00 AM