

RiverSpring Living — 314s 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 09, 2025	2	14:08	18:00	175 min	06:30 PM	11:00 PM
Dec 07, 2025	0	6:53	12:20	281 min	09:00 PM	09:00 AM
Dec 06, 2025	0	11:16	15:33	52 min	07:00 PM	10:30 AM
Dec 05, 2025	0	9:56	11:12	35 min	06:30 PM	06:00 AM
Dec 04, 2025	0	9:09	12:02	38 min	06:30 PM	06:30 AM
Nov 28, 2025	3	11:34	14:34	30 min	08:30 PM	12:00 PM
Nov 27, 2025	3	23:08	27:45	66 min	03:00 AM	09:00 AM
Nov 25, 2025	1	23:15	27:00	27 min	07:00 PM	11:30 PM
Nov 24, 2025	2	7:33	10:31	16 min	06:30 PM	08:00 AM
Nov 23, 2025	0	10:27	19:26	36 min	10:30 AM	01:00 PM
Nov 22, 2025	1	10:37	11:09	20 min	07:00 PM	06:30 AM
Nov 16, 2025	1	7:22	9:30	31 min	07:00 PM	04:30 AM
Nov 15, 2025	0	12:35	14:53	40 min	07:00 PM	09:30 AM
Nov 08, 2025	1	11:36	12:27	34 min	09:00 PM	10:00 AM
Nov 07, 2025	1	10:17	16:31	16 min	06:30 PM	11:30 AM
Nov 06, 2025	0	11:33	12:52	38 min	08:00 PM	09:00 AM
Nov 01, 2025	0	5:10	6:12	34 min	04:00 AM	10:00 AM
Oct 30, 2025	1	14:49	15:57	19 min	06:00 PM	11:00 AM
Oct 29, 2025	1	11:51	14:05	19 min	07:00 PM	09:30 AM
Oct 28, 2025	0	9:21	11:21	101 min	09:00 PM	12:30 PM
Oct 27, 2025	1	10:12	14:48	49 min	08:30 PM	12:30 PM
Oct 26, 2025	1	11:38	21:43	61 min	06:30 PM	05:00 PM
Oct 25, 2025	0	12:47	13:32	32 min	07:00 PM	09:00 AM
Oct 24, 2025	2	15:36	20:01	44 min	02:30 PM	12:30 PM
Oct 21, 2025	1	11:37	15:20	47 min	09:00 PM	12:30 PM
Oct 20, 2025	2	9:18	12:17	77 min	07:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 19, 2025	2	12:55	16:52	34 min	06:30 PM	12:30 PM
Oct 18, 2025	0	13:03	15:42	61 min	06:30 PM	10:30 AM
Oct 17, 2025	0	12:26	13:15	38 min	07:00 PM	08:30 AM
Oct 16, 2025	1	11:12	17:36	48 min	06:30 PM	12:30 PM
Oct 15, 2025	0	13:49	15:53	19 min	08:00 PM	12:30 PM
Oct 11, 2025	0	9:52	11:29	53 min	07:00 PM	06:30 AM
Oct 10, 2025	0	10:10	12:20	84 min	09:00 PM	12:30 PM
Oct 09, 2025	0	9:29	13:49	98 min	08:30 PM	01:00 PM
Oct 08, 2025	0	7:06	13:56	72 min	08:00 PM	12:30 PM
Oct 07, 2025	0	13:04	15:39	35 min	06:30 PM	10:00 AM
Oct 04, 2025	0	11:06	14:10	148 min	08:00 PM	09:30 PM
Oct 03, 2025	0	9:14	11:54	18 min	09:30 PM	09:30 AM
Oct 02, 2025	0	17:43	22:12	2 min	02:30 PM	01:00 PM
Sep 24, 2025	0	10:58	12:36	27 min	09:00 PM	09:30 AM
Sep 23, 2025	1	12:01	16:35	36 min	08:00 PM	01:00 PM
Sep 22, 2025	1	13:58	20:23	61 min	07:00 PM	06:00 PM
Sep 21, 2025	1	13:46	20:20	80 min	03:00 PM	01:00 PM
Sep 20, 2025	0	16:37	18:00	36 min	12:30 PM	06:30 AM
Sep 19, 2025	1	7:06	9:49	139 min	11:30 PM	09:30 AM
Sep 18, 2025	1	10:20	17:44	22 min	06:30 PM	12:30 PM
Sep 17, 2025	1	14:29	15:56	21 min	08:30 PM	12:30 PM
Sep 16, 2025	3	7:28	11:34	72 min	09:00 PM	09:30 AM
Sep 15, 2025	1	12:57	19:17	44 min	09:00 PM	05:30 PM
Sep 14, 2025	2	10:42	15:25	48 min	09:00 PM	01:00 PM
Sep 13, 2025	1	12:34	18:34	50 min	06:30 PM	05:30 PM
Sep 10, 2025	1	1:57	2:34	36 min	07:30 PM	10:00 PM