

# RiverSpring Living — 315d 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 13, 2026 | 2         | 18:57            | 32:27       | 206 min       | 10:00 PM | 08:30 AM |
| Mar 11, 2026 | 1         | 6:09             | 18:28       | 166 min       | 01:30 PM | 08:30 AM |
| Mar 10, 2026 | 3         | 6:39             | 19:37       | 565 min       | 02:00 PM | 10:00 AM |
| Mar 09, 2026 | 0         | 0:34             | 5:04        | 270 min       | 04:30 AM | 09:30 AM |
| Mar 08, 2026 | 0         | 2:04             | 9:15        | 306 min       | 07:00 PM | 05:30 AM |
| Mar 07, 2026 | 1         | 5:28             | 14:08       | 119 min       | 07:30 PM | 09:30 AM |
| Mar 05, 2026 | 0         | 4:40             | 13:32       | 172 min       | 07:00 PM | 09:00 AM |
| Mar 04, 2026 | 1         | 2:07             | 14:08       | 458 min       | 06:30 PM | 08:30 AM |
| Mar 03, 2026 | 0         | 4:48             | 13:08       | 122 min       | 07:30 PM | 08:30 AM |
| Mar 02, 2026 | 0         | 3:00             | 11:09       | 164 min       | 07:30 PM | 06:30 AM |
| Mar 01, 2026 | 0         | 0:31             | 9:48        | 464 min       | 07:00 PM | 05:00 AM |
| Feb 28, 2026 | 0         | 3:05             | 11:59       | 37 min        | 05:30 PM | 05:30 AM |
| Feb 27, 2026 | 0         | 3:44             | 14:33       | 276 min       | 07:00 PM | 10:00 AM |
| Feb 26, 2026 | 0         | 0:51             | 9:52        | 426 min       | 07:00 PM | 05:00 AM |
| Feb 25, 2026 | 0         | 1:37             | 9:09        | 180 min       | 09:00 PM | 06:00 AM |
| Feb 24, 2026 | 1         | 2:39             | 14:36       | 219 min       | 06:30 PM | 09:00 AM |
| Feb 23, 2026 | 0         | 0:25             | 11:34       | 651 min       | 07:30 PM | 07:00 AM |
| Feb 22, 2026 | 0         | 3:13             | 10:10       | 49 min        | 07:00 PM | 05:30 AM |
| Feb 21, 2026 | 1         | 2:48             | 12:33       | 136 min       | 07:30 PM | 08:00 AM |
| Feb 20, 2026 | 0         | 1:41             | 12:04       | 153 min       | 07:30 PM | 08:00 AM |
| Feb 19, 2026 | 0         | 1:29             | 10:16       | 177 min       | 07:00 PM | 05:00 AM |
| Feb 18, 2026 | 0         | 4:06             | 10:09       | 101 min       | 10:00 PM | 08:00 AM |
| Feb 17, 2026 | 0         | 2:36             | 10:53       | 146 min       | 06:30 PM | 05:30 AM |
| Feb 16, 2026 | 2         | 10:39            | 28:11       | 129 min       | 07:00 PM | 12:00 AM |
| Feb 14, 2026 | 0         | 0:29             | 10:44       | 315 min       | 08:30 PM | 07:00 AM |
| Feb 12, 2026 | 0         | 2:12             | 11:59       | 346 min       | 08:00 PM | 08:00 AM |

| DATE         | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME  | WAKE     |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Feb 11, 2026 | 0         | 4:59             | 12:33       | 106 min       | 07:30 PM | 08:30 AM |
| Feb 10, 2026 | 0         | 4:10             | 12:11       | 137 min       | 08:00 PM | 08:30 AM |
| Feb 09, 2026 | 0         | 2:08             | 11:44       | 409 min       | 07:30 PM | 07:00 AM |
| Feb 08, 2026 | 0         | 0:30             | 9:13        | 198 min       | 08:00 PM | 05:30 AM |
| Feb 07, 2026 | 0         | 4:26             | 14:11       | 134 min       | 08:00 PM | 10:30 AM |
| Feb 06, 2026 | 0         | 2:17             | 10:37       | 128 min       | 05:30 PM | 04:00 AM |
| Feb 05, 2026 | 0         | 5:29             | 17:18       | 254 min       | 02:00 PM | 07:30 AM |
| Feb 04, 2026 | 0         | 0:32             | 10:24       | 592 min       | 06:30 PM | 05:00 AM |
| Feb 03, 2026 | 0         | 4:55             | 11:45       | 56 min        | 08:00 PM | 07:30 AM |
| Feb 02, 2026 | 1         | 4:23             | 13:40       | 113 min       | 06:30 PM | 08:00 AM |
| Feb 01, 2026 | 0         | 4:31             | 14:42       | 177 min       | 03:00 PM | 05:30 AM |
| Jan 31, 2026 | 1         | 1:33             | 16:16       | 133 min       | 08:00 PM | 12:30 PM |
| Jan 30, 2026 | 1         | 9:07             | 18:52       | 55 min        | 02:00 PM | 09:00 AM |
| Jan 29, 2026 | 0         | 2:59             | 13:48       | 432 min       | 08:00 PM | 10:00 AM |
| Jan 28, 2026 | 0         | 2:06             | 12:01       | 117 min       | 07:30 PM | 07:30 AM |
| Jan 27, 2026 | 0         | 1:18             | 11:49       | 341 min       | 07:00 PM | 06:30 AM |
| Jan 26, 2026 | 1         | 4:28             | 13:35       | 145 min       | 07:30 PM | 09:30 AM |
| Jan 25, 2026 | 0         | 1:27             | 11:44       | 148 min       | 08:30 PM | 08:00 AM |
| Jan 24, 2026 | 0         | 0:38             | 11:08       | 384 min       | 08:30 PM | 07:30 AM |
| Jan 23, 2026 | 0         | 1:52             | 12:11       | 353 min       | 07:30 PM | 07:30 AM |
| Jan 22, 2026 | 0         | 4:08             | 13:52       | 127 min       | 07:00 PM | 09:00 AM |
| Jan 21, 2026 | 0         | 3:01             | 12:28       | 209 min       | 07:00 PM | 07:30 AM |
| Jan 20, 2026 | 0         | 0:05             | 14:20       | 709 min       | 07:00 PM | 09:00 AM |
| Jan 19, 2026 | 0         | 0:39             | 11:33       | 257 min       | 08:30 PM | 08:00 AM |
| Jan 17, 2026 | 0         | 1:26             | 11:51       | 169 min       | 08:00 PM | 08:00 AM |
| Jan 14, 2026 | 0         | 3:34             | 14:33       | 230 min       | 08:30 PM | 06:30 PM |
| Jan 13, 2026 | 0         | 1:02             | 12:38       | 411 min       | 07:30 PM | 08:00 AM |
| Jan 08, 2026 | 0         | 0:31             | 9:23        | 92 min        | 07:30 PM | 05:00 AM |
| Jan 06, 2026 | 0         | 3:12             | 9:33        | 51 min        | 07:00 PM | 04:30 AM |
| Jan 04, 2026 | 0         | 1:59             | 16:05       | 640 min       | 08:00 PM | 05:30 PM |
| Jan 03, 2026 | 0         | 2:28             | 12:56       | 53 min        | 07:00 PM | 07:30 AM |
| Jan 02, 2026 | 0         | 3:33             | 11:26       | 108 min       | 08:30 PM | 08:00 AM |
| Jan 01, 2026 | 0         | 3:02             | 10:10       | 94 min        | 07:00 PM | 05:00 AM |
| Dec 31, 2025 | 0         | 4:50             | 11:58       | 18 min        | 07:30 PM | 07:30 AM |
| Dec 30, 2025 | 1         | 2:47             | 10:51       | 89 min        | 09:00 PM | 08:00 AM |
| Dec 29, 2025 | 0         | 2:40             | 11:03       | 2 min         | 07:00 PM | 06:00 AM |
| Dec 28, 2025 | 0         | 6:37             | 14:11       | 73 min        | 07:00 PM | 09:00 AM |
| Dec 27, 2025 | 0         | 1:16             | 12:32       | 85 min        | 08:00 PM | 08:30 AM |
| Dec 25, 2025 | 0         | 7:08             | 18:11       | 59 min        | 04:00 PM | 10:30 AM |
| Dec 23, 2025 | 0         | 5:02             | 11:31       | 77 min        | 05:30 PM | 05:00 AM |
| Dec 22, 2025 | 1         | 8:32             | 18:43       | 80 min        | 03:00 PM | 10:00 AM |

| DATE         | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME  | WAKE     |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Dec 21, 2025 | 0         | 8:15             | 15:26       | 61 min        | 03:00 PM | 06:30 AM |
| Dec 20, 2025 | 0         | 2:44             | 10:38       | 68 min        | 07:00 PM | 05:30 AM |
| Dec 19, 2025 | 0         | 2:59             | 9:53        | 103 min       | 07:00 PM | 05:00 AM |
| Dec 18, 2025 | 0         | 8:25             | 17:02       | 25 min        | 03:00 PM | 08:00 AM |
| Dec 17, 2025 | 0         | 1:16             | 11:46       | 178 min       | 08:00 PM | 08:00 AM |
| Dec 16, 2025 | 0         | 1:36             | 15:04       | 490 min       | 07:00 PM | 10:30 AM |
| Dec 15, 2025 | 0         | 0:30             | 11:56       | 26 min        | 06:00 PM | 06:00 AM |
| Dec 14, 2025 | 0         | 2:25             | 9:45        | 116 min       | 06:30 PM | 04:00 AM |
| Dec 13, 2025 | 0         | 6:27             | 19:58       | 116 min       | 02:00 PM | 10:00 AM |
| Dec 12, 2025 | 0         | 3:42             | 10:36       | 68 min        | 06:30 PM | 05:00 AM |
| Dec 11, 2025 | 0         | 0:31             | 9:02        | 153 min       | 06:30 PM | 03:30 AM |
| Dec 10, 2025 | 0         | 5:09             | 13:23       | 39 min        | 07:00 PM | 08:00 AM |
| Dec 09, 2025 | 0         | 3:57             | 9:57        | 220 min       | 06:30 PM | 04:30 AM |
| Dec 08, 2025 | 1         | 5:15             | 17:23       | 99 min        | 02:00 PM | 07:30 AM |
| Dec 07, 2025 | 0         | 3:08             | 12:23       | 6 min         | 06:30 PM | 07:00 AM |
| Dec 06, 2025 | 0         | 1:58             | 11:47       | 134 min       | 07:30 PM | 07:30 AM |
| Dec 05, 2025 | 0         | 1:36             | 10:39       | 116 min       | 07:00 PM | 05:30 AM |
| Dec 04, 2025 | 0         | 2:18             | 13:20       | 65 min        | 07:00 PM | 10:30 AM |
| Dec 02, 2025 | 0         | 7:21             | 15:03       | 55 min        | 03:00 PM | 06:00 AM |
| Nov 29, 2025 | 0         | 1:19             | 10:17       | 205 min       | 06:30 PM | 05:30 PM |
| Nov 27, 2025 | 0         | 4:11             | 13:48       | 152 min       | 07:00 PM | 09:00 AM |
| Nov 25, 2025 | 0         | 2:46             | 11:51       | 218 min       | 06:30 PM | 06:30 AM |
| Nov 24, 2025 | 0         | 0:23             | 10:16       | 212 min       | 09:30 PM | 08:00 AM |
| Nov 23, 2025 | 0         | 2:04             | 11:54       | 152 min       | 09:00 PM | 09:00 AM |
| Nov 22, 2025 | 0         | 1:11             | 9:53        | 386 min       | 07:30 PM | 05:30 AM |
| Nov 21, 2025 | 0         | 1:51             | 9:08        | 239 min       | 07:00 PM | 04:00 AM |
| Nov 20, 2025 | 1         | 2:31             | 14:02       | 206 min       | 06:30 PM | 09:00 AM |
| Nov 19, 2025 | 0         | 7:59             | 11:11       | 50 min        | 07:00 PM | 06:00 AM |
| Nov 17, 2025 | 1         | 0:42             | 2:34        | 111 min       | 04:30 AM | 07:00 AM |
| Nov 16, 2025 | 0         | 2:27             | 11:07       | 171 min       | 07:30 PM | 06:30 AM |
| Nov 15, 2025 | 0         | 3:55             | 12:10       | 37 min        | 06:30 PM | 06:30 AM |
| Nov 14, 2025 | 0         | 4:49             | 10:25       | 45 min        | 07:00 PM | 05:30 AM |
| Nov 13, 2025 | 0         | 2:52             | 10:19       | 106 min       | 07:30 PM | 05:30 AM |
| Nov 11, 2025 | 0         | 2:43             | 9:13        | 121 min       | 06:30 PM | 03:30 AM |
| Nov 10, 2025 | 0         | 2:41             | 10:03       | 79 min        | 07:30 PM | 06:00 AM |
| Nov 09, 2025 | 1         | 4:40             | 12:46       | 90 min        | 08:00 PM | 08:30 AM |
| Nov 08, 2025 | 0         | 5:29             | 12:28       | 58 min        | 07:30 PM | 08:00 AM |
| Nov 07, 2025 | 0         | 4:40             | 11:26       | 145 min       | 07:00 PM | 06:30 AM |
| Nov 06, 2025 | 0         | 4:34             | 11:47       | 170 min       | 07:30 PM | 07:30 AM |
| Nov 01, 2025 | 0         | 4:41             | 10:30       | 54 min        | 08:30 PM | 07:00 AM |
| Oct 31, 2025 | 0         | 3:58             | 10:45       | 108 min       | 07:00 PM | 06:00 AM |

| DATE         | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME  | WAKE     |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Oct 30, 2025 | 0         | 1:00             | 11:58       | 14 min        | 07:00 PM | 07:00 AM |
| Oct 29, 2025 | 0         | 0:06             | 9:44        | 578 min       | 07:00 PM | 05:00 AM |
| Oct 28, 2025 | 0         | 1:35             | 10:38       | 284 min       | 09:00 PM | 07:30 AM |
| Oct 27, 2025 | 1         | 2:04             | 14:30       | 447 min       | 07:30 PM | 10:00 AM |
| Oct 26, 2025 | 0         | 4:23             | 10:55       | 109 min       | 09:30 PM | 08:30 AM |
| Oct 25, 2025 | 0         | 4:46             | 12:49       | 129 min       | 07:00 PM | 08:00 AM |
| Oct 24, 2025 | 0         | 8:48             | 13:27       | 45 min        | 06:30 PM | 08:00 AM |
| Oct 23, 2025 | 0         | 3:03             | 11:37       | 143 min       | 07:30 PM | 07:00 AM |
| Oct 22, 2025 | 0         | 3:00             | 9:03        | 90 min        | 07:30 PM | 04:30 AM |
| Oct 21, 2025 | 1         | 4:53             | 13:50       | 16 min        | 06:30 PM | 08:30 AM |
| Oct 20, 2025 | 0         | 5:45             | 10:03       | 145 min       | 06:30 PM | 04:30 AM |
| Oct 19, 2025 | 0         | 4:14             | 9:42        | 75 min        | 07:00 PM | 04:30 AM |
| Oct 18, 2025 | 0         | 0:22             | 11:49       | 630 min       | 08:00 PM | 07:30 AM |
| Oct 17, 2025 | 0         | 3:20             | 11:31       | 145 min       | 09:00 PM | 08:30 AM |
| Oct 16, 2025 | 0         | 5:40             | 12:45       | 53 min        | 07:00 PM | 08:00 AM |
| Oct 15, 2025 | 0         | 1:21             | 11:01       | 468 min       | 07:00 PM | 06:00 AM |
| Oct 14, 2025 | 1         | 4:49             | 12:17       | 14 min        | 06:00 PM | 06:00 AM |
| Oct 13, 2025 | 0         | 5:30             | 11:22       | 54 min        | 07:30 PM | 07:00 AM |
| Oct 12, 2025 | 0         | 3:31             | 13:16       | 118 min       | 08:30 PM | 10:00 AM |
| Oct 11, 2025 | 0         | 2:18             | 10:49       | 244 min       | 09:00 PM | 08:00 AM |
| Oct 10, 2025 | 2         | 2:20             | 11:34       | 339 min       | 06:30 PM | 06:30 AM |
| Oct 09, 2025 | 1         | 7:36             | 13:37       | 60 min        | 05:30 PM | 07:30 AM |
| Oct 06, 2025 | 0         | 7:21             | 11:48       | 104 min       | 08:00 PM | 08:00 AM |
| Oct 05, 2025 | 0         | 4:11             | 11:24       | 107 min       | 06:30 PM | 06:00 AM |
| Oct 04, 2025 | 0         | 1:32             | 11:26       | 97 min        | 09:00 PM | 08:00 AM |
| Oct 03, 2025 | 0         | 1:19             | 11:38       | 554 min       | 09:00 PM | 09:00 AM |
| Oct 02, 2025 | 0         | 6:42             | 12:10       | 5 min         | 07:30 PM | 08:00 AM |
| Sep 23, 2025 | 0         | 10:24            | 11:25       | 42 min        | 08:30 PM | 08:00 AM |
| Sep 22, 2025 | 1         | 9:13             | 11:50       | 57 min        | 08:30 PM | 08:30 AM |
| Sep 21, 2025 | 1         | 11:07            | 13:54       | 19 min        | 05:30 PM | 07:30 AM |
| Sep 20, 2025 | 0         | 10:53            | 13:32       | 17 min        | 05:30 PM | 07:00 AM |
| Sep 19, 2025 | 1         | 5:25             | 12:48       | 326 min       | 07:00 PM | 08:00 AM |
| Sep 18, 2025 | 0         | 7:08             | 9:25        | 108 min       | 06:30 PM | 04:00 AM |
| Sep 17, 2025 | 0         | 6:41             | 10:14       | 27 min        | 08:00 PM | 07:00 AM |
| Sep 16, 2025 | 0         | 1:29             | 12:30       | 246 min       | 08:00 PM | 08:30 AM |
| Sep 15, 2025 | 0         | 6:32             | 11:33       | 123 min       | 08:30 PM | 08:00 AM |
| Sep 14, 2025 | 0         | 5:05             | 11:24       | 152 min       | 08:00 PM | 07:30 AM |
| Sep 13, 2025 | 0         | 5:12             | 11:22       | 68 min        | 09:00 PM | 08:30 AM |
| Sep 12, 2025 | 0         | 6:27             | 12:53       | 174 min       | 07:30 PM | 08:30 AM |
| Sep 11, 2025 | 0         | 8:30             | 12:18       | 89 min        | 08:00 PM | 08:30 AM |
| Sep 10, 2025 | 0         | 6:41             | 10:08       | 48 min        | 10:00 PM | 08:30 AM |

| DATE         | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME  | WAKE     |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Sep 09, 2025 | 1         | 6:31             | 11:01       | 54 min        | 08:30 PM | 07:30 AM |
| Sep 08, 2025 | 0         | 7:14             | 11:37       | 72 min        | 09:00 PM | 08:30 AM |

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