

# RiverSpring Living — 315w 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	0	9:19	12:28	54 min	07:30 PM	08:00 AM
Mar 12, 2026	0	8:27	11:41	83 min	07:00 PM	08:30 AM
Mar 11, 2026	4	2:38	10:55	270 min	07:30 PM	07:00 AM
Mar 10, 2026	1	7:11	13:51	125 min	07:00 PM	09:00 AM
Mar 09, 2026	0	5:57	13:09	44 min	07:00 PM	08:00 AM
Mar 08, 2026	0	9:50	12:48	22 min	07:00 PM	09:00 AM
Mar 07, 2026	0	6:09	13:20	334 min	07:00 PM	08:30 AM
Mar 06, 2026	2	3:39	11:31	377 min	07:00 PM	08:00 AM
Mar 05, 2026	1	10:18	13:25	19 min	07:00 PM	08:30 AM
Mar 04, 2026	1	6:09	12:16	254 min	07:00 PM	07:30 AM
Mar 03, 2026	1	9:12	13:39	134 min	07:00 PM	09:00 AM
Mar 02, 2026	0	8:57	13:50	114 min	07:00 PM	09:30 AM
Mar 01, 2026	1	8:50	13:30	141 min	07:30 PM	10:00 AM
Feb 28, 2026	1	6:38	11:53	193 min	07:30 PM	08:30 AM
Feb 27, 2026	0	8:21	10:53	95 min	07:30 PM	06:00 AM
Feb 26, 2026	0	6:10	10:30	24 min	07:00 PM	05:30 AM
Feb 25, 2026	0	5:24	11:26	139 min	09:00 PM	08:30 AM
Feb 24, 2026	0	7:12	13:09	74 min	06:30 PM	09:00 AM
Feb 23, 2026	0	9:49	13:41	25 min	07:00 PM	09:00 AM
Feb 22, 2026	1	9:09	11:22	14 min	09:00 PM	08:30 AM
Feb 21, 2026	0	5:30	12:19	289 min	08:00 PM	08:30 AM
Feb 20, 2026	1	6:46	10:52	173 min	08:00 PM	07:00 AM
Feb 19, 2026	2	10:43	13:54	127 min	02:30 PM	10:00 AM
Feb 18, 2026	0	3:04	10:21	23 min	10:00 PM	08:30 AM
Feb 17, 2026	0	8:50	14:37	213 min	06:30 PM	09:30 AM
Feb 16, 2026	2	8:23	11:31	55 min	07:00 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 15, 2026	1	6:44	12:32	205 min	07:00 PM	08:00 AM
Feb 14, 2026	0	5:29	11:33	69 min	08:30 PM	08:00 AM
Feb 13, 2026	0	12:53	17:44	37 min	03:00 PM	08:30 AM
Feb 12, 2026	0	7:35	12:32	25 min	08:00 PM	08:30 AM
Feb 11, 2026	0	5:17	9:15	184 min	08:00 PM	05:30 AM
Feb 10, 2026	1	6:38	10:33	66 min	08:30 PM	07:00 AM
Feb 09, 2026	0	6:22	11:07	87 min	07:00 PM	06:30 AM
Feb 08, 2026	1	8:19	13:04	69 min	07:00 PM	08:30 AM
Feb 07, 2026	0	9:41	13:02	20 min	07:30 PM	08:30 AM
Feb 06, 2026	0	5:53	10:26	157 min	08:30 PM	07:00 AM
Feb 05, 2026	0	4:22	11:49	128 min	09:00 PM	08:30 AM
Feb 04, 2026	0	5:27	9:31	35 min	09:30 PM	07:00 AM
Feb 03, 2026	0	9:33	13:33	65 min	08:30 PM	10:00 AM
Feb 02, 2026	1	5:34	10:58	232 min	08:30 PM	08:00 AM
Feb 01, 2026	0	3:51	11:36	284 min	09:00 PM	08:30 AM
Jan 31, 2026	0	4:31	13:27	248 min	07:30 PM	09:00 AM
Jan 30, 2026	0	5:40	13:17	260 min	07:00 PM	08:30 AM
Jan 29, 2026	0	11:05	14:00	131 min	07:30 PM	09:30 AM
Jan 28, 2026	0	7:01	11:38	205 min	08:00 PM	08:00 AM
Jan 27, 2026	1	5:12	11:30	300 min	07:00 PM	06:30 AM
Jan 26, 2026	2	15:52	20:55	56 min	12:30 PM	10:30 AM
Jan 25, 2026	1	5:39	10:02	117 min	08:30 PM	07:30 AM
Jan 24, 2026	0	7:15	11:22	17 min	09:00 PM	08:00 AM
Jan 23, 2026	0	3:41	10:21	192 min	07:00 PM	06:00 AM
Jan 22, 2026	1	6:22	15:39	362 min	07:00 PM	04:00 PM
Jan 21, 2026	0	5:38	9:57	111 min	07:30 PM	05:30 AM
Jan 20, 2026	1	10:25	14:35	205 min	06:30 PM	09:30 AM
Jan 19, 2026	0	7:04	9:48	100 min	10:00 PM	08:00 AM
Jan 18, 2026	0	3:55	9:19	254 min	07:00 PM	04:00 AM
Jan 17, 2026	0	7:19	12:04	101 min	07:30 PM	08:00 AM
Jan 16, 2026	1	1:17	7:40	312 min	11:30 PM	07:00 AM
Jan 15, 2026	0	6:07	10:01	126 min	07:30 PM	05:30 AM
Jan 14, 2026	1	4:07	10:47	107 min	09:00 PM	08:00 AM
Jan 13, 2026	0	9:47	14:21	175 min	07:00 PM	12:00 PM
Jan 12, 2026	1	5:34	12:28	64 min	07:00 PM	08:00 AM
Jan 11, 2026	1	8:15	15:02	34 min	07:00 PM	11:00 AM
Jan 10, 2026	2	8:31	16:36	89 min	07:30 PM	04:00 PM
Jan 09, 2026	1	5:07	13:33	180 min	07:30 PM	09:00 AM
Jan 08, 2026	0	6:40	12:21	101 min	07:30 PM	08:00 AM
Jan 07, 2026	0	6:16	11:24	64 min	08:30 PM	08:00 AM
Jan 06, 2026	0	2:21	7:26	205 min	07:00 PM	02:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 05, 2026	1	3:45	7:11	90 min	12:00 AM	07:30 AM
Jan 04, 2026	1	8:29	12:34	95 min	07:00 PM	08:00 AM
Jan 03, 2026	0	6:58	11:39	151 min	08:00 PM	07:30 AM
Jan 02, 2026	0	7:48	12:26	116 min	08:00 PM	08:30 AM
Jan 01, 2026	1	6:03	12:28	117 min	07:00 PM	08:00 AM
Dec 31, 2025	0	9:10	16:21	180 min	07:00 PM	11:30 AM
Dec 30, 2025	0	5:22	10:54	193 min	08:30 PM	07:30 AM
Dec 29, 2025	0	4:00	11:52	341 min	08:00 PM	08:00 AM
Dec 28, 2025	1	8:53	10:27	24 min	08:00 PM	09:30 AM
Dec 27, 2025	0	8:54	12:58	126 min	08:00 PM	09:00 AM
Dec 26, 2025	0	7:22	11:58	102 min	08:00 PM	08:00 AM
Dec 25, 2025	0	4:53	13:05	130 min	06:30 PM	07:30 AM
Dec 24, 2025	0	4:34	11:21	299 min	09:00 PM	08:30 AM
Dec 23, 2025	0	3:58	9:31	199 min	06:30 PM	04:00 AM
Dec 22, 2025	0	6:45	10:52	75 min	12:30 AM	11:30 AM
Dec 21, 2025	1	3:56	13:05	169 min	06:30 PM	08:00 AM
Dec 20, 2025	1	7:32	12:26	146 min	08:00 PM	08:30 AM
Dec 19, 2025	0	9:34	11:05	49 min	07:00 PM	06:00 AM
Dec 18, 2025	1	13:07	17:34	29 min	02:30 PM	08:30 AM
Dec 17, 2025	0	3:25	12:17	113 min	08:00 PM	08:30 AM
Dec 16, 2025	1	7:04	13:05	316 min	07:00 PM	08:00 AM
Dec 15, 2025	0	7:47	13:33	76 min	06:30 PM	08:00 AM
Dec 14, 2025	0	5:29	11:55	226 min	06:30 PM	06:30 AM
Dec 13, 2025	1	8:34	14:26	85 min	09:00 PM	11:30 AM
Dec 12, 2025	1	5:46	11:07	212 min	06:30 PM	05:30 PM
Dec 11, 2025	1	7:02	14:37	207 min	08:30 PM	11:30 AM
Dec 10, 2025	0	10:56	14:17	67 min	07:30 PM	10:00 AM
Dec 09, 2025	0	10:52	13:00	53 min	09:30 PM	10:30 AM
Dec 08, 2025	1	4:39	10:55	220 min	09:30 PM	08:30 AM
Dec 07, 2025	0	10:01	15:27	125 min	06:30 PM	10:00 AM
Dec 06, 2025	0	6:21	12:58	152 min	07:30 PM	08:30 AM
Dec 05, 2025	0	6:52	11:08	70 min	10:30 PM	04:00 PM
Dec 04, 2025	2	10:11	13:31	65 min	06:30 PM	10:30 AM
Dec 03, 2025	2	7:50	11:05	124 min	09:30 PM	08:30 AM
Dec 02, 2025	0	7:16	14:53	233 min	06:30 PM	09:30 AM
Dec 01, 2025	0	3:37	9:33	283 min	07:00 PM	04:30 AM
Nov 30, 2025	0	7:16	12:42	190 min	07:00 PM	07:30 AM
Nov 29, 2025	1	4:13	12:33	344 min	06:30 PM	08:30 AM
Nov 28, 2025	0	19:55	25:25	119 min	09:00 AM	04:00 PM
Nov 27, 2025	0	7:17	12:15	140 min	06:30 PM	07:00 AM
Nov 26, 2025	2	9:18	13:54	123 min	06:30 PM	09:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 25, 2025	1	5:41	10:21	89 min	06:30 PM	05:00 AM
Nov 24, 2025	1	4:06	12:31	154 min	07:00 PM	08:00 AM
Nov 23, 2025	0	4:17	9:20	132 min	07:30 PM	04:30 AM
Nov 22, 2025	1	6:47	12:50	91 min	07:00 PM	09:00 AM
Nov 21, 2025	0	1:04	9:40	516 min	06:30 PM	04:30 AM
Nov 20, 2025	0	8:03	11:47	194 min	06:30 PM	09:00 AM
Nov 19, 2025	0	5:25	10:40	192 min	06:30 PM	05:30 AM
Nov 18, 2025	0	6:07	12:22	129 min	07:00 PM	07:30 AM
Nov 17, 2025	0	7:11	12:42	140 min	07:30 PM	08:00 AM
Nov 16, 2025	0	5:31	14:23	184 min	07:00 PM	09:30 AM
Nov 15, 2025	1	8:21	14:10	104 min	07:00 PM	09:30 AM
Nov 14, 2025	1	4:54	13:31	248 min	06:30 PM	08:30 AM
Nov 13, 2025	0	6:19	11:40	37 min	06:30 PM	06:00 AM
Nov 12, 2025	0	6:26	11:46	148 min	06:30 PM	06:30 AM
Nov 11, 2025	1	9:49	13:56	110 min	06:30 PM	08:30 AM
Nov 10, 2025	1	5:11	13:39	271 min	07:00 PM	08:30 AM
Nov 09, 2025	1	7:43	14:17	71 min	06:30 PM	09:00 AM
Nov 08, 2025	0	4:32	9:00	211 min	07:30 PM	04:30 AM
Nov 07, 2025	0	5:54	12:54	66 min	07:00 PM	08:30 AM
Nov 06, 2025	0	7:13	12:52	200 min	07:30 PM	08:00 AM
Nov 05, 2025	0	4:29	12:36	382 min	07:00 PM	07:30 AM
Nov 04, 2025	1	6:17	13:14	73 min	06:30 PM	08:00 AM
Nov 03, 2025	1	5:33	14:31	30 min	06:00 PM	09:00 AM
Nov 02, 2025	0	11:55	14:03	100 min	07:00 PM	08:30 AM
Nov 01, 2025	0	0:34	4:02	112 min	04:00 AM	08:30 AM
Oct 31, 2025	1	8:46	14:09	165 min	07:00 PM	09:00 AM
Oct 30, 2025	1	8:57	14:13	94 min	06:30 PM	09:00 AM
Oct 29, 2025	0	7:10	12:45	8 min	07:00 PM	07:30 AM
Oct 28, 2025	1	5:31	10:45	219 min	09:00 PM	08:00 AM
Oct 27, 2025	1	6:47	14:40	198 min	06:30 PM	09:30 AM
Oct 26, 2025	0	4:23	11:19	85 min	07:00 PM	07:30 AM
Oct 25, 2025	0	8:05	13:11	142 min	07:00 PM	08:00 AM
Oct 24, 2025	0	7:17	13:20	71 min	07:00 PM	08:00 AM
Oct 23, 2025	2	5:45	12:05	12 min	07:30 PM	09:30 AM
Oct 22, 2025	1	5:01	13:04	224 min	07:30 PM	09:00 AM
Oct 21, 2025	1	8:13	13:36	91 min	07:00 PM	08:30 AM
Oct 20, 2025	0	6:26	9:53	17 min	09:00 PM	07:00 AM
Oct 19, 2025	1	9:05	13:59	13 min	07:00 PM	09:00 AM
Oct 18, 2025	0	3:06	10:05	21 min	07:30 PM	05:30 AM
Oct 17, 2025	1	2:51	6:52	25 min	10:30 PM	05:30 AM
Oct 16, 2025	0	9:00	13:58	30 min	07:00 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 15, 2025	0	5:18	9:16	103 min	08:00 PM	05:30 AM
Oct 14, 2025	0	3:16	10:28	88 min	06:00 PM	04:30 AM
Oct 13, 2025	1	6:32	13:10	62 min	06:30 PM	08:30 AM
Oct 12, 2025	2	7:56	9:45	28 min	12:00 AM	10:00 AM
Oct 11, 2025	0	5:46	13:37	80 min	06:30 PM	08:00 AM
Oct 10, 2025	0	7:37	13:42	56 min	06:00 PM	08:00 AM
Oct 09, 2025	2	6:36	12:56	99 min	07:00 PM	09:00 AM
Oct 08, 2025	1	4:07	14:30	293 min	07:00 PM	09:30 AM
Oct 07, 2025	2	5:49	12:10	129 min	07:00 PM	07:30 AM
Oct 06, 2025	1	4:19	11:29	32 min	08:30 PM	08:00 AM
Oct 05, 2025	1	2:35	4:58	16 min	04:30 AM	09:30 AM
Oct 04, 2025	1	3:03	12:19	148 min	08:00 PM	09:30 AM
Oct 03, 2025	0	9:00	13:48	150 min	07:00 PM	08:30 AM
Oct 02, 2025	0	7:02	12:32	31 min	06:30 PM	07:30 AM
Oct 01, 2025	0	0:58	1:35	37 min	05:30 AM	07:00 AM
Sep 30, 2025	0	4:42	13:07	265 min	07:00 PM	08:00 AM
Sep 29, 2025	1	2:42	11:07	81 min	07:30 PM	08:00 AM
Sep 28, 2025	1	5:31	12:58	50 min	06:30 PM	08:00 AM
Sep 27, 2025	0	2:26	9:49	386 min	07:00 PM	08:00 AM
Sep 26, 2025	0	9:26	13:56	143 min	07:00 PM	08:30 AM
Sep 25, 2025	0	10:04	14:10	163 min	06:30 PM	09:30 AM
Sep 24, 2025	1	6:42	12:10	177 min	07:00 PM	07:30 AM
Sep 23, 2025	0	5:59	12:38	87 min	07:00 PM	08:00 AM
Sep 22, 2025	1	3:55	5:16	6 min	03:00 AM	08:30 AM
Sep 21, 2025	1	6:50	12:00	26 min	08:30 PM	08:30 AM
Sep 20, 2025	0	7:18	13:17	237 min	06:30 PM	08:00 AM
Sep 19, 2025	1	3:20	12:40	151 min	06:30 PM	08:00 AM
Sep 18, 2025	1	5:17	12:39	241 min	06:30 PM	08:30 AM
Sep 17, 2025	0	9:46	13:41	117 min	07:00 PM	08:30 AM
Sep 16, 2025	1	4:01	11:22	51 min	06:30 PM	08:00 AM
Sep 15, 2025	1	7:23	13:27	22 min	06:30 PM	08:00 AM
Sep 14, 2025	1	10:04	13:21	133 min	07:00 PM	08:30 AM
Sep 13, 2025	1	5:58	11:06	145 min	08:00 PM	09:00 AM
Sep 12, 2025	0	10:04	14:15	192 min	06:30 PM	09:00 AM
Sep 11, 2025	0	7:02	13:45	95 min	07:00 PM	08:30 AM
Sep 10, 2025	1	7:17	12:52	42 min	07:00 PM	08:00 AM
Sep 09, 2025	1	6:06	11:42	85 min	08:00 PM	08:00 AM
Sep 08, 2025	2	8:36	11:57	7 min	07:30 PM	08:30 AM