

RiverSpring Living — 316s 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
Feb 11, 2026	0	11:38	12:04	26 min	11:30 AM	11:30 PM
Feb 06, 2026	0	32:41	49:43	255 min	02:00 PM	10:00 PM
Feb 04, 2026	0	8:02	19:10	61 min	10:00 AM	09:00 AM
Feb 03, 2026	1	5:01	7:43	28 min	10:30 PM	06:30 AM
Feb 02, 2026	1	5:01	6:33	25 min	10:00 PM	07:00 AM
Feb 01, 2026	1	8:45	11:19	12 min	09:00 PM	09:00 AM
Jan 31, 2026	0	8:06	10:39	12 min	10:00 PM	09:30 AM
Jan 30, 2026	0	8:46	9:08	8 min	09:30 PM	06:30 AM
Jan 29, 2026	0	8:30	9:04	12 min	10:30 PM	08:30 AM
Jan 28, 2026	1	7:43	8:13	15 min	10:00 PM	08:00 AM
Jan 27, 2026	1	8:09	8:46	9 min	11:00 PM	08:30 AM
Jan 26, 2026	2	12:57	14:13	24 min	08:30 PM	11:30 AM
Jan 25, 2026	2	9:37	10:20	5 min	10:00 PM	08:30 AM
Jan 24, 2026	1	10:22	10:47	7 min	10:30 PM	09:00 AM
Jan 23, 2026	1	9:31	10:24	21 min	09:30 PM	08:00 AM
Jan 22, 2026	0	4:45	4:54	9 min	09:00 PM	02:00 AM
Jan 21, 2026	1	9:26	10:56	27 min	09:30 PM	09:30 AM
Jan 20, 2026	1	10:21	10:45	6 min	10:00 PM	08:30 AM
Jan 19, 2026	1	4:42	5:44	23 min	02:00 AM	08:30 AM
Jan 18, 2026	2	7:07	7:31	9 min	09:00 PM	06:00 AM
Jan 17, 2026	1	9:53	10:31	19 min	09:00 PM	07:30 AM
Jan 16, 2026	1	10:40	11:29	8 min	08:30 PM	09:00 AM
Jan 15, 2026	1	9:07	9:29	8 min	10:00 PM	07:30 AM
Jan 14, 2026	1	10:27	10:57	8 min	09:30 PM	08:30 AM
Jan 13, 2026	0	7:49	7:56	7 min	11:00 PM	07:00 AM
Jan 12, 2026	0	9:39	9:55	11 min	09:30 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 11, 2026	1	10:15	10:52	9 min	09:30 PM	08:30 AM
Jan 10, 2026	2	9:16	10:08	10 min	09:30 PM	08:30 AM
Jan 09, 2026	1	10:35	11:33	10 min	09:00 PM	08:30 AM
Jan 08, 2026	0	9:17	9:43	13 min	09:00 PM	08:30 AM
Jan 07, 2026	0	9:06	9:20	8 min	09:30 PM	06:30 AM
Jan 06, 2026	1	7:22	7:48	13 min	09:30 PM	06:00 AM
Jan 05, 2026	1	10:46	11:03	6 min	08:30 PM	08:00 AM
Jan 04, 2026	1	9:46	10:07	7 min	09:30 PM	08:30 AM
Jan 03, 2026	0	9:16	9:54	27 min	08:30 PM	07:30 AM
Jan 02, 2026	0	7:36	8:15	33 min	10:30 PM	06:30 AM
Jan 01, 2026	0	9:41	9:53	12 min	10:00 PM	07:30 AM
Dec 31, 2025	2	9:51	10:31	8 min	08:30 PM	07:30 AM
Dec 30, 2025	0	9:44	9:56	12 min	10:00 PM	08:00 AM
Dec 29, 2025	0	0:52	2:05	24 min	10:30 PM	12:30 AM
Dec 28, 2025	1	12:28	12:41	13 min	08:30 PM	09:30 AM
Dec 27, 2025	1	9:06	9:46	19 min	10:30 PM	09:00 AM
Dec 26, 2025	0	7:27	8:00	9 min	12:00 AM	08:00 AM
Dec 25, 2025	0	4:49	5:03	14 min	05:00 AM	10:00 AM
Dec 24, 2025	0	1:28	2:03	27 min	07:30 AM	10:30 PM
Dec 23, 2025	0	10:30	11:05	11 min	09:00 PM	09:00 AM
Dec 22, 2025	2	10:34	11:58	33 min	09:00 PM	09:30 AM
Dec 21, 2025	1	9:00	9:16	6 min	11:00 PM	08:30 AM
Dec 20, 2025	1	1:45	2:15	17 min	11:30 PM	02:00 AM
Dec 19, 2025	0	7:32	7:46	14 min	09:30 PM	05:30 AM
Dec 18, 2025	1	13:36	14:09	12 min	10:00 PM	12:30 PM
Dec 17, 2025	0	10:07	10:31	12 min	08:30 PM	07:00 AM
Dec 16, 2025	1	8:39	9:06	9 min	10:00 PM	07:00 AM
Dec 15, 2025	0	10:54	11:09	8 min	09:30 PM	08:30 AM
Dec 14, 2025	1	11:37	13:03	55 min	10:00 PM	11:30 AM
Dec 13, 2025	1	7:07	8:16	49 min	09:00 PM	05:00 AM
Dec 12, 2025	0	3:27	3:53	13 min	09:30 PM	01:00 AM
Dec 11, 2025	1	9:14	10:10	7 min	10:00 PM	08:00 AM
Dec 10, 2025	1	10:35	11:12	10 min	09:00 PM	09:00 AM
Dec 09, 2025	0	9:40	9:51	11 min	10:30 PM	08:00 AM
Dec 08, 2025	0	10:15	11:53	21 min	08:30 PM	09:00 AM
Dec 07, 2025	0	8:52	10:06	37 min	10:30 PM	09:00 AM
Dec 06, 2025	0	10:05	11:02	13 min	10:00 PM	10:00 AM
Dec 05, 2025	0	11:27	11:45	7 min	09:30 PM	09:30 AM
Dec 04, 2025	2	9:27	9:44	8 min	08:30 PM	07:30 AM
Dec 03, 2025	0	6:48	7:04	16 min	10:30 PM	05:30 AM
Dec 02, 2025	1	9:15	9:44	9 min	10:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 01, 2025	1	6:56	8:49	68 min	09:00 PM	07:00 AM
Nov 30, 2025	0	8:46	9:27	34 min	08:00 PM	05:00 AM
Nov 29, 2025	2	9:43	11:05	30 min	08:00 PM	08:00 AM
Nov 28, 2025	1	7:43	9:07	70 min	10:30 PM	08:00 AM
Nov 27, 2025	1	4:47	6:51	84 min	08:30 PM	04:00 AM
Nov 26, 2025	1	11:36	12:06	8 min	07:00 PM	08:30 AM
Nov 25, 2025	1	10:56	11:36	33 min	08:30 PM	08:00 AM
Nov 24, 2025	0	5:10	5:37	27 min	10:30 PM	04:00 AM
Nov 23, 2025	1	9:30	10:17	11 min	10:00 PM	09:00 AM
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Nov 20, 2025	1	11:42	12:05	19 min	08:30 PM	08:30 AM
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Nov 18, 2025	1	8:11	9:02	23 min	10:00 PM	08:00 AM
Nov 17, 2025	1	8:31	11:02	13 min	08:00 PM	07:00 AM
Nov 16, 2025	1	9:31	11:42	18 min	08:30 PM	08:30 AM
Nov 15, 2025	1	10:26	11:44	17 min	08:30 PM	09:00 AM
Nov 14, 2025	0	9:32	9:50	11 min	08:30 PM	06:30 AM
Nov 13, 2025	0	4:41	5:14	10 min	07:30 PM	12:30 AM
Nov 12, 2025	2	9:02	10:23	18 min	09:30 PM	08:00 AM
Nov 11, 2025	1	10:57	11:30	10 min	07:30 PM	08:00 AM
Nov 10, 2025	1	9:03	9:56	6 min	09:30 PM	08:00 AM
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