

RiverSpring Living — 317s 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 06, 2026	0	10:11	10:48	18 min	09:00 PM	08:00 AM
Feb 05, 2026	0	9:40	10:08	14 min	10:00 PM	08:00 AM
Feb 04, 2026	0	8:56	12:41	218 min	08:00 PM	09:00 AM
Feb 03, 2026	1	8:30	12:40	228 min	03:00 PM	03:30 AM
Feb 02, 2026	0	9:44	11:40	61 min	09:00 PM	09:00 AM
Feb 01, 2026	0	10:14	11:51	39 min	09:30 PM	09:30 AM
Jan 31, 2026	2	10:44	17:03	187 min	09:00 PM	02:30 PM
Jan 30, 2026	0	10:47	12:06	43 min	08:00 PM	08:00 AM
Jan 29, 2026	0	0:31	3:37	162 min	05:00 AM	08:30 AM
Jan 28, 2026	2	14:28	22:58	390 min	10:30 PM	10:30 PM
Jan 27, 2026	1	15:24	18:09	111 min	12:00 PM	06:00 AM
Jan 26, 2026	0	9:00	9:55	55 min	07:00 PM	05:00 AM
Jan 25, 2026	0	10:43	11:54	51 min	08:00 PM	08:00 AM
Jan 24, 2026	1	9:29	11:36	108 min	09:30 PM	09:00 AM
Jan 23, 2026	0	11:32	12:45	58 min	07:00 PM	08:00 AM
Jan 22, 2026	0	12:37	13:28	41 min	07:00 PM	08:30 AM
Jan 21, 2026	1	11:48	12:29	10 min	07:30 PM	08:00 AM
Jan 20, 2026	0	11:57	14:40	76 min	06:00 PM	09:00 AM
Jan 19, 2026	0	8:54	11:29	128 min	09:00 PM	08:30 AM
Jan 18, 2026	0	9:47	11:22	67 min	09:00 PM	08:00 AM
Jan 17, 2026	0	8:43	11:03	123 min	08:30 PM	07:30 AM
Jan 16, 2026	0	9:29	11:09	42 min	09:00 PM	08:00 AM
Jan 15, 2026	0	9:32	12:36	82 min	07:00 PM	08:00 AM
Jan 14, 2026	0	12:16	13:54	32 min	05:00 PM	08:00 AM
Jan 13, 2026	0	11:36	12:56	46 min	07:00 PM	08:00 AM
Jan 12, 2026	0	11:10	12:00	19 min	08:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 11, 2026	0	11:01	13:50	120 min	07:30 PM	01:30 PM
Jan 10, 2026	1	14:52	16:42	26 min	07:00 PM	01:00 PM
Jan 09, 2026	0	9:30	11:00	57 min	09:00 PM	08:00 AM
Jan 08, 2026	1	12:36	13:27	22 min	07:00 PM	09:00 AM
Jan 07, 2026	0	10:04	11:05	12 min	08:30 PM	07:30 AM
Jan 06, 2026	0	12:59	16:14	139 min	07:30 PM	03:00 PM
Jan 05, 2026	1	10:36	13:07	82 min	06:30 PM	08:00 AM
Jan 04, 2026	1	11:04	12:32	37 min	07:30 PM	08:00 AM
Jan 03, 2026	0	9:37	11:07	40 min	09:00 PM	08:00 AM
Jan 02, 2026	0	10:22	11:22	31 min	08:30 PM	08:00 AM
Jan 01, 2026	0	10:49	14:02	158 min	07:30 PM	09:30 AM
Dec 31, 2025	0	12:17	13:33	34 min	08:00 PM	10:00 AM
Dec 30, 2025	0	8:25	10:55	36 min	09:00 PM	08:00 AM
Dec 29, 2025	0	10:45	11:45	41 min	08:00 PM	07:30 AM
Dec 28, 2025	0	0:31	12:40	49 min	08:00 PM	08:30 AM
Dec 27, 2025	1	12:58	13:30	17 min	06:30 PM	08:00 AM
Dec 26, 2025	0	9:22	11:22	67 min	09:00 PM	01:30 PM
Dec 25, 2025	0	13:34	14:54	20 min	07:00 PM	09:30 AM
Dec 24, 2025	0	7:32	10:46	22 min	09:30 PM	08:00 AM
Dec 23, 2025	0	20:05	21:41	32 min	01:00 PM	10:30 AM
Dec 22, 2025	0	11:59	14:54	32 min	07:00 PM	10:00 AM
Dec 21, 2025	2	12:22	13:18	33 min	07:30 PM	09:00 AM
Dec 20, 2025	0	8:14	13:02	260 min	08:00 PM	09:00 AM
Dec 19, 2025	0	9:03	9:38	32 min	09:00 PM	06:30 AM
Dec 18, 2025	1	13:39	15:06	50 min	05:30 PM	09:30 AM
Dec 17, 2025	0	2:01	12:02	136 min	09:00 PM	09:00 AM
Dec 16, 2025	1	14:04	17:27	14 min	07:30 PM	01:00 PM
Dec 15, 2025	0	10:03	14:00	207 min	07:00 PM	09:00 AM
Dec 14, 2025	0	12:58	14:13	30 min	08:00 PM	10:00 AM
Dec 13, 2025	0	34:10	37:14	38 min	06:30 PM	10:00 AM
Dec 11, 2025	1	13:10	16:34	111 min	01:30 PM	06:30 AM
Dec 10, 2025	0	9:59	12:11	58 min	08:30 PM	09:00 AM
Dec 09, 2025	0	12:54	13:57	30 min	06:00 PM	08:00 AM
Dec 08, 2025	0	8:12	11:17	109 min	09:30 PM	08:30 AM
Dec 07, 2025	0	11:06	14:27	113 min	09:00 PM	11:30 AM
Dec 06, 2025	0	11:24	13:53	50 min	07:30 PM	09:30 AM
Dec 05, 2025	0	9:14	11:48	38 min	07:30 PM	07:00 AM
Dec 04, 2025	0	8:29	13:32	215 min	08:00 PM	09:30 AM
Dec 03, 2025	0	12:22	14:04	37 min	08:30 PM	10:30 AM
Dec 02, 2025	0	14:18	17:07	68 min	03:00 PM	08:30 AM
Dec 01, 2025	0	10:07	11:01	20 min	08:30 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 30, 2025	0	9:12	9:48	21 min	07:00 PM	05:00 AM
Nov 29, 2025	0	10:40	12:31	17 min	07:00 PM	07:30 AM
Nov 28, 2025	0	8:18	10:26	77 min	09:00 PM	07:30 AM
Nov 27, 2025	0	9:09	10:11	29 min	07:30 PM	05:30 AM
Nov 26, 2025	0	8:27	9:26	26 min	07:30 PM	05:00 AM
Nov 25, 2025	1	8:42	9:52	56 min	07:00 PM	05:00 AM
Nov 24, 2025	0	10:20	11:22	33 min	08:00 PM	07:30 AM
Nov 23, 2025	1	8:33	11:51	17 min	08:30 PM	09:00 AM
Nov 22, 2025	0	13:18	14:01	14 min	08:00 PM	10:00 AM
Nov 21, 2025	0	12:29	15:04	38 min	04:00 PM	07:00 AM
Nov 20, 2025	1	12:16	13:21	26 min	07:00 PM	08:30 AM
Nov 19, 2025	0	8:17	10:39	59 min	09:00 PM	07:30 AM
Nov 18, 2025	1	10:40	14:12	55 min	06:00 PM	08:30 AM
Nov 17, 2025	0	7:46	11:57	17 min	07:30 PM	07:30 AM
Nov 16, 2025	0	8:30	10:33	42 min	07:30 PM	06:00 AM
Nov 15, 2025	0	18:32	20:03	45 min	12:30 PM	08:30 AM
Nov 14, 2025	0	10:29	11:54	44 min	08:00 PM	08:00 AM
Nov 13, 2025	0	7:53	9:23	20 min	06:30 PM	04:00 AM
Nov 12, 2025	0	6:31	9:29	40 min	07:30 PM	05:00 AM
Nov 11, 2025	0	9:42	10:33	21 min	07:00 PM	05:30 AM
Nov 10, 2025	0	8:17	9:38	20 min	10:00 PM	08:00 AM
Nov 09, 2025	0	8:30	9:46	48 min	11:30 PM	09:00 AM
Nov 08, 2025	0	9:52	11:26	23 min	09:00 PM	08:30 AM
Nov 07, 2025	0	6:04	9:03	29 min	08:00 PM	05:00 AM
Nov 06, 2025	0	9:57	12:17	55 min	06:00 PM	06:30 AM
Nov 05, 2025	0	7:56	12:02	96 min	06:30 PM	08:30 AM
Nov 04, 2025	0	10:27	11:55	18 min	08:30 PM	08:30 AM
Nov 03, 2025	0	11:05	12:32	25 min	07:30 PM	08:00 AM
Oct 31, 2025	0	10:44	13:26	89 min	07:00 PM	08:30 AM
Oct 30, 2025	0	9:57	11:44	34 min	09:00 PM	08:30 AM
Oct 29, 2025	0	10:42	13:04	53 min	07:30 PM	08:30 AM
Oct 28, 2025	0	10:51	13:59	28 min	06:30 PM	08:30 AM
Oct 27, 2025	0	8:10	14:36	97 min	06:30 PM	09:00 AM
Oct 26, 2025	1	11:34	13:53	92 min	06:30 PM	08:30 AM
Oct 25, 2025	1	9:33	10:48	17 min	07:30 PM	07:30 AM
Oct 24, 2025	1	6:54	11:09	198 min	08:30 PM	08:00 AM
Oct 23, 2025	0	9:49	13:49	32 min	06:30 PM	08:00 AM
Oct 22, 2025	1	7:12	13:48	231 min	06:30 PM	08:00 AM
Oct 21, 2025	0	8:56	11:55	75 min	08:30 PM	08:00 AM
Oct 20, 2025	0	10:29	14:03	93 min	06:00 PM	08:30 AM
Oct 19, 2025	0	9:14	12:12	73 min	08:00 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 18, 2025	0	10:09	14:09	74 min	05:30 PM	08:00 AM
Oct 17, 2025	0	8:15	10:42	66 min	09:30 PM	08:00 AM
Oct 16, 2025	0	9:19	11:58	126 min	07:30 PM	07:30 AM
Oct 15, 2025	0	10:02	14:23	66 min	07:00 PM	09:00 AM
Oct 14, 2025	0	8:28	11:24	39 min	09:00 PM	08:30 AM
Oct 13, 2025	0	6:38	12:05	170 min	09:30 PM	09:30 AM
Oct 12, 2025	0	7:16	11:03	79 min	09:30 PM	08:30 AM
Oct 11, 2025	1	10:00	13:23	91 min	07:30 PM	09:00 AM
Oct 10, 2025	0	7:17	9:52	51 min	08:30 PM	06:00 AM
Oct 09, 2025	0	8:57	11:27	22 min	08:30 PM	08:00 AM
Oct 08, 2025	0	7:02	12:24	149 min	08:00 PM	08:30 AM
Oct 07, 2025	0	5:15	9:15	163 min	08:30 PM	05:30 AM
Oct 06, 2025	1	10:27	11:37	36 min	08:30 PM	08:30 AM
Oct 05, 2025	0	9:35	11:41	23 min	09:00 PM	09:00 AM
Oct 04, 2025	0	7:50	13:09	103 min	07:00 PM	08:30 AM
Oct 03, 2025	0	3:01	10:35	254 min	09:30 PM	08:00 AM
Oct 02, 2025	0	10:34	12:23	24 min	07:30 PM	08:00 AM
Oct 01, 2025	0	1:06	11:13	572 min	09:00 PM	08:30 AM
Sep 30, 2025	0	8:04	11:17	69 min	09:00 PM	08:30 AM
Sep 29, 2025	0	7:41	10:32	48 min	09:00 PM	07:30 AM
Sep 28, 2025	0	8:11	12:02	116 min	08:30 PM	08:30 AM
Sep 27, 2025	0	6:50	10:48	69 min	06:30 PM	07:30 AM
Sep 26, 2025	1	9:53	11:36	28 min	09:30 PM	09:30 AM
Sep 21, 2025	0	10:04	14:58	53 min	08:30 PM	08:00 PM
Sep 20, 2025	0	4:31	10:16	84 min	09:30 PM	07:30 AM
Sep 19, 2025	0	6:08	9:58	123 min	09:30 PM	07:30 AM
Sep 18, 2025	0	11:50	15:15	37 min	06:00 PM	12:30 PM
Sep 17, 2025	0	6:08	9:31	83 min	10:30 PM	08:00 AM
Sep 16, 2025	0	8:09	11:25	75 min	08:30 PM	08:00 AM
Sep 15, 2025	0	5:21	10:49	66 min	08:30 PM	07:30 AM
Sep 14, 2025	0	4:28	11:08	31 min	08:30 PM	07:30 AM
Sep 13, 2025	0	7:43	11:37	22 min	09:00 PM	08:30 AM
Sep 12, 2025	0	8:51	11:14	31 min	08:30 PM	08:00 AM
Sep 11, 2025	0	6:01	12:18	80 min	08:30 PM	09:00 AM
Sep 10, 2025	1	5:56	12:45	196 min	09:00 PM	10:00 AM
Sep 09, 2025	0	4:47	9:07	71 min	09:30 PM	06:30 AM
Sep 08, 2025	0	7:21	13:37	85 min	07:30 PM	09:00 AM