

RiverSpring Living — 318s 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	11:28	13:44	102 min	06:30 PM	08:30 AM
Mar 12, 2026	1	10:23	14:04	77 min	05:30 PM	08:30 AM
Mar 11, 2026	1	12:08	15:32	79 min	07:30 PM	12:00 PM
Mar 10, 2026	0	12:32	15:15	67 min	06:30 PM	11:00 AM
Mar 09, 2026	1	12:10	13:22	34 min	07:00 PM	08:30 AM
Mar 08, 2026	2	12:35	14:06	40 min	07:30 PM	12:00 PM
Mar 07, 2026	1	12:57	15:13	89 min	06:30 PM	12:30 PM
Mar 06, 2026	2	12:02	13:45	61 min	08:30 PM	11:00 AM
Mar 05, 2026	1	14:39	18:01	82 min	07:30 PM	05:30 PM
Mar 04, 2026	1	12:23	13:37	34 min	06:30 PM	08:30 AM
Mar 03, 2026	0	13:51	17:08	43 min	07:00 PM	03:00 PM
Mar 02, 2026	1	11:53	13:27	69 min	07:00 PM	09:00 AM
Mar 01, 2026	1	13:44	16:11	41 min	07:00 PM	01:00 PM
Feb 28, 2026	1	13:07	14:16	36 min	07:00 PM	09:00 AM
Feb 27, 2026	2	12:43	15:09	89 min	06:30 PM	12:30 PM
Feb 26, 2026	1	10:01	12:48	55 min	12:00 AM	03:00 PM
Feb 25, 2026	1	9:41	11:36	34 min	10:00 PM	09:30 AM
Feb 24, 2026	1	11:49	13:46	57 min	07:00 PM	09:00 AM
Feb 23, 2026	1	10:56	14:12	89 min	08:00 PM	11:30 AM
Feb 22, 2026	2	13:24	15:01	43 min	06:00 PM	09:30 AM
Feb 21, 2026	2	13:04	14:55	57 min	08:00 PM	11:30 AM
Feb 20, 2026	1	13:41	16:14	124 min	07:00 PM	03:30 PM
Feb 19, 2026	1	11:45	13:41	84 min	07:00 PM	09:00 AM
Feb 18, 2026	2	12:12	14:55	65 min	06:30 PM	10:00 AM
Feb 17, 2026	3	14:17	18:32	66 min	06:00 PM	03:00 PM
Feb 16, 2026	2	7:16	10:44	135 min	11:30 PM	03:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 15, 2026	1	13:12	15:19	69 min	07:30 PM	11:30 AM
Feb 14, 2026	1	9:49	13:26	144 min	09:00 PM	03:00 PM
Feb 13, 2026	0	10:58	12:22	46 min	08:30 PM	09:00 AM
Feb 12, 2026	2	14:06	16:18	37 min	06:30 PM	01:00 PM
Feb 11, 2026	2	14:39	16:43	29 min	06:30 PM	12:30 PM
Feb 10, 2026	1	12:43	14:10	76 min	07:00 PM	04:00 PM
Feb 09, 2026	1	13:24	16:13	117 min	07:00 PM	04:30 PM
Feb 08, 2026	2	12:24	14:40	45 min	07:00 PM	11:30 AM
Feb 07, 2026	0	13:49	14:41	18 min	06:30 PM	09:30 AM
Feb 06, 2026	0	11:52	14:04	79 min	07:30 PM	02:30 PM
Feb 05, 2026	3	13:42	16:17	52 min	07:00 PM	01:00 PM
Feb 04, 2026	1	12:07	14:01	79 min	07:00 PM	09:00 AM
Feb 03, 2026	1	13:46	15:00	63 min	07:30 PM	03:00 PM
Feb 02, 2026	1	11:26	13:05	35 min	08:00 PM	09:00 AM
Feb 01, 2026	2	13:26	14:30	37 min	06:30 PM	09:30 AM
Jan 31, 2026	2	13:01	14:37	39 min	07:00 PM	10:00 AM
Jan 30, 2026	2	13:46	16:17	83 min	07:00 PM	03:30 PM
Jan 29, 2026	2	13:28	15:42	28 min	07:30 PM	11:30 AM
Jan 28, 2026	1	12:27	14:05	36 min	06:30 PM	09:00 AM
Jan 27, 2026	3	13:01	17:35	177 min	06:30 PM	03:30 PM
Jan 26, 2026	1	9:40	11:31	71 min	10:00 PM	09:30 AM
Jan 25, 2026	1	12:11	13:11	32 min	07:00 PM	08:30 AM
Jan 24, 2026	1	13:23	14:55	49 min	10:00 PM	04:00 PM
Jan 23, 2026	1	11:21	13:40	76 min	06:30 PM	08:30 AM
Jan 22, 2026	1	12:44	13:50	38 min	06:30 PM	08:30 AM
Jan 21, 2026	1	12:37	14:07	33 min	06:30 PM	09:00 AM
Jan 20, 2026	2	13:27	15:03	26 min	06:30 PM	09:30 AM
Jan 19, 2026	2	15:23	18:12	33 min	06:30 PM	03:00 PM
Jan 18, 2026	1	14:05	16:42	93 min	04:30 PM	03:00 PM
Jan 17, 2026	2	14:06	16:19	41 min	06:30 PM	12:00 PM
Jan 16, 2026	0	12:47	16:03	81 min	06:30 PM	12:00 PM
Jan 15, 2026	3	14:51	18:17	37 min	06:30 PM	03:30 PM
Jan 14, 2026	2	11:10	12:38	36 min	08:00 PM	09:00 AM
Jan 13, 2026	1	26:23	35:01	96 min	06:30 PM	02:30 PM
Jan 11, 2026	1	11:47	13:45	71 min	06:00 PM	08:00 AM
Jan 10, 2026	1	12:53	13:52	36 min	06:30 PM	08:30 AM
Jan 09, 2026	1	11:59	14:37	95 min	07:00 PM	02:30 PM
Jan 08, 2026	2	13:28	15:21	36 min	07:00 PM	11:00 AM
Jan 07, 2026	3	12:11	16:51	46 min	07:00 PM	03:00 PM
Jan 06, 2026	1	12:21	13:54	37 min	06:30 PM	09:00 AM
Jan 05, 2026	2	12:53	16:07	136 min	07:30 PM	03:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 04, 2026	1	13:50	16:10	98 min	06:30 PM	02:30 PM
Jan 03, 2026	1	14:28	16:45	82 min	06:00 PM	02:30 PM
Jan 02, 2026	1	13:52	17:39	53 min	06:30 PM	03:30 PM
Jan 01, 2026	2	12:59	15:47	36 min	07:30 PM	12:00 PM
Dec 31, 2025	1	13:11	15:08	81 min	06:30 PM	02:30 PM
Dec 30, 2025	3	14:54	18:18	43 min	06:00 PM	03:00 PM
Dec 29, 2025	1	9:53	13:01	55 min	08:00 PM	09:30 AM
Dec 28, 2025	4	11:36	14:27	40 min	10:30 PM	04:30 PM
Dec 27, 2025	4	13:36	14:58	30 min	06:00 PM	10:00 AM
Dec 26, 2025	1	12:14	14:05	63 min	06:00 PM	08:30 AM
Dec 25, 2025	1	15:06	18:00	64 min	07:30 PM	03:00 PM
Dec 24, 2025	0	13:25	14:37	48 min	07:00 PM	04:30 PM
Dec 23, 2025	1	14:03	15:05	35 min	06:00 PM	09:00 AM
Dec 22, 2025	1	13:03	14:30	76 min	06:30 PM	11:30 AM
Dec 21, 2025	2	12:51	15:58	104 min	06:00 PM	02:30 PM
Dec 20, 2025	1	14:09	16:09	39 min	06:00 PM	02:30 PM
Dec 19, 2025	0	13:36	16:37	82 min	06:00 PM	02:30 PM
Dec 18, 2025	2	14:22	17:41	80 min	05:00 PM	02:30 PM
Dec 17, 2025	1	13:36	16:32	84 min	06:30 PM	02:30 PM
Dec 16, 2025	1	13:08	15:07	88 min	06:30 PM	02:30 PM
Dec 15, 2025	0	12:39	14:24	35 min	06:00 PM	08:30 AM
Dec 14, 2025	2	13:19	14:41	33 min	06:00 PM	08:30 AM
Dec 13, 2025	2	14:41	17:54	34 min	06:00 PM	03:00 PM
Dec 12, 2025	1	14:15	16:32	80 min	06:00 PM	03:00 PM
Dec 11, 2025	1	13:41	16:24	80 min	06:00 PM	03:00 PM
Dec 10, 2025	1	14:04	17:26	37 min	06:30 PM	03:30 PM
Dec 09, 2025	1	12:32	13:56	62 min	06:30 PM	09:00 AM
Dec 08, 2025	1	12:28	14:35	59 min	05:30 PM	08:30 AM
Dec 07, 2025	0	11:30	14:06	56 min	11:00 PM	02:30 PM
Dec 06, 2025	3	14:41	16:51	29 min	01:30 PM	08:30 AM
Dec 05, 2025	0	14:46	16:19	45 min	03:30 PM	09:00 AM
Dec 04, 2025	3	14:52	16:44	36 min	06:00 PM	11:30 AM
Dec 03, 2025	1	14:37	18:03	100 min	06:00 PM	03:30 PM
Dec 02, 2025	2	15:23	17:49	71 min	06:00 PM	03:00 PM
Dec 01, 2025	0	13:41	15:34	91 min	06:30 PM	02:30 PM
Nov 30, 2025	3	13:36	15:50	39 min	06:00 PM	11:00 AM
Nov 29, 2025	3	12:44	17:06	121 min	02:30 PM	10:00 AM
Nov 28, 2025	2	27:30	34:26	45 min	07:00 PM	10:30 AM
Nov 26, 2025	1	13:36	17:23	49 min	05:30 PM	12:30 PM
Nov 25, 2025	1	12:35	15:32	135 min	05:30 PM	03:30 PM
Nov 24, 2025	1	12:26	16:56	136 min	07:00 PM	03:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 23, 2025	2	10:43	12:44	31 min	06:30 PM	07:30 AM
Nov 22, 2025	1	12:18	17:21	85 min	07:30 PM	03:30 PM
Nov 21, 2025	1	16:34	22:47	67 min	01:30 PM	03:00 PM
Nov 20, 2025	2	10:57	14:12	66 min	07:30 PM	10:30 AM
Nov 19, 2025	0	14:24	19:50	45 min	06:00 PM	04:30 PM
Nov 18, 2025	4	11:26	16:19	70 min	05:30 PM	03:30 PM
Nov 17, 2025	4	24:34	32:53	99 min	09:00 PM	02:30 PM
Nov 15, 2025	1	13:29	18:43	52 min	01:30 PM	11:30 AM
Nov 14, 2025	1	26:09	34:14	58 min	06:00 PM	09:00 AM
Nov 12, 2025	2	10:17	14:29	106 min	08:30 PM	02:30 PM
Nov 11, 2025	2	13:14	17:39	71 min	06:00 PM	05:30 PM
Nov 10, 2025	1	12:40	15:55	45 min	08:30 PM	03:00 PM
Nov 09, 2025	1	26:29	34:30	43 min	06:00 PM	10:00 AM
Nov 07, 2025	3	28:18	35:09	75 min	07:00 PM	04:00 PM
Nov 05, 2025	1	11:58	14:10	31 min	06:00 PM	08:00 AM
Nov 04, 2025	0	11:29	13:57	50 min	06:00 PM	08:00 AM
Nov 03, 2025	2	14:50	17:47	94 min	06:00 PM	03:00 PM
Nov 02, 2025	1	11:54	15:22	116 min	08:30 PM	03:00 PM
Nov 01, 2025	2	12:20	14:13	36 min	06:00 PM	08:30 AM
Oct 31, 2025	1	10:09	13:19	84 min	06:30 PM	08:00 AM
Oct 30, 2025	3	13:33	18:03	79 min	06:00 PM	03:30 PM
Oct 29, 2025	1	28:20	34:55	40 min	05:30 PM	10:30 AM
Oct 27, 2025	0	13:54	17:32	142 min	06:00 PM	03:00 PM
Oct 26, 2025	1	12:27	15:45	34 min	05:30 PM	11:00 AM
Oct 25, 2025	2	15:49	18:31	43 min	06:00 PM	03:30 PM
Oct 24, 2025	2	14:27	17:33	77 min	06:30 PM	03:30 PM
Oct 23, 2025	3	15:50	19:24	45 min	06:00 PM	04:30 PM
Oct 22, 2025	1	13:21	15:17	36 min	07:00 PM	11:00 AM
Oct 21, 2025	1	16:34	19:05	41 min	06:00 PM	03:30 PM
Oct 20, 2025	2	12:58	14:08	30 min	06:00 PM	08:30 AM
Oct 19, 2025	3	16:19	18:39	42 min	06:00 PM	03:00 PM
Oct 18, 2025	2	12:12	13:22	35 min	07:00 PM	08:30 AM
Oct 17, 2025	2	14:05	16:05	78 min	06:00 PM	05:00 PM
Oct 16, 2025	0	12:08	14:59	51 min	03:00 PM	07:30 AM
Oct 15, 2025	1	14:15	16:55	35 min	06:00 PM	12:00 PM
Oct 14, 2025	2	12:58	14:33	44 min	06:30 PM	09:00 AM
Oct 13, 2025	3	26:27	30:55	71 min	11:30 PM	02:00 PM
Oct 11, 2025	1	27:11	33:49	54 min	06:30 PM	08:30 AM
Oct 09, 2025	2	12:09	14:29	59 min	06:00 PM	10:30 AM
Oct 08, 2025	2	10:52	12:09	38 min	08:00 PM	08:30 AM
Oct 07, 2025	2	12:38	14:41	47 min	06:00 PM	09:00 AM

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Oct 05, 2025	1	13:17	14:25	31 min	06:00 PM	08:30 AM
Oct 04, 2025	1	12:32	13:39	31 min	06:30 PM	08:30 AM
Oct 03, 2025	1	13:32	14:45	35 min	06:00 PM	09:00 AM
Oct 02, 2025	4	13:48	15:48	96 min	06:00 PM	03:30 PM
Oct 01, 2025	3	15:04	18:12	48 min	06:30 PM	03:30 PM
Sep 30, 2025	2	13:22	16:36	106 min	06:30 PM	03:00 PM
Sep 29, 2025	3	13:54	16:26	88 min	07:00 PM	03:00 PM
Sep 28, 2025	1	11:50	14:25	93 min	07:30 PM	02:00 PM
Sep 27, 2025	1	14:02	15:35	32 min	06:00 PM	10:30 AM
Sep 26, 2025	1	11:44	14:14	75 min	06:30 PM	11:30 AM
Sep 25, 2025	1	12:31	14:30	51 min	09:00 PM	12:30 PM
Sep 24, 2025	0	13:58	17:23	83 min	04:30 PM	02:30 PM
Sep 23, 2025	3	13:23	15:59	44 min	08:30 PM	02:30 PM
Sep 22, 2025	1	15:02	18:33	51 min	06:00 PM	03:00 PM
Sep 21, 2025	2	12:15	14:41	38 min	09:30 PM	02:30 PM
Sep 20, 2025	1	14:55	18:22	42 min	04:30 PM	12:00 PM
Sep 19, 2025	1	13:11	16:00	45 min	06:00 PM	11:30 AM
Sep 18, 2025	2	13:59	16:39	48 min	07:30 PM	02:30 PM
Sep 17, 2025	2	11:49	14:51	59 min	06:00 PM	10:30 AM
Sep 16, 2025	2	15:11	18:11	32 min	06:00 PM	03:00 PM
Sep 15, 2025	2	11:37	16:49	82 min	06:30 PM	02:00 PM
Sep 14, 2025	1	11:34	14:29	52 min	06:30 PM	09:00 AM
Sep 13, 2025	0	13:37	15:37	32 min	06:30 PM	10:30 AM
Sep 12, 2025	4	12:20	17:55	51 min	06:30 PM	02:30 PM
Sep 11, 2025	1	14:07	15:46	33 min	06:30 PM	11:00 AM
Sep 10, 2025	1	15:25	19:18	92 min	01:30 PM	02:30 PM
Sep 09, 2025	0	13:07	14:53	28 min	06:00 PM	09:30 AM
Sep 08, 2025	1	16:28	21:59	44 min	01:30 PM	04:00 PM