

# RiverSpring Living — 320s 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 15, 2026	0	11:43	12:37	45 min	01:30 PM	02:00 AM
Feb 14, 2026	0	8:59	10:10	64 min	09:30 PM	07:30 AM
Feb 13, 2026	0	2:17	5:35	198 min	09:00 PM	02:30 AM
Feb 12, 2026	0	11:30	13:16	36 min	07:00 PM	08:00 AM
Feb 11, 2026	0	7:54	11:51	141 min	08:00 PM	08:00 AM
Feb 10, 2026	0	2:29	9:15	219 min	08:30 PM	06:00 AM
Feb 09, 2026	1	7:29	8:58	67 min	05:00 PM	02:30 AM
Feb 08, 2026	0	7:19	9:14	115 min	07:30 PM	05:00 AM
Feb 07, 2026	0	6:39	10:42	230 min	09:00 PM	08:00 AM
Feb 06, 2026	0	8:18	11:54	119 min	08:30 PM	08:30 AM
Feb 05, 2026	2	6:38	8:14	45 min	09:00 PM	05:30 AM
Feb 04, 2026	0	22:05	26:00	140 min	10:00 AM	04:00 PM
Feb 03, 2026	0	13:23	15:35	86 min	04:30 PM	08:00 AM
Jan 29, 2026	2	12:08	19:06	210 min	08:00 PM	11:30 PM
Jan 28, 2026	1	23:01	35:34	97 min	04:30 PM	05:30 AM
Jan 26, 2026	0	15:54	26:25	408 min	09:30 AM	02:30 PM
Jan 25, 2026	0	2:04	8:27	127 min	09:00 PM	05:00 AM
Jan 24, 2026	0	18:46	20:53	52 min	12:00 PM	08:30 AM
Jan 23, 2026	0	2:49	8:34	320 min	08:00 PM	04:30 AM
Jan 22, 2026	0	5:08	9:25	118 min	08:30 PM	06:00 AM
Jan 21, 2026	0	25:38	34:18	154 min	08:30 PM	08:00 AM
Jan 19, 2026	0	40:15	57:37	158 min	09:30 PM	12:00 PM
Jan 16, 2026	0	6:56	10:35	177 min	08:30 PM	07:30 AM
Jan 15, 2026	0	12:34	14:52	101 min	04:30 PM	07:00 AM
Jan 14, 2026	0	4:49	9:16	142 min	09:00 PM	06:00 AM
Jan 13, 2026	0	80:20	101:28	38 min	09:00 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 08, 2026	0	3:44	10:22	204 min	08:30 PM	07:00 AM
Jan 07, 2026	0	5:26	8:58	150 min	09:00 PM	06:00 AM
Jan 06, 2026	2	21:46	33:08	148 min	10:00 PM	08:30 AM
Jan 04, 2026	0	41:56	68:08	253 min	10:00 AM	09:00 AM
Jan 01, 2026	1	15:27	29:55	232 min	12:00 AM	07:30 AM
Dec 30, 2025	0	20:35	22:42	88 min	01:30 PM	07:30 PM
Dec 29, 2025	0	10:56	12:14	52 min	02:00 PM	02:30 AM
Dec 28, 2025	0	15:21	17:16	74 min	01:30 PM	07:00 AM
Dec 26, 2025	1	9:16	13:44	212 min	07:00 PM	09:00 AM
Dec 25, 2025	1	7:04	9:55	92 min	08:30 PM	06:30 AM
Dec 24, 2025	1	5:00	8:01	139 min	10:00 PM	06:00 AM
Dec 23, 2025	0	21:34	24:53	150 min	09:30 AM	10:30 AM
Dec 22, 2025	0	35:03	43:44	163 min	09:30 AM	06:30 AM
Dec 20, 2025	0	31:35	40:59	227 min	12:00 PM	06:00 AM
Dec 18, 2025	0	20:41	24:00	151 min	10:00 AM	10:00 AM
Dec 17, 2025	0	12:40	18:51	150 min	10:30 AM	06:30 AM
Dec 14, 2025	2	61:42	68:51	56 min	10:30 AM	09:00 AM
Dec 11, 2025	0	6:07	8:39	75 min	05:00 PM	01:30 AM
Dec 10, 2025	0	36:41	42:48	60 min	11:30 AM	07:30 AM
Dec 07, 2025	0	7:53	11:27	52 min	09:00 PM	08:30 AM
Dec 06, 2025	0	9:06	12:03	73 min	06:00 PM	06:30 AM
Dec 05, 2025	0	1:11	1:19	5 min	12:30 AM	02:00 AM
Dec 03, 2025	1	16:17	21:57	212 min	11:30 AM	12:30 PM
Dec 02, 2025	0	7:08	10:41	156 min	09:00 PM	08:00 AM
Dec 01, 2025	0	43:07	48:25	39 min	01:00 PM	01:30 PM
Nov 29, 2025	0	59:21	67:18	115 min	10:00 AM	07:30 AM
Nov 26, 2025	0	19:15	22:11	37 min	10:00 AM	08:00 AM
Nov 25, 2025	0	35:21	41:17	50 min	09:30 AM	05:00 AM
Nov 23, 2025	0	15:47	19:01	38 min	11:30 AM	06:30 AM
Nov 22, 2025	2	19:23	26:29	32 min	12:00 AM	09:00 AM
Nov 16, 2025	0	32:11	40:18	39 min	10:30 AM	04:30 AM
Nov 14, 2025	0	15:48	20:49	170 min	10:00 AM	07:00 AM
Nov 13, 2025	0	4:02	10:36	356 min	05:30 PM	04:30 AM
Nov 12, 2025	1	32:40	45:10	104 min	04:30 PM	03:30 PM
Nov 10, 2025	1	56:02	68:02	53 min	10:30 AM	09:30 AM
Nov 07, 2025	0	41:01	44:48	41 min	10:30 AM	07:30 AM
Nov 05, 2025	0	21:53	36:16	773 min	07:30 PM	08:00 AM
Nov 03, 2025	0	12:28	15:53	104 min	08:00 PM	04:30 PM
Nov 02, 2025	0	16:04	18:50	116 min	01:00 PM	07:00 AM
Nov 01, 2025	2	6:46	10:51	117 min	06:30 PM	05:30 AM
Oct 30, 2025	0	6:58	10:57	54 min	09:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 29, 2025	1	18:19	22:17	51 min	11:00 AM	09:00 AM
Oct 28, 2025	0	9:09	12:08	90 min	12:00 PM	12:00 AM
Oct 27, 2025	1	51:58	61:27	101 min	01:00 PM	04:30 AM
Oct 24, 2025	0	7:28	9:29	76 min	07:00 PM	04:30 AM
Oct 23, 2025	1	11:05	14:05	177 min	06:30 PM	09:00 AM
Oct 22, 2025	2	34:49	42:52	46 min	09:30 AM	06:30 AM
Oct 20, 2025	0	17:34	19:31	54 min	11:00 AM	06:30 AM
Oct 19, 2025	0	37:30	46:29	94 min	09:30 AM	09:00 AM
Oct 17, 2025	0	16:12	17:46	59 min	01:00 PM	07:00 AM
Oct 16, 2025	0	6:45	9:04	99 min	08:00 PM	05:00 AM
Oct 15, 2025	0	8:19	13:19	121 min	06:30 PM	07:30 AM
Oct 14, 2025	1	6:12	12:36	100 min	06:30 PM	07:30 AM
Oct 13, 2025	0	18:37	21:04	74 min	02:00 PM	12:00 PM
Oct 12, 2025	0	9:11	11:39	66 min	10:00 PM	09:30 AM
Oct 11, 2025	3	8:46	14:34	160 min	01:00 PM	04:00 AM
Oct 10, 2025	1	8:29	11:54	43 min	09:00 PM	09:00 AM
Oct 09, 2025	0	8:13	10:22	122 min	09:30 PM	08:00 AM
Oct 08, 2025	0	4:18	6:46	85 min	10:00 PM	04:30 AM
Oct 07, 2025	0	7:49	11:03	36 min	09:30 PM	08:30 AM
Oct 06, 2025	0	80:39	134:41	185 min	10:00 AM	12:30 PM
Sep 30, 2025	0	40:02	66:05	626 min	12:00 PM	07:00 AM
Sep 27, 2025	0	10:28	17:24	168 min	03:00 PM	08:00 AM
Sep 26, 2025	0	10:23	16:02	180 min	01:00 PM	05:00 AM
Sep 25, 2025	2	9:16	16:34	141 min	01:00 PM	06:00 AM
Sep 24, 2025	1	5:42	16:58	105 min	01:00 PM	06:00 AM
Sep 23, 2025	0	12:10	19:11	393 min	01:30 PM	08:30 AM
Sep 22, 2025	0	11:05	20:25	349 min	01:00 PM	09:30 AM
Sep 21, 2025	0	5:01	8:17	105 min	07:00 PM	03:30 AM
Sep 20, 2025	0	5:31	9:12	94 min	09:00 PM	06:00 AM
Sep 19, 2025	0	14:36	18:47	162 min	02:00 PM	09:00 AM
Sep 18, 2025	0	11:00	14:34	185 min	06:30 PM	09:00 AM
Sep 17, 2025	0	7:52	10:22	45 min	09:30 PM	07:30 AM
Sep 16, 2025	1	27:26	53:49	430 min	08:30 AM	04:00 PM
Sep 14, 2025	1	36:21	40:17	88 min	12:00 PM	04:30 AM
Sep 12, 2025	0	10:59	16:28	230 min	02:30 PM	07:00 AM
Sep 11, 2025	1	6:28	14:59	205 min	06:30 PM	10:00 AM
Sep 10, 2025	2	22:21	36:40	38 min	06:30 PM	09:00 AM
Sep 08, 2025	0	2:04	6:39	195 min	09:00 PM	03:30 AM