

# RiverSpring Living — 321s 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 08, 2026	0	8:50	13:54	132 min	10:30 PM	08:00 PM
Mar 07, 2026	0	2:48	4:01	11 min	10:30 PM	02:30 AM
Mar 06, 2026	0	3:12	3:33	21 min	03:30 AM	07:00 AM
Mar 05, 2026	0	5:35	9:24	71 min	10:00 PM	10:00 PM
Mar 04, 2026	0	4:05	6:21	113 min	09:00 PM	03:30 AM
Mar 03, 2026	0	4:20	12:06	227 min	10:00 PM	10:30 AM
Mar 02, 2026	1	6:55	10:35	17 min	09:30 PM	08:00 AM
Mar 01, 2026	0	6:04	8:02	31 min	10:30 PM	06:30 AM
Jan 17, 2026	0	5:51	9:25	25 min	11:00 PM	08:30 AM
Jan 15, 2026	1	0:26	0:48	11 min	09:00 AM	09:30 AM
Jan 14, 2026	0	7:40	13:30	53 min	05:30 AM	11:30 PM
Jan 13, 2026	1	8:10	13:16	41 min	09:30 PM	11:30 AM
Jan 12, 2026	0	6:00	8:22	38 min	09:30 PM	06:00 AM
Jan 11, 2026	0	5:46	6:16	22 min	10:30 PM	04:30 AM
Jan 10, 2026	0	7:49	11:18	65 min	01:00 AM	12:00 PM
Jan 09, 2026	0	5:15	8:59	36 min	09:30 PM	09:00 AM
Jan 08, 2026	0	7:09	9:06	24 min	09:00 PM	06:00 AM
Jan 07, 2026	2	6:47	11:07	42 min	09:30 PM	09:00 AM
Jan 05, 2026	0	5:29	8:53	63 min	11:00 PM	10:00 AM
Jan 04, 2026	0	9:26	11:48	25 min	11:00 PM	11:00 AM
Jan 03, 2026	0	5:00	7:11	108 min	09:30 PM	04:30 AM
Jan 02, 2026	0	6:51	8:44	16 min	09:30 PM	06:30 AM
Jan 01, 2026	1	6:08	8:18	19 min	10:30 PM	07:00 AM
Dec 31, 2025	0	8:32	11:41	15 min	10:30 PM	10:00 AM
Dec 30, 2025	1	4:43	8:38	18 min	07:30 PM	05:30 AM
Dec 29, 2025	0	9:39	11:31	56 min	09:30 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 28, 2025	0	9:36	10:25	32 min	09:00 PM	07:30 AM
Dec 27, 2025	0	10:26	12:56	93 min	08:00 PM	09:00 AM
Dec 26, 2025	0	5:22	7:41	14 min	09:30 PM	05:30 AM
Dec 25, 2025	0	6:48	8:21	35 min	09:00 PM	05:30 AM
Dec 24, 2025	0	3:42	6:47	113 min	11:00 PM	05:30 AM
Dec 23, 2025	0	4:34	7:48	41 min	09:00 PM	05:00 AM
Dec 22, 2025	1	3:57	6:12	64 min	02:00 AM	09:00 AM
Dec 21, 2025	0	4:35	5:59	18 min	03:00 AM	09:00 AM
Dec 20, 2025	0	10:43	12:14	35 min	08:30 PM	09:00 AM
Dec 19, 2025	0	9:32	11:30	12 min	10:30 PM	10:00 AM
Dec 18, 2025	1	4:08	6:36	26 min	11:30 PM	06:00 AM
Dec 17, 2025	0	5:28	5:43	15 min	02:30 AM	08:00 AM
Dec 16, 2025	0	2:01	4:12	56 min	11:00 PM	03:30 AM
Dec 15, 2025	0	5:22	7:59	38 min	08:30 PM	04:30 AM
Dec 14, 2025	0	2:50	7:14	78 min	11:30 PM	07:00 AM
Dec 13, 2025	2	7:52	10:40	15 min	10:00 PM	10:30 AM
Dec 12, 2025	0	4:17	6:15	10 min	08:30 PM	02:30 AM
Dec 11, 2025	1	2:18	4:35	44 min	10:00 PM	06:30 AM
Dec 10, 2025	1	10:14	12:49	81 min	10:00 PM	07:00 PM
Dec 09, 2025	0	8:57	12:01	143 min	10:30 PM	10:30 AM
Dec 08, 2025	0	4:37	6:33	32 min	04:00 AM	11:00 AM
Dec 07, 2025	0	7:13	11:48	32 min	11:30 PM	11:30 AM
Dec 06, 2025	0	5:08	9:38	58 min	09:30 PM	07:30 AM
Dec 04, 2025	0	6:07	11:13	98 min	10:30 PM	11:00 PM
Dec 03, 2025	0	8:06	10:50	58 min	12:00 AM	11:00 AM
Dec 02, 2025	0	7:17	10:06	17 min	11:00 PM	09:00 AM
Dec 01, 2025	0	8:17	11:57	98 min	08:30 PM	02:30 PM
Nov 30, 2025	0	10:57	11:53	11 min	11:00 PM	11:00 AM
Nov 29, 2025	0	11:21	12:20	59 min	09:30 PM	10:00 AM
Nov 28, 2025	0	5:09	5:33	11 min	12:00 AM	05:30 AM
Nov 27, 2025	0	5:45	7:21	29 min	12:00 AM	07:00 AM
Nov 26, 2025	0	4:46	7:09	17 min	01:00 AM	09:00 PM
Nov 24, 2025	0	6:06	7:59	26 min	11:00 PM	07:00 AM
Nov 23, 2025	0	9:19	11:17	15 min	10:00 PM	09:00 AM
Nov 22, 2025	0	0:12	1:01	49 min	12:30 AM	01:30 AM
Nov 21, 2025	0	7:24	10:47	59 min	07:00 PM	10:00 PM
Nov 20, 2025	0	4:24	6:25	60 min	09:30 PM	03:30 PM
Nov 19, 2025	0	8:26	11:45	12 min	11:00 PM	10:30 AM
Nov 18, 2025	1	8:54	11:27	23 min	10:30 PM	10:30 AM
Nov 17, 2025	0	5:16	6:46	14 min	10:00 PM	05:00 AM
Nov 16, 2025	0	2:16	4:47	51 min	11:00 PM	04:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 15, 2025	0	7:11	8:58	35 min	10:00 PM	07:00 AM
Nov 14, 2025	0	6:04	9:33	27 min	09:00 PM	06:30 AM
Nov 13, 2025	0	7:26	10:48	112 min	10:00 PM	09:00 AM
Nov 12, 2025	1	9:41	16:22	164 min	02:30 PM	07:00 AM
Nov 11, 2025	2	3:35	5:38	37 min	08:30 PM	02:30 AM
Nov 10, 2025	0	4:17	6:15	12 min	09:30 PM	04:00 AM
Nov 09, 2025	0	7:14	10:02	24 min	10:00 PM	10:30 AM
Nov 07, 2025	1	2:59	5:55	77 min	09:30 PM	11:30 PM
Nov 06, 2025	0	7:46	9:51	13 min	11:00 PM	09:00 AM
Nov 05, 2025	1	5:25	7:18	53 min	09:30 PM	06:00 AM
Nov 04, 2025	0	4:31	6:42	22 min	09:30 PM	04:00 AM
Nov 03, 2025	0	8:32	10:38	45 min	09:00 PM	07:30 AM
Nov 02, 2025	1	6:26	10:49	43 min	09:30 PM	08:30 AM
Nov 01, 2025	0	5:27	5:51	18 min	12:30 AM	06:00 AM
Oct 31, 2025	0	7:23	8:56	18 min	08:30 PM	05:30 AM
Oct 30, 2025	0	3:04	4:11	43 min	02:30 AM	07:00 AM
Oct 28, 2025	0	1:53	2:32	18 min	09:00 PM	11:30 PM
Oct 26, 2025	0	8:30	9:05	35 min	11:00 PM	08:00 AM
Oct 25, 2025	0	3:50	5:37	48 min	04:00 AM	09:30 AM
Oct 24, 2025	1	1:07	1:23	13 min	11:00 PM	12:30 AM
Oct 23, 2025	0	4:42	8:13	12 min	10:30 PM	07:00 AM
Oct 22, 2025	0	4:27	6:46	41 min	11:00 PM	05:30 AM
Oct 21, 2025	0	3:16	3:37	21 min	02:00 AM	05:30 AM
Oct 20, 2025	0	5:39	7:04	9 min	09:30 PM	04:30 AM
Oct 19, 2025	0	1:30	3:47	90 min	11:30 PM	01:00 PM
Oct 18, 2025	0	4:13	5:43	32 min	10:30 PM	04:30 AM
Oct 17, 2025	1	2:53	4:29	17 min	10:30 PM	03:30 AM
Oct 15, 2025	2	5:39	9:33	16 min	09:00 PM	07:00 AM
Oct 14, 2025	0	1:12	3:06	72 min	11:00 PM	02:00 AM
Oct 13, 2025	1	4:58	6:44	83 min	01:00 AM	05:00 PM
Oct 12, 2025	0	5:22	5:43	21 min	01:00 AM	06:30 AM
Oct 11, 2025	0	3:15	6:15	73 min	09:00 PM	05:30 AM
Oct 10, 2025	1	3:03	5:27	13 min	06:30 AM	12:00 PM
Oct 09, 2025	3	7:26	12:17	109 min	06:00 PM	10:30 PM
Oct 08, 2025	0	5:19	7:04	11 min	11:00 PM	06:00 AM
Oct 07, 2025	0	4:36	6:01	10 min	11:30 PM	05:30 AM
Oct 06, 2025	1	4:30	7:48	37 min	09:30 PM	08:30 AM
Oct 04, 2025	1	1:29	4:21	34 min	07:30 PM	12:00 AM
Oct 03, 2025	0	6:58	8:36	8 min	12:00 AM	09:00 AM
Oct 02, 2025	0	4:46	7:32	12 min	12:00 AM	07:30 AM
Oct 01, 2025	0	4:56	6:05	23 min	11:00 PM	05:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 30, 2025	0	3:28	5:39	89 min	10:30 PM	04:00 AM
Sep 27, 2025	0	5:46	6:00	12 min	10:30 PM	04:30 AM
Sep 26, 2025	0	6:09	10:36	86 min	11:00 PM	10:00 AM
Sep 25, 2025	0	0:53	4:45	32 min	02:00 AM	06:30 AM
Sep 24, 2025	0	2:58	5:53	69 min	10:30 PM	10:30 PM
Sep 23, 2025	0	8:45	10:37	14 min	10:30 PM	09:30 AM
Sep 22, 2025	0	5:14	8:41	73 min	09:00 PM	07:30 AM
Sep 21, 2025	1	5:12	6:27	13 min	10:30 PM	06:30 AM
Sep 20, 2025	0	5:24	6:33	14 min	09:30 PM	04:30 AM
Sep 19, 2025	0	7:44	9:08	44 min	11:00 PM	10:30 AM
Sep 18, 2025	0	2:14	4:12	24 min	01:00 AM	09:00 AM
Sep 17, 2025	0	5:23	6:27	29 min	09:30 PM	10:00 PM
Sep 16, 2025	0	4:32	7:24	30 min	11:00 PM	06:30 AM
Sep 15, 2025	0	9:08	10:43	34 min	11:30 PM	10:30 AM
Sep 14, 2025	1	2:52	5:11	54 min	06:30 AM	01:00 PM
Sep 13, 2025	0	9:09	12:30	64 min	07:00 PM	09:30 PM
Sep 12, 2025	0	9:07	9:36	9 min	11:00 PM	09:00 AM
Sep 11, 2025	0	6:42	7:56	8 min	01:00 AM	09:00 AM
Sep 10, 2025	0	2:30	5:40	14 min	12:30 AM	06:00 AM
Sep 09, 2025	0	7:09	9:40	42 min	10:00 PM	08:30 AM