

RiverSpring Living — 322d 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	2	9:36	14:55	30 min	01:30 PM	08:00 AM
Mar 12, 2026	0	35:18	46:00	262 min	12:00 PM	10:00 AM
Mar 10, 2026	0	16:33	21:51	103 min	11:00 AM	08:30 AM
Mar 09, 2026	1	44:13	63:20	77 min	01:30 PM	08:00 AM
Mar 06, 2026	0	29:47	41:33	42 min	04:00 PM	11:30 AM
Mar 04, 2026	0	12:55	17:40	100 min	02:30 PM	08:00 AM
Mar 03, 2026	0	11:24	17:16	224 min	04:00 PM	09:00 AM
Mar 02, 2026	1	10:00	17:12	114 min	01:00 PM	09:30 AM
Mar 01, 2026	2	11:04	16:23	199 min	03:30 PM	09:00 AM
Feb 28, 2026	0	10:42	15:08	23 min	08:00 PM	11:30 AM
Feb 27, 2026	0	9:48	10:55	46 min	09:00 PM	08:00 AM
Feb 26, 2026	0	17:21	23:04	296 min	02:00 PM	01:00 PM
Feb 25, 2026	0	14:49	15:49	7 min	06:30 PM	10:30 AM
Feb 24, 2026	2	10:42	23:06	50 min	12:30 PM	01:00 PM
Feb 23, 2026	1	16:48	26:48	50 min	06:00 AM	09:30 AM
Feb 21, 2026	3	29:12	42:24	423 min	10:00 PM	06:00 PM
Feb 19, 2026	0	18:59	24:15	82 min	01:00 PM	01:00 PM
Feb 18, 2026	0	9:37	10:49	31 min	09:30 PM	08:30 AM
Feb 17, 2026	1	19:50	23:09	128 min	11:30 AM	03:00 PM
Feb 16, 2026	0	64:19	82:22	445 min	07:00 PM	08:30 AM
Feb 12, 2026	0	35:06	40:55	109 min	03:30 PM	09:30 AM
Feb 10, 2026	1	7:41	19:03	139 min	12:30 PM	07:30 AM
Feb 09, 2026	1	13:53	20:06	215 min	01:30 PM	10:00 AM
Feb 08, 2026	0	48:55	67:11	162 min	11:30 AM	09:00 AM
Feb 05, 2026	0	14:36	20:24	128 min	12:00 PM	08:30 AM
Feb 04, 2026	0	13:23	20:04	269 min	01:30 PM	09:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 03, 2026	0	9:22	18:33	138 min	01:30 PM	08:00 AM
Feb 02, 2026	1	24:25	39:19	179 min	05:00 PM	10:30 AM
Jan 31, 2026	0	16:12	18:17	39 min	05:30 PM	12:30 PM
Jan 30, 2026	0	30:13	36:48	119 min	04:30 PM	08:00 AM
Jan 28, 2026	0	11:09	14:50	69 min	05:30 PM	08:00 AM
Jan 27, 2026	1	15:36	21:34	245 min	03:00 PM	12:30 PM
Jan 26, 2026	0	36:56	41:12	41 min	03:00 PM	10:00 AM
Jan 24, 2026	0	18:17	19:41	26 min	03:00 PM	10:30 AM
Jan 23, 2026	0	13:28	20:26	400 min	01:00 PM	09:30 AM
Jan 22, 2026	0	10:44	11:46	26 min	08:00 PM	07:30 AM
Jan 21, 2026	0	12:25	19:06	286 min	01:30 PM	09:00 AM
Jan 20, 2026	0	11:35	17:01	113 min	02:00 PM	07:00 AM
Jan 19, 2026	1	40:49	46:26	30 min	11:30 AM	12:00 PM
Jan 17, 2026	1	12:54	21:15	142 min	12:00 PM	09:30 AM
Jan 16, 2026	0	14:19	19:41	143 min	01:00 PM	09:00 AM
Jan 15, 2026	0	12:35	17:36	184 min	03:30 PM	09:30 AM
Jan 14, 2026	2	30:07	37:06	106 min	04:00 PM	06:00 AM
Jan 12, 2026	0	18:22	19:31	0 min	02:30 PM	10:00 AM
Jan 11, 2026	0	30:40	43:24	379 min	12:00 PM	09:00 AM
Jan 09, 2026	0	12:01	18:11	261 min	01:00 PM	07:30 AM
Jan 08, 2026	0	15:33	21:43	154 min	12:00 PM	10:00 AM
Jan 07, 2026	0	12:13	19:32	160 min	01:00 PM	08:30 AM
Jan 06, 2026	1	32:22	38:10	56 min	05:00 PM	09:00 AM
Jan 04, 2026	0	33:58	42:21	303 min	04:00 PM	11:00 AM
Jan 02, 2026	0	11:53	22:35	152 min	01:00 PM	12:30 PM
Jan 01, 2026	0	15:01	20:06	136 min	12:30 PM	08:30 AM
Dec 31, 2025	0	12:33	15:22	169 min	05:00 PM	08:30 AM
Dec 30, 2025	0	13:05	14:13	40 min	06:30 PM	09:00 AM
Dec 29, 2025	0	12:51	16:48	149 min	03:00 PM	08:00 AM
Dec 28, 2025	0	15:37	23:12	424 min	12:30 PM	01:00 PM
Dec 27, 2025	0	11:36	16:11	254 min	04:30 PM	08:30 AM
Dec 26, 2025	2	18:43	21:07	0 min	02:00 PM	01:00 PM
Dec 25, 2025	1	12:13	13:45	15 min	09:30 PM	12:00 PM
Dec 24, 2025	2	9:55	17:55	120 min	01:00 PM	08:00 AM
Dec 23, 2025	3	15:01	21:10	130 min	01:00 PM	10:30 AM
Dec 22, 2025	0	8:50	11:16	34 min	09:30 PM	08:30 AM
Dec 21, 2025	0	13:27	18:31	166 min	02:00 PM	09:00 AM
Dec 20, 2025	0	16:22	24:54	105 min	10:00 AM	11:00 AM
Dec 19, 2025	0	30:39	43:59	168 min	10:30 AM	08:00 AM
Dec 17, 2025	0	14:02	18:21	133 min	01:30 PM	08:00 AM
Dec 16, 2025	1	15:09	19:46	133 min	01:00 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 15, 2025	0	12:54	13:41	14 min	07:30 PM	09:00 AM
Dec 14, 2025	1	15:11	18:03	115 min	03:00 PM	09:00 AM
Dec 13, 2025	0	11:53	21:04	112 min	12:00 PM	09:00 AM
Dec 12, 2025	0	6:03	12:07	75 min	07:30 PM	08:00 AM
Dec 11, 2025	2	13:13	16:41	142 min	07:30 PM	01:00 PM
Dec 10, 2025	0	11:46	13:34	22 min	06:30 PM	08:30 AM
Dec 09, 2025	0	11:25	12:41	60 min	09:30 PM	10:00 AM
Dec 08, 2025	0	9:31	12:38	31 min	04:00 PM	04:30 AM
Dec 07, 2025	0	11:54	19:42	177 min	03:00 PM	11:00 AM
Dec 06, 2025	1	11:20	16:52	215 min	02:30 PM	09:30 AM
Dec 05, 2025	3	9:30	11:56	100 min	06:30 PM	08:00 AM
Dec 04, 2025	0	10:24	14:13	104 min	06:00 PM	08:30 AM
Dec 03, 2025	1	17:40	22:42	210 min	03:00 PM	02:00 PM
Dec 02, 2025	0	11:43	18:34	59 min	03:30 PM	10:00 AM
Dec 01, 2025	0	12:30	15:02	60 min	07:00 PM	10:30 AM
Nov 30, 2025	0	16:21	19:37	133 min	01:00 PM	08:30 AM
Nov 29, 2025	2	9:27	12:23	164 min	07:00 PM	10:00 AM
Nov 28, 2025	2	15:49	20:57	129 min	12:30 PM	10:00 AM
Nov 27, 2025	1	13:47	18:17	128 min	03:00 PM	09:30 AM
Nov 22, 2025	0	17:53	23:57	161 min	12:00 PM	12:00 PM
Nov 21, 2025	0	14:31	21:50	72 min	11:30 AM	09:00 AM
Nov 20, 2025	0	15:32	20:27	183 min	11:30 AM	08:00 AM
Nov 19, 2025	0	12:45	18:22	188 min	01:30 PM	08:00 AM
Nov 18, 2025	0	11:35	21:13	496 min	01:00 PM	10:00 AM
Nov 17, 2025	0	13:10	16:30	170 min	04:30 PM	09:00 AM
Nov 16, 2025	1	12:19	16:47	119 min	03:00 PM	08:00 AM
Nov 15, 2025	0	12:48	17:25	208 min	04:30 PM	10:00 AM
Nov 09, 2025	0	13:39	16:13	120 min	05:30 PM	09:30 AM
Nov 08, 2025	0	16:37	19:26	26 min	01:30 PM	09:00 AM
Nov 07, 2025	1	13:37	15:19	25 min	07:30 PM	11:00 AM
Nov 06, 2025	1	7:59	10:31	26 min	06:30 PM	05:00 AM
Nov 05, 2025	0	10:01	12:36	134 min	09:00 PM	10:00 AM
Nov 04, 2025	0	12:03	13:44	33 min	08:00 PM	09:30 AM
Nov 03, 2025	0	14:34	18:35	149 min	03:00 PM	09:30 AM
Nov 02, 2025	0	11:15	16:38	151 min	02:00 PM	05:30 AM
Nov 01, 2025	1	7:21	13:25	291 min	07:00 PM	09:30 AM
Oct 31, 2025	0	11:51	13:27	59 min	08:30 PM	10:00 AM
Oct 30, 2025	0	13:25	16:40	159 min	04:30 PM	09:30 AM
Oct 29, 2025	0	12:58	14:38	26 min	07:00 PM	09:30 AM
Oct 28, 2025	0	10:00	11:53	11 min	06:30 PM	06:30 AM
Oct 27, 2025	0	5:31	13:33	448 min	07:00 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 26, 2025	1	26:11	35:04	54 min	08:30 PM	01:00 PM
Oct 24, 2025	0	12:32	15:08	74 min	07:00 PM	10:00 AM
Oct 23, 2025	0	10:57	17:00	263 min	05:00 PM	10:00 AM
Oct 22, 2025	1	11:07	17:48	164 min	03:30 PM	09:30 AM
Oct 21, 2025	1	10:46	12:12	36 min	09:00 PM	09:30 AM
Oct 20, 2025	1	9:59	10:42	21 min	07:00 PM	06:00 AM
Oct 19, 2025	0	10:38	15:36	196 min	02:30 PM	06:00 AM
Oct 18, 2025	0	7:52	11:11	89 min	09:30 PM	09:00 AM
Oct 17, 2025	0	9:20	13:01	134 min	07:00 PM	08:00 AM
Oct 16, 2025	0	11:52	16:04	222 min	03:00 PM	07:30 AM
Oct 15, 2025	0	11:35	12:36	41 min	09:00 PM	10:00 AM
Oct 10, 2025	2	12:41	17:22	91 min	06:30 PM	01:30 PM
Oct 09, 2025	0	11:58	12:28	19 min	09:00 PM	09:30 AM
Oct 08, 2025	0	9:47	14:23	152 min	07:30 PM	09:30 AM
Oct 07, 2025	0	10:26	12:18	70 min	09:00 PM	09:00 AM
Oct 06, 2025	0	11:40	14:40	74 min	06:30 PM	09:00 AM
Oct 05, 2025	1	12:11	15:31	168 min	07:30 PM	11:00 AM
Oct 04, 2025	0	2:14	8:54	84 min	07:00 PM	04:00 AM
Oct 03, 2025	1	13:48	15:43	15 min	07:00 PM	11:00 AM
Oct 02, 2025	2	8:25	11:38	10 min	06:30 PM	09:30 AM
Oct 01, 2025	0	10:44	12:28	24 min	09:00 PM	09:30 AM
Sep 30, 2025	0	3:05	13:41	547 min	07:30 PM	09:00 AM
Sep 29, 2025	0	7:34	14:06	318 min	06:30 PM	08:30 AM
Sep 28, 2025	0	7:25	10:47	153 min	09:00 PM	08:00 AM
Sep 27, 2025	0	6:07	11:39	181 min	09:00 PM	09:00 AM
Sep 26, 2025	1	14:13	19:50	66 min	11:00 AM	09:00 AM
Sep 25, 2025	0	3:39	9:52	337 min	09:00 PM	06:30 AM
Sep 24, 2025	0	9:16	12:18	25 min	09:00 PM	09:30 AM
Sep 23, 2025	0	8:24	12:10	74 min	09:00 PM	09:00 AM
Sep 22, 2025	0	11:45	15:06	112 min	06:30 PM	09:30 AM
Sep 20, 2025	0	8:41	13:15	178 min	07:30 PM	09:00 AM
Sep 19, 2025	0	6:30	10:30	223 min	09:30 PM	08:00 AM
Sep 18, 2025	1	9:33	14:32	208 min	06:30 PM	10:00 AM
Sep 17, 2025	0	6:50	9:04	54 min	10:00 PM	07:00 AM
Sep 16, 2025	0	9:00	13:20	240 min	08:30 PM	10:00 AM
Sep 15, 2025	0	10:30	13:24	143 min	08:00 PM	09:30 AM
Sep 14, 2025	0	7:58	10:49	43 min	09:30 PM	08:00 AM
Sep 13, 2025	2	5:20	9:53	85 min	09:30 PM	07:30 AM
Sep 12, 2025	1	9:02	11:12	37 min	09:30 PM	10:00 AM
Sep 11, 2025	0	7:04	12:46	176 min	07:00 PM	08:00 AM
Sep 10, 2025	1	3:51	14:43	615 min	07:00 PM	10:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 09, 2025	1	9:45	12:40	14 min	09:00 PM	10:00 AM
Sep 08, 2025	0	1:01	4:25	29 min	05:00 AM	09:30 AM

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