

RiverSpring Living — 322w 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	1	11:13	12:22	16 min	08:00 PM	08:30 AM
Mar 12, 2026	0	10:35	11:34	59 min	06:00 PM	06:00 AM
Mar 11, 2026	0	8:54	10:29	89 min	07:30 PM	06:00 AM
Mar 10, 2026	2	6:38	10:09	204 min	07:00 PM	05:30 AM
Mar 09, 2026	0	9:48	10:55	40 min	08:00 PM	07:00 AM
Mar 08, 2026	0	10:23	12:18	28 min	05:00 PM	06:30 AM
Mar 07, 2026	0	13:54	14:57	19 min	07:00 PM	10:00 AM
Mar 06, 2026	0	11:43	12:38	25 min	07:30 PM	08:00 AM
Mar 05, 2026	1	9:00	12:28	185 min	08:00 PM	09:00 AM
Mar 04, 2026	0	16:39	17:32	18 min	02:30 PM	08:00 AM
Mar 03, 2026	0	9:49	12:03	14 min	09:00 PM	09:00 AM
Mar 02, 2026	0	10:16	12:38	135 min	07:30 PM	08:00 AM
Mar 01, 2026	0	9:10	12:32	130 min	08:30 PM	09:00 AM
Feb 28, 2026	1	7:51	9:35	18 min	08:30 PM	06:30 AM
Feb 27, 2026	0	10:22	11:15	27 min	08:30 PM	07:30 AM
Feb 26, 2026	0	8:54	11:25	64 min	07:30 PM	07:00 AM
Feb 25, 2026	0	9:15	13:09	221 min	08:30 PM	09:30 AM
Feb 24, 2026	0	10:35	12:23	11 min	07:30 PM	08:00 AM
Feb 23, 2026	1	8:09	11:27	198 min	09:00 PM	08:30 AM
Feb 22, 2026	2	27:34	34:12	66 min	08:30 PM	08:00 AM
Feb 20, 2026	0	6:51	7:43	19 min	12:30 AM	08:00 AM
Feb 19, 2026	0	8:00	11:26	158 min	08:30 PM	07:30 AM
Feb 18, 2026	0	8:28	10:20	42 min	09:00 PM	07:30 AM
Feb 17, 2026	1	11:35	12:46	71 min	07:00 PM	08:00 AM
Feb 16, 2026	0	10:00	11:06	12 min	08:30 PM	08:00 AM
Feb 15, 2026	0	18:41	20:28	23 min	12:00 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 14, 2026	1	8:03	10:58	165 min	09:00 PM	08:00 AM
Feb 13, 2026	0	18:24	20:02	19 min	01:00 PM	09:00 AM
Feb 12, 2026	0	6:44	9:28	130 min	08:30 PM	06:00 AM
Feb 11, 2026	0	8:59	12:20	195 min	08:30 PM	09:00 AM
Feb 10, 2026	0	10:01	10:17	15 min	08:30 PM	06:30 AM
Feb 09, 2026	0	9:13	10:59	99 min	08:00 PM	07:00 AM
Feb 08, 2026	1	6:56	9:18	80 min	08:00 PM	05:30 AM
Feb 07, 2026	0	7:59	9:49	23 min	08:30 PM	06:30 AM
Feb 06, 2026	0	9:49	11:39	96 min	09:00 PM	09:00 AM
Feb 05, 2026	0	7:27	11:17	224 min	09:00 PM	08:30 AM
Feb 04, 2026	0	7:33	10:45	192 min	07:30 PM	06:00 AM
Feb 03, 2026	0	10:20	11:16	50 min	08:30 PM	08:00 AM
Feb 02, 2026	0	11:35	13:49	17 min	08:00 PM	10:00 AM
Feb 01, 2026	0	8:04	11:04	153 min	09:00 PM	08:00 AM
Jan 31, 2026	1	11:06	13:45	129 min	08:30 PM	10:30 AM
Jan 30, 2026	0	10:48	13:25	29 min	07:30 PM	09:00 AM
Jan 29, 2026	0	8:01	10:51	70 min	09:30 PM	03:00 PM
Jan 28, 2026	0	9:03	11:55	165 min	10:00 PM	10:00 AM
Jan 27, 2026	0	7:40	11:41	213 min	09:30 PM	09:30 AM
Jan 26, 2026	0	4:44	9:29	245 min	08:30 PM	06:00 AM
Jan 25, 2026	0	10:51	13:29	121 min	08:00 PM	09:00 AM
Jan 24, 2026	0	10:22	12:13	18 min	10:30 PM	10:30 AM
Jan 23, 2026	0	10:00	12:08	83 min	08:30 PM	08:30 AM
Jan 22, 2026	0	8:47	12:17	190 min	08:00 PM	08:00 AM
Jan 21, 2026	0	7:56	10:10	127 min	08:30 PM	07:00 AM
Jan 20, 2026	0	9:01	11:13	94 min	08:00 PM	07:00 AM
Jan 19, 2026	0	6:21	10:35	23 min	10:00 PM	08:30 AM
Jan 18, 2026	0	9:31	10:14	12 min	09:30 PM	08:00 AM
Jan 17, 2026	0	9:18	12:40	187 min	07:30 PM	08:00 AM
Jan 16, 2026	1	8:50	12:24	115 min	08:30 PM	09:00 AM
Jan 15, 2026	0	9:51	11:54	111 min	08:00 PM	08:00 AM
Jan 14, 2026	0	9:27	11:14	94 min	10:30 PM	09:30 AM
Jan 13, 2026	0	11:30	13:30	83 min	07:30 PM	09:00 AM
Jan 12, 2026	0	7:05	10:57	164 min	07:00 PM	06:00 AM
Jan 11, 2026	1	6:46	9:49	132 min	07:00 PM	05:00 AM
Jan 10, 2026	0	8:27	10:20	42 min	09:30 PM	07:30 AM
Jan 09, 2026	0	5:29	9:40	196 min	07:30 PM	05:00 AM
Jan 08, 2026	1	9:42	11:55	108 min	08:00 PM	08:00 AM
Jan 07, 2026	0	7:29	11:41	145 min	09:00 PM	08:30 AM
Jan 06, 2026	0	7:32	12:12	137 min	08:00 PM	08:00 AM
Jan 05, 2026	1	8:39	11:01	135 min	08:30 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 04, 2026	0	9:18	15:22	337 min	07:30 PM	10:30 AM
Jan 03, 2026	0	10:36	13:02	60 min	08:00 PM	09:00 AM
Jan 02, 2026	0	8:47	12:18	103 min	09:00 PM	09:00 AM
Jan 01, 2026	0	10:16	13:45	150 min	07:00 PM	08:30 AM
Dec 31, 2025	0	8:20	12:15	11 min	07:30 PM	08:00 AM
Dec 30, 2025	0	10:08	13:54	179 min	07:30 PM	09:30 AM
Dec 29, 2025	1	7:45	12:50	234 min	07:00 PM	08:00 AM
Dec 28, 2025	3	9:59	12:13	134 min	07:00 PM	07:30 AM
Dec 27, 2025	0	10:31	13:17	126 min	07:00 PM	08:00 AM
Dec 26, 2025	0	1:49	9:46	458 min	07:30 PM	05:00 AM
Dec 25, 2025	0	5:21	11:43	191 min	07:00 PM	06:30 AM
Dec 24, 2025	0	8:56	13:35	186 min	07:00 PM	08:30 AM
Dec 23, 2025	1	9:11	15:08	315 min	06:30 PM	09:30 AM
Dec 22, 2025	0	9:11	12:27	184 min	08:00 PM	09:00 AM
Dec 21, 2025	0	8:17	9:51	66 min	10:00 PM	08:00 AM
Dec 20, 2025	0	11:57	15:18	73 min	07:00 PM	10:30 AM
Dec 19, 2025	0	9:59	13:25	164 min	06:30 PM	08:00 AM
Dec 18, 2025	0	6:01	11:06	171 min	09:30 PM	08:30 AM
Dec 17, 2025	0	6:33	11:21	36 min	08:30 PM	08:00 AM
Dec 16, 2025	1	8:25	12:42	149 min	07:30 PM	08:30 AM
Dec 15, 2025	1	8:44	14:08	196 min	06:30 PM	08:30 AM
Dec 14, 2025	1	9:22	13:31	191 min	06:30 PM	08:00 AM
Dec 13, 2025	0	4:35	8:53	12 min	07:00 PM	04:00 AM
Dec 12, 2025	0	6:25	12:18	44 min	07:30 PM	08:00 AM
Dec 11, 2025	0	9:38	14:33	267 min	06:30 PM	09:00 AM
Dec 10, 2025	0	9:43	13:59	53 min	06:30 PM	08:30 AM
Dec 09, 2025	0	12:58	15:34	22 min	04:00 PM	07:30 AM
Dec 08, 2025	2	7:02	14:02	290 min	06:30 PM	10:00 AM
Dec 07, 2025	0	6:10	12:01	323 min	08:00 PM	08:00 AM
Dec 06, 2025	1	9:15	13:40	229 min	07:00 PM	09:00 AM
Dec 05, 2025	0	8:23	10:59	97 min	07:00 PM	06:00 AM
Dec 04, 2025	0	8:50	10:38	3 min	06:30 PM	05:00 AM
Dec 03, 2025	0	7:15	10:53	154 min	09:00 PM	07:30 AM
Dec 02, 2025	0	7:48	11:41	217 min	07:30 PM	07:00 AM
Dec 01, 2025	0	10:26	14:55	194 min	07:00 PM	09:30 AM
Nov 30, 2025	0	8:35	10:49	16 min	07:30 PM	06:00 AM
Nov 29, 2025	0	8:46	12:52	240 min	07:30 PM	08:30 AM
Nov 28, 2025	0	6:21	11:25	14 min	06:30 PM	06:00 AM
Nov 27, 2025	1	7:17	10:47	168 min	07:30 PM	08:00 AM
Nov 26, 2025	0	6:39	10:56	11 min	07:00 PM	06:00 AM
Nov 25, 2025	1	9:45	13:31	48 min	07:00 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 24, 2025	0	7:10	11:38	244 min	08:00 PM	07:30 AM
Nov 23, 2025	0	6:13	11:15	207 min	07:00 PM	06:00 AM
Nov 22, 2025	0	11:16	13:28	125 min	07:00 PM	08:30 AM
Nov 21, 2025	0	7:17	11:55	10 min	06:30 PM	06:30 AM
Nov 20, 2025	0	9:49	12:48	27 min	07:00 PM	08:00 AM
Nov 19, 2025	0	7:52	11:32	19 min	08:00 PM	07:30 AM
Nov 18, 2025	1	7:40	12:17	7 min	09:30 PM	09:30 AM
Nov 17, 2025	0	6:57	10:28	45 min	07:00 PM	05:30 AM
Nov 16, 2025	0	7:44	9:58	17 min	07:00 PM	05:00 AM
Nov 15, 2025	0	5:41	9:33	50 min	07:00 PM	04:30 AM
Nov 14, 2025	0	9:31	14:15	254 min	07:30 PM	10:00 AM
Nov 13, 2025	1	9:45	12:16	17 min	07:00 PM	07:30 AM
Nov 12, 2025	0	3:27	10:30	340 min	09:00 PM	07:30 AM
Nov 11, 2025	0	7:41	11:51	217 min	06:30 PM	06:30 AM
Nov 10, 2025	1	8:47	12:19	141 min	08:30 PM	09:00 AM
Nov 09, 2025	3	6:20	12:26	240 min	07:00 PM	08:00 AM
Nov 08, 2025	0	9:56	13:10	128 min	07:30 PM	08:30 AM
Nov 07, 2025	2	7:23	11:31	231 min	06:30 PM	07:00 AM
Nov 06, 2025	0	8:08	11:03	8 min	09:00 PM	08:00 AM
Nov 05, 2025	0	7:23	10:21	105 min	08:00 PM	06:00 AM
Nov 04, 2025	0	10:59	13:46	8 min	07:00 PM	09:00 AM
Nov 03, 2025	0	10:39	14:27	181 min	07:00 PM	09:30 AM
Nov 02, 2025	0	7:08	12:24	234 min	07:00 PM	06:30 AM
Nov 01, 2025	0	8:38	10:47	10 min	07:30 PM	06:00 AM
Oct 31, 2025	0	10:24	13:31	18 min	06:30 PM	08:00 AM
Oct 30, 2025	0	9:08	13:57	25 min	06:00 PM	08:00 AM
Oct 29, 2025	0	6:41	10:05	154 min	08:00 PM	06:00 AM
Oct 28, 2025	0	7:10	12:29	18 min	05:30 PM	06:00 AM
Oct 27, 2025	1	7:53	13:04	296 min	07:00 PM	08:00 AM
Oct 26, 2025	0	9:58	13:32	17 min	06:30 PM	08:00 AM
Oct 25, 2025	0	12:22	16:15	20 min	04:30 PM	08:30 AM
Oct 24, 2025	0	7:08	12:23	302 min	06:30 PM	07:00 AM
Oct 23, 2025	0	7:04	10:32	17 min	07:30 PM	06:00 AM
Oct 22, 2025	0	8:24	11:53	194 min	07:30 PM	07:30 AM
Oct 21, 2025	0	8:10	10:51	39 min	08:30 PM	07:30 AM
Oct 20, 2025	0	4:37	10:36	18 min	06:30 PM	05:00 AM
Oct 19, 2025	0	5:46	9:56	16 min	07:00 PM	05:00 AM
Oct 18, 2025	0	9:21	12:08	24 min	07:30 PM	08:00 AM
Oct 17, 2025	1	6:21	10:17	17 min	07:00 PM	05:00 AM
Oct 16, 2025	0	7:44	11:54	225 min	06:30 PM	06:30 AM
Oct 15, 2025	0	13:39	18:25	20 min	01:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 14, 2025	0	15:54	20:56	22 min	11:00 AM	08:00 AM
Oct 13, 2025	2	6:58	10:37	8 min	08:30 PM	07:30 AM
Oct 12, 2025	2	10:29	13:17	22 min	07:30 PM	09:00 AM
Oct 11, 2025	0	4:00	9:48	14 min	06:30 PM	04:00 AM
Oct 10, 2025	0	9:23	12:01	112 min	07:30 PM	07:30 AM
Oct 09, 2025	1	12:20	16:52	20 min	03:00 PM	08:00 AM
Oct 08, 2025	0	11:27	14:12	20 min	05:00 PM	08:00 AM
Oct 07, 2025	0	6:32	11:34	161 min	06:30 PM	06:00 AM
Oct 06, 2025	1	8:59	13:01	216 min	07:00 PM	08:00 AM
Oct 05, 2025	0	7:10	10:10	65 min	06:30 PM	05:00 AM
Oct 04, 2025	0	8:37	11:54	155 min	07:30 PM	07:30 AM
Oct 03, 2025	0	6:45	11:49	24 min	08:00 PM	08:00 AM
Oct 02, 2025	0	6:32	11:07	196 min	10:00 PM	09:00 AM
Oct 01, 2025	0	16:23	18:01	30 min	02:30 PM	08:30 AM
Sep 30, 2025	0	7:51	10:12	132 min	06:30 PM	05:00 AM
Sep 29, 2025	0	7:36	10:42	146 min	09:30 PM	08:30 AM
Sep 28, 2025	0	8:24	13:07	263 min	07:00 PM	08:00 AM
Sep 27, 2025	0	12:54	15:12	31 min	04:30 PM	08:30 AM
Sep 26, 2025	0	8:08	11:33	162 min	08:30 PM	08:00 AM
Sep 25, 2025	0	7:52	12:02	63 min	07:00 PM	07:00 AM
Sep 24, 2025	0	9:19	11:09	46 min	09:30 PM	08:30 AM
Sep 23, 2025	0	8:50	12:43	153 min	08:00 PM	08:30 AM
Sep 22, 2025	0	10:10	13:18	12 min	06:30 PM	08:00 AM
Sep 21, 2025	1	7:12	11:30	212 min	06:30 PM	07:30 AM
Sep 20, 2025	0	5:22	11:44	346 min	06:30 PM	06:30 AM
Sep 19, 2025	0	8:53	11:03	6 min	07:30 PM	06:30 AM
Sep 18, 2025	0	8:41	11:38	81 min	06:00 PM	05:30 AM
Sep 17, 2025	0	6:48	9:36	32 min	06:30 PM	04:00 AM
Sep 16, 2025	0	12:01	14:26	9 min	07:00 PM	09:30 AM
Sep 15, 2025	0	8:49	13:33	220 min	07:30 PM	09:00 AM
Sep 14, 2025	0	5:22	13:17	342 min	07:00 PM	08:00 AM
Sep 13, 2025	0	6:19	9:19	113 min	10:00 PM	07:30 AM
Sep 12, 2025	2	10:16	13:10	120 min	07:30 PM	09:30 AM
Sep 11, 2025	0	7:14	9:48	147 min	09:00 PM	07:00 AM
Sep 10, 2025	0	5:28	13:04	333 min	08:30 PM	09:30 AM
Sep 09, 2025	0	10:08	14:43	185 min	07:00 PM	09:30 AM
Sep 08, 2025	0	5:42	8:58	107 min	09:00 PM	06:00 AM