

RiverSpring Living — 323d 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
Dec 13, 2025	0	12:37	14:41	22 min	07:00 PM	04:00 PM
Dec 12, 2025	0	13:22	16:37	149 min	04:00 PM	08:30 AM
Dec 11, 2025	1	12:51	16:48	85 min	09:00 PM	02:00 PM
Dec 10, 2025	1	17:56	19:02	27 min	09:00 PM	04:00 PM
Dec 09, 2025	1	9:46	11:42	60 min	06:30 PM	01:00 PM
Dec 08, 2025	1	19:02	21:14	48 min	12:00 PM	10:00 AM
Dec 07, 2025	1	10:02	11:30	16 min	08:00 PM	08:00 AM
Dec 06, 2025	1	13:03	13:20	10 min	07:30 PM	08:30 AM
Dec 05, 2025	0	12:50	13:01	9 min	07:00 PM	08:00 AM
Dec 04, 2025	0	12:44	13:27	10 min	06:30 PM	08:00 AM
Dec 03, 2025	1	12:52	17:09	21 min	04:30 PM	10:00 AM
Dec 02, 2025	1	11:04	11:49	10 min	07:30 PM	07:30 AM
Dec 01, 2025	1	12:34	14:03	68 min	07:30 PM	09:30 AM
Nov 30, 2025	1	12:38	13:28	13 min	06:30 PM	08:30 AM
Nov 29, 2025	1	10:16	11:40	8 min	08:30 PM	08:30 AM
Nov 28, 2025	1	11:55	12:28	11 min	07:30 PM	08:00 AM
Nov 27, 2025	0	12:04	13:15	7 min	06:30 PM	08:00 AM
Nov 26, 2025	1	12:09	12:52	14 min	06:30 PM	07:30 AM
Nov 25, 2025	1	13:27	14:45	11 min	08:30 PM	11:30 AM
Nov 24, 2025	1	13:19	13:33	14 min	06:30 PM	08:30 AM
Nov 23, 2025	1	9:34	10:56	14 min	10:00 PM	09:00 AM
Nov 22, 2025	1	12:21	12:51	12 min	07:00 PM	08:00 AM
Nov 21, 2025	0	13:52	14:11	12 min	06:30 PM	09:00 AM
Nov 20, 2025	1	9:00	10:29	8 min	07:30 PM	06:00 AM
Nov 19, 2025	0	11:15	12:44	15 min	06:30 PM	07:30 AM
Nov 18, 2025	2	16:58	19:05	14 min	07:00 PM	03:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 17, 2025	1	11:52	12:47	10 min	06:30 PM	07:30 AM
Nov 16, 2025	0	12:02	13:01	14 min	06:30 PM	07:30 AM
Nov 15, 2025	0	11:50	13:10	16 min	07:00 PM	08:00 AM
Nov 14, 2025	1	12:34	14:23	46 min	09:00 PM	04:00 PM
Nov 13, 2025	1	11:44	12:51	14 min	06:30 PM	07:30 AM
Nov 12, 2025	0	13:23	15:21	68 min	06:30 PM	03:00 PM
Nov 11, 2025	1	14:29	14:53	18 min	06:30 PM	09:00 AM
Nov 10, 2025	0	14:23	15:04	16 min	06:30 PM	09:30 AM
Nov 09, 2025	1	11:55	13:06	34 min	07:30 PM	01:00 PM
Nov 08, 2025	0	10:53	11:40	13 min	07:00 PM	08:00 AM
Nov 07, 2025	1	12:04	13:20	31 min	06:00 PM	07:30 AM
Nov 06, 2025	1	10:27	12:11	7 min	07:30 PM	08:30 AM
Nov 05, 2025	1	10:05	11:06	13 min	08:30 PM	08:00 AM
Nov 04, 2025	1	14:37	16:59	11 min	01:30 PM	09:00 AM
Nov 03, 2025	1	11:52	12:51	9 min	07:00 PM	08:00 AM
Nov 02, 2025	1	14:01	14:12	10 min	07:00 PM	08:00 AM
Nov 01, 2025	0	14:32	16:52	67 min	02:00 PM	09:00 AM
Oct 31, 2025	0	10:26	10:55	17 min	09:00 PM	08:00 AM
Oct 30, 2025	1	13:41	14:39	10 min	07:00 PM	11:00 AM
Oct 29, 2025	0	18:48	19:28	15 min	08:30 PM	04:00 PM
Oct 28, 2025	0	11:59	13:16	24 min	08:00 PM	09:30 AM
Oct 27, 2025	0	10:53	11:59	17 min	07:00 PM	08:00 AM
Oct 26, 2025	0	11:32	12:24	38 min	07:00 PM	07:30 AM
Oct 25, 2025	0	9:46	11:05	18 min	09:30 PM	08:30 AM
Oct 24, 2025	1	9:56	11:27	13 min	06:30 PM	08:00 AM
Oct 23, 2025	0	13:48	15:04	13 min	07:30 PM	11:00 AM
Oct 22, 2025	0	10:23	12:04	27 min	08:00 PM	08:00 AM
Oct 21, 2025	1	10:26	10:52	12 min	08:30 PM	07:30 AM
Oct 20, 2025	2	9:04	11:23	26 min	07:00 PM	07:30 AM
Oct 19, 2025	1	10:21	12:57	10 min	07:00 PM	08:30 AM
Oct 18, 2025	0	8:24	12:15	150 min	07:30 PM	07:30 AM
Oct 17, 2025	0	12:38	13:52	34 min	06:30 PM	03:30 PM
Oct 16, 2025	0	12:26	13:55	12 min	07:00 PM	09:00 AM
Oct 15, 2025	1	5:07	6:52	31 min	06:30 PM	02:30 AM
Oct 14, 2025	0	10:17	12:04	100 min	07:00 PM	07:00 AM
Oct 13, 2025	0	11:11	12:01	30 min	09:00 PM	09:00 AM
Oct 12, 2025	1	11:16	13:21	99 min	07:30 PM	09:00 AM
Oct 11, 2025	0	11:07	12:25	11 min	08:00 PM	08:30 AM
Oct 10, 2025	0	11:43	12:50	10 min	07:00 PM	08:00 AM
Oct 09, 2025	0	11:06	12:05	15 min	07:30 PM	07:30 AM
Oct 08, 2025	1	33:43	36:01	12 min	07:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 06, 2025	2	11:59	12:45	12 min	07:00 PM	08:00 AM
Oct 05, 2025	1	12:21	12:59	17 min	06:30 PM	07:30 AM
Oct 04, 2025	1	11:00	11:25	18 min	08:30 PM	08:00 AM
Oct 03, 2025	1	15:11	15:46	13 min	09:00 PM	12:30 PM
Oct 02, 2025	1	36:52	41:56	66 min	07:30 PM	04:30 PM
Sep 30, 2025	0	8:38	9:46	10 min	06:30 PM	04:30 AM
Sep 29, 2025	1	8:18	11:18	119 min	09:30 PM	09:00 AM
Sep 28, 2025	1	33:31	35:52	42 min	07:30 PM	08:30 AM
Sep 26, 2025	2	11:23	12:55	16 min	07:30 PM	09:00 AM
Sep 25, 2025	0	15:33	17:05	52 min	07:00 PM	12:00 PM
Sep 24, 2025	1	9:09	11:26	30 min	09:30 PM	09:00 AM
Sep 23, 2025	3	12:31	13:07	9 min	07:30 PM	09:00 AM
Sep 22, 2025	0	11:17	11:55	9 min	09:00 PM	09:00 AM
Sep 21, 2025	0	5:32	6:47	66 min	09:30 PM	04:30 AM
Sep 20, 2025	1	10:06	11:41	26 min	06:30 PM	04:00 PM
Sep 19, 2025	0	11:36	12:23	8 min	07:30 PM	08:00 AM
Sep 18, 2025	2	11:01	11:07	6 min	09:30 PM	08:30 AM
Sep 17, 2025	0	10:32	11:37	43 min	09:00 PM	08:30 AM
Sep 16, 2025	1	10:33	12:43	80 min	07:00 PM	08:00 AM
Sep 15, 2025	3	10:03	10:19	11 min	10:00 PM	08:30 AM
Sep 14, 2025	1	12:01	12:24	17 min	08:30 PM	09:00 AM
Sep 13, 2025	2	13:07	14:54	11 min	08:30 PM	01:00 PM
Sep 12, 2025	1	13:06	15:14	13 min	07:00 PM	10:30 AM
Sep 11, 2025	0	10:23	10:48	8 min	09:00 PM	08:00 AM
Sep 10, 2025	1	10:03	12:28	113 min	09:00 PM	09:30 AM
Sep 09, 2025	1	11:00	11:47	5 min	08:30 PM	08:30 AM
Sep 08, 2025	1	1:56	2:08	10 min	05:30 AM	07:30 AM