

RiverSpring Living — 323w 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 02, 2025	1	7:31	10:21	59 min	12:00 AM	10:30 AM
Dec 01, 2025	1	8:21	11:30	10 min	08:30 PM	08:00 AM
Nov 30, 2025	0	14:05	17:46	92 min	08:30 PM	05:30 PM
Nov 29, 2025	0	9:24	11:29	25 min	10:00 PM	09:30 AM
Nov 28, 2025	0	14:21	16:42	17 min	08:00 PM	01:00 PM
Nov 27, 2025	0	9:24	13:01	46 min	09:00 PM	05:00 PM
Nov 26, 2025	1	10:42	12:55	10 min	08:30 PM	09:30 AM
Nov 25, 2025	1	13:19	16:47	31 min	09:00 PM	05:30 PM
Nov 24, 2025	0	15:14	18:25	7 min	09:00 PM	05:00 PM
Nov 23, 2025	1	9:21	12:53	40 min	08:00 PM	05:00 PM
Nov 22, 2025	1	12:17	16:43	18 min	09:30 PM	05:00 PM
Nov 21, 2025	0	11:46	14:11	41 min	09:30 PM	05:00 PM
Nov 20, 2025	0	9:57	11:49	22 min	09:30 PM	09:30 AM
Nov 19, 2025	0	9:58	11:51	64 min	07:30 PM	07:30 AM
Nov 18, 2025	0	11:14	13:38	18 min	07:00 PM	08:30 AM
Nov 17, 2025	1	14:54	17:20	18 min	06:30 PM	12:30 PM
Nov 16, 2025	1	12:54	14:44	22 min	06:30 PM	09:30 AM
Nov 15, 2025	2	11:50	13:35	12 min	08:00 PM	10:00 AM
Nov 14, 2025	0	7:37	10:26	130 min	09:00 PM	07:30 AM
Nov 13, 2025	1	7:19	12:08	163 min	06:30 PM	03:30 PM
Nov 12, 2025	1	13:29	14:51	15 min	07:30 PM	10:30 AM
Nov 11, 2025	0	6:33	9:08	8 min	07:00 PM	04:30 AM
Nov 10, 2025	0	10:13	14:09	10 min	07:00 PM	10:00 AM
Nov 09, 2025	1	12:44	17:39	166 min	07:30 PM	05:00 PM
Nov 08, 2025	1	9:29	12:17	57 min	07:30 PM	04:00 PM
Nov 07, 2025	0	7:50	10:40	73 min	09:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 06, 2025	1	10:49	15:31	17 min	07:30 PM	11:00 AM
Nov 05, 2025	0	8:52	10:20	14 min	09:00 PM	07:30 AM
Nov 04, 2025	2	6:07	11:59	56 min	07:30 PM	10:00 AM
Nov 03, 2025	0	9:23	11:24	15 min	06:30 PM	06:00 AM
Nov 02, 2025	2	9:38	11:59	18 min	07:00 PM	07:00 AM
Nov 01, 2025	0	7:13	10:39	75 min	09:00 PM	08:00 AM
Oct 31, 2025	0	10:13	13:17	43 min	09:30 PM	11:30 AM
Oct 30, 2025	0	15:38	20:10	40 min	06:30 PM	03:00 PM
Oct 29, 2025	0	9:25	10:54	18 min	07:30 PM	06:30 AM
Oct 28, 2025	3	9:20	11:55	47 min	08:30 PM	12:30 PM
Oct 27, 2025	1	13:09	15:52	26 min	09:00 PM	01:00 PM
Oct 26, 2025	0	13:21	19:07	16 min	08:30 PM	04:30 PM
Oct 25, 2025	2	9:14	11:50	17 min	07:00 PM	03:30 PM
Oct 24, 2025	0	4:20	6:59	86 min	12:00 AM	10:00 AM
Oct 23, 2025	2	15:28	18:49	20 min	07:00 PM	03:00 PM
Oct 22, 2025	0	12:06	13:19	16 min	08:00 PM	09:30 AM
Oct 21, 2025	1	15:41	18:15	30 min	07:30 PM	03:30 PM
Oct 20, 2025	0	7:13	10:53	119 min	08:00 PM	02:00 PM
Oct 19, 2025	0	9:49	11:35	44 min	07:30 PM	07:00 AM
Oct 18, 2025	0	7:34	10:21	58 min	07:30 PM	06:00 AM
Oct 14, 2025	0	7:35	8:31	30 min	11:00 PM	07:30 AM
Oct 13, 2025	2	13:59	17:21	108 min	10:30 PM	09:00 PM
Oct 12, 2025	0	9:49	12:06	28 min	08:30 PM	01:00 PM
Oct 11, 2025	1	17:19	21:17	15 min	07:30 PM	05:00 PM
Oct 10, 2025	1	9:10	11:18	85 min	09:00 PM	08:30 AM
Oct 03, 2025	2	11:07	14:05	46 min	08:30 PM	03:00 PM
Oct 02, 2025	0	12:09	14:50	76 min	07:00 PM	10:00 AM
Sep 25, 2025	0	1:01	1:42	22 min	02:30 PM	05:30 PM
Sep 16, 2025	0	8:29	11:21	24 min	07:00 PM	06:30 AM
Sep 15, 2025	1	10:16	14:06	27 min	08:00 PM	12:00 PM
Sep 14, 2025	0	11:05	13:30	84 min	08:30 PM	05:30 PM
Sep 13, 2025	0	10:11	11:20	16 min	07:00 PM	06:30 AM
Sep 11, 2025	0	9:48	11:32	23 min	09:30 PM	09:00 AM
Sep 10, 2025	0	9:26	11:51	24 min	09:00 PM	09:00 AM
Sep 09, 2025	0	9:45	11:57	17 min	08:30 PM	08:30 AM
Sep 08, 2025	2	10:09	14:03	82 min	06:00 PM	08:30 AM