

RiverSpring Living — 324d 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 07, 2026	1	9:03	11:52	24 min	08:30 PM	08:30 AM
Mar 06, 2026	1	7:46	9:46	32 min	08:00 PM	06:00 AM
Mar 05, 2026	1	8:24	12:19	96 min	08:00 PM	08:00 AM
Mar 04, 2026	0	6:39	9:19	29 min	07:00 PM	04:30 AM
Mar 03, 2026	1	7:07	11:01	52 min	09:00 PM	08:30 AM
Mar 02, 2026	1	8:18	11:26	49 min	08:00 PM	07:30 AM
Mar 01, 2026	0	9:35	11:45	14 min	07:30 PM	08:30 AM
Feb 28, 2026	1	6:41	9:36	44 min	09:00 PM	07:00 AM
Feb 27, 2026	1	9:56	11:39	57 min	08:00 PM	07:30 AM
Feb 26, 2026	0	9:42	10:59	17 min	08:30 PM	08:00 AM
Feb 24, 2026	1	9:59	16:01	191 min	07:30 PM	11:30 PM
Feb 22, 2026	0	10:12	11:50	52 min	08:00 PM	08:00 AM
Feb 21, 2026	0	1:30	2:07	37 min	06:00 AM	08:00 AM
Feb 20, 2026	1	8:14	11:19	116 min	09:00 PM	08:30 AM
Feb 19, 2026	0	1:01	2:06	47 min	01:30 AM	04:00 AM
Feb 18, 2026	1	7:58	11:38	3 min	08:00 PM	08:00 AM
Feb 17, 2026	1	7:58	12:05	76 min	07:30 PM	08:00 AM
Feb 16, 2026	1	7:19	11:27	33 min	07:30 PM	07:00 AM
Feb 15, 2026	2	8:49	11:58	22 min	08:00 PM	08:30 AM
Feb 14, 2026	3	8:09	14:52	56 min	10:00 PM	04:00 PM
Feb 13, 2026	1	7:00	12:36	30 min	08:00 PM	08:30 AM
Feb 12, 2026	0	7:21	9:26	58 min	11:00 PM	08:00 AM
Feb 11, 2026	0	7:42	10:36	17 min	09:00 PM	07:30 AM
Feb 10, 2026	1	6:34	11:42	9 min	08:00 PM	08:00 AM
Feb 09, 2026	0	9:32	11:58	61 min	07:30 PM	07:30 AM
Feb 08, 2026	1	9:30	13:07	74 min	07:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 07, 2026	1	9:55	11:20	40 min	08:30 PM	08:00 AM
Feb 06, 2026	0	6:44	10:28	94 min	09:00 PM	07:30 AM
Feb 05, 2026	1	8:37	11:29	15 min	08:30 PM	08:00 AM
Feb 04, 2026	0	8:30	11:36	68 min	08:00 PM	07:30 AM
Feb 03, 2026	0	9:57	12:20	16 min	07:30 PM	07:30 AM
Feb 01, 2026	1	7:36	13:47	77 min	06:00 PM	08:00 AM
Jan 31, 2026	0	6:56	10:07	92 min	09:00 PM	01:00 PM
Jan 30, 2026	2	5:58	11:07	60 min	08:00 PM	07:30 AM
Jan 29, 2026	0	8:46	11:52	115 min	09:00 PM	09:00 AM
Jan 28, 2026	1	5:43	12:16	56 min	08:00 PM	08:00 AM
Jan 27, 2026	0	8:20	10:45	30 min	09:00 PM	08:00 AM
Jan 26, 2026	2	3:41	11:42	177 min	08:00 PM	08:00 AM
Jan 25, 2026	1	8:51	12:16	51 min	08:00 PM	08:30 AM
Jan 24, 2026	1	7:43	11:54	49 min	08:30 PM	08:30 AM
Jan 08, 2026	1	9:28	13:04	50 min	09:30 PM	10:30 AM
Jan 07, 2026	1	10:59	12:20	27 min	07:30 PM	08:00 AM
Jan 06, 2026	1	9:32	13:13	20 min	07:30 PM	09:00 AM
Jan 05, 2026	1	7:51	10:23	125 min	09:30 PM	08:00 AM
Jan 04, 2026	1	11:49	12:26	24 min	08:00 PM	08:30 AM
Jan 03, 2026	1	12:23	14:11	39 min	07:00 PM	09:30 AM
Jan 02, 2026	1	11:36	13:00	29 min	07:00 PM	08:30 AM
Jan 01, 2026	1	8:22	12:21	33 min	08:00 PM	08:30 AM
Dec 31, 2025	1	9:03	11:34	102 min	08:30 PM	08:30 AM
Dec 30, 2025	1	7:25	12:11	140 min	08:30 PM	09:00 AM
Dec 29, 2025	1	6:20	11:29	133 min	09:00 PM	09:00 AM
Dec 28, 2025	1	9:01	11:04	36 min	09:00 PM	08:00 AM
Dec 27, 2025	1	8:50	11:56	155 min	08:00 PM	08:00 AM
Dec 26, 2025	1	8:09	11:05	149 min	08:30 PM	08:00 AM
Dec 25, 2025	1	8:41	13:07	142 min	08:00 PM	09:00 AM
Dec 24, 2025	1	10:15	11:44	50 min	09:00 PM	09:00 AM
Dec 23, 2025	1	7:44	12:06	37 min	07:30 PM	07:30 AM
Dec 22, 2025	1	6:32	9:53	121 min	09:00 PM	07:30 AM
Dec 21, 2025	2	9:08	11:37	29 min	09:00 PM	08:30 AM
Dec 20, 2025	1	10:43	12:35	47 min	08:30 PM	09:30 AM
Dec 19, 2025	1	6:31	11:32	163 min	07:30 PM	07:00 AM
Dec 18, 2025	1	6:15	10:20	208 min	09:30 PM	08:00 AM
Dec 17, 2025	1	8:36	11:31	30 min	09:00 PM	09:00 AM
Dec 16, 2025	1	10:23	11:07	25 min	08:30 PM	08:00 AM
Dec 15, 2025	0	1:02	2:03	32 min	06:00 AM	08:00 AM
Dec 13, 2025	1	7:26	10:34	140 min	09:00 PM	08:00 AM
Dec 12, 2025	1	8:34	10:45	103 min	08:30 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 11, 2025	1	3:47	10:19	204 min	09:30 PM	07:30 AM
Dec 10, 2025	1	5:48	11:13	29 min	08:30 PM	07:30 AM
Dec 09, 2025	1	5:52	10:51	236 min	09:00 PM	08:00 AM
Dec 08, 2025	1	8:13	12:14	162 min	07:30 PM	07:30 AM
Dec 07, 2025	1	7:34	10:43	23 min	08:30 PM	07:30 AM
Dec 06, 2025	1	7:21	10:38	22 min	09:00 PM	07:30 AM
Dec 05, 2025	0	9:08	11:09	58 min	08:30 PM	07:30 AM
Dec 04, 2025	1	7:19	11:54	238 min	07:30 PM	07:30 AM
Dec 03, 2025	1	10:18	12:23	16 min	06:30 PM	07:00 AM
Dec 02, 2025	1	8:22	10:02	39 min	09:30 PM	07:30 AM
Dec 01, 2025	0	1:26	2:39	51 min	05:00 AM	08:00 AM
Nov 30, 2025	1	7:18	11:23	68 min	08:30 PM	08:00 AM
Nov 29, 2025	1	9:15	10:49	29 min	09:00 PM	08:00 AM
Nov 28, 2025	1	7:47	11:27	39 min	08:30 PM	08:00 AM
Nov 27, 2025	1	8:06	10:59	24 min	08:30 PM	07:30 AM
Nov 26, 2025	1	11:21	12:51	80 min	09:00 PM	05:30 PM
Nov 25, 2025	2	1:34	4:47	14 min	09:00 PM	02:30 AM
Nov 24, 2025	1	8:31	11:02	67 min	09:00 PM	08:00 AM
Nov 23, 2025	0	0:31	1:38	52 min	03:00 AM	05:00 AM
Nov 22, 2025	1	10:29	11:15	39 min	08:30 PM	08:00 AM
Nov 21, 2025	1	3:26	10:54	37 min	07:30 PM	08:00 AM
Nov 20, 2025	1	10:07	11:30	12 min	08:30 PM	08:00 AM
Nov 19, 2025	1	6:44	11:58	268 min	08:00 PM	08:00 AM
Nov 18, 2025	1	10:30	11:11	16 min	09:00 PM	08:00 AM
Nov 17, 2025	1	9:12	10:39	31 min	09:00 PM	08:00 AM
Nov 16, 2025	2	3:31	10:57	150 min	06:30 PM	06:30 AM
Nov 15, 2025	1	8:02	11:30	35 min	08:30 PM	08:00 AM
Nov 14, 2025	0	8:14	11:50	91 min	09:00 PM	09:30 AM
Nov 13, 2025	1	9:47	10:39	26 min	09:00 PM	07:30 AM
Nov 12, 2025	0	9:33	11:25	25 min	09:00 PM	08:30 AM
Nov 11, 2025	1	10:33	13:14	94 min	07:30 PM	09:00 AM
Nov 10, 2025	1	8:18	12:45	26 min	08:30 PM	09:30 AM
Nov 09, 2025	1	8:53	11:19	51 min	09:00 PM	08:30 AM
Nov 08, 2025	2	10:04	11:20	50 min	08:00 PM	07:30 AM
Nov 07, 2025	0	10:27	12:36	27 min	08:00 PM	08:30 AM
Nov 06, 2025	0	7:38	9:36	63 min	08:30 PM	06:00 AM
Nov 05, 2025	1	8:44	11:25	36 min	09:30 PM	09:00 AM
Nov 04, 2025	1	8:25	10:34	52 min	09:00 PM	07:30 AM
Nov 03, 2025	1	11:23	13:57	50 min	08:00 PM	10:00 AM
Nov 02, 2025	1	11:37	13:28	29 min	08:30 PM	09:30 AM
Nov 01, 2025	0	5:03	10:02	247 min	09:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 31, 2025	0	9:00	11:42	147 min	08:00 PM	07:30 AM
Oct 30, 2025	1	10:12	11:18	23 min	08:00 PM	07:30 AM
Oct 29, 2025	1	8:45	10:52	89 min	09:30 PM	08:30 AM
Oct 28, 2025	0	8:24	10:26	34 min	09:00 PM	07:30 AM
Oct 27, 2025	1	7:34	10:07	32 min	08:30 PM	07:30 AM
Oct 26, 2025	1	8:27	10:27	44 min	08:30 PM	07:30 AM
Oct 25, 2025	1	10:48	12:28	19 min	07:00 PM	07:30 AM
Oct 24, 2025	2	7:28	11:45	100 min	07:30 PM	07:30 AM
Oct 23, 2025	2	8:37	12:06	103 min	08:30 PM	08:30 AM
Oct 22, 2025	1	1:05	2:50	66 min	01:00 AM	03:30 AM
Oct 21, 2025	1	9:26	12:35	108 min	08:30 PM	10:00 PM
Oct 20, 2025	1	4:07	8:43	31 min	10:00 PM	07:30 AM
Oct 19, 2025	1	8:39	10:48	39 min	08:30 PM	07:30 AM
Oct 18, 2025	2	5:16	8:35	45 min	08:30 PM	07:00 AM
Oct 17, 2025	1	8:04	10:55	45 min	08:30 PM	07:30 AM
Oct 16, 2025	1	5:48	6:33	29 min	01:00 AM	08:00 AM
Oct 15, 2025	3	6:08	8:30	27 min	08:30 PM	06:00 AM
Oct 14, 2025	1	8:34	11:46	25 min	08:00 PM	08:00 AM
Oct 12, 2025	1	7:23	11:01	66 min	08:30 PM	10:00 PM
Oct 11, 2025	1	5:45	10:03	44 min	08:30 PM	07:30 AM
Oct 10, 2025	1	7:34	9:28	39 min	08:00 PM	06:00 AM
Oct 09, 2025	1	7:11	12:38	17 min	06:30 PM	07:00 AM
Oct 08, 2025	2	3:13	9:12	33 min	09:00 PM	07:30 AM
Oct 07, 2025	1	11:06	12:34	31 min	08:00 PM	08:30 AM
Oct 06, 2025	1	6:51	10:58	24 min	08:00 PM	07:00 AM
Oct 05, 2025	1	7:05	12:36	164 min	07:00 PM	07:30 AM
Oct 04, 2025	1	6:50	10:02	30 min	09:30 PM	07:30 AM
Oct 03, 2025	1	9:53	10:33	17 min	09:00 PM	07:30 AM
Oct 02, 2025	0	1:17	2:53	96 min	04:30 AM	07:00 AM
Oct 01, 2025	1	8:15	11:27	50 min	08:30 PM	08:00 PM
Sep 30, 2025	1	7:37	11:32	28 min	07:00 PM	07:00 AM
Sep 29, 2025	1	8:11	11:36	43 min	08:00 PM	07:30 AM
Sep 28, 2025	1	6:14	10:30	34 min	09:00 PM	07:30 AM
Sep 27, 2025	1	6:43	10:13	27 min	09:00 PM	08:00 AM
Sep 26, 2025	1	8:50	11:44	31 min	08:30 PM	08:30 AM
Sep 25, 2025	1	7:49	11:59	70 min	07:30 PM	07:30 AM
Sep 24, 2025	0	6:45	11:47	110 min	08:00 PM	07:30 AM
Sep 23, 2025	0	3:31	8:34	42 min	07:30 PM	06:00 AM
Sep 22, 2025	1	10:02	11:18	39 min	08:00 PM	07:30 AM
Sep 21, 2025	1	9:10	11:29	16 min	08:00 PM	07:30 AM
Sep 20, 2025	1	11:24	13:17	49 min	07:00 PM	08:30 AM

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Sep 19, 2025	1	9:29	11:30	15 min	08:00 PM	07:30 AM
Sep 18, 2025	1	7:01	10:38	21 min	09:30 PM	08:00 AM
Sep 17, 2025	1	7:39	11:51	29 min	08:00 PM	08:00 AM
Sep 16, 2025	1	8:11	9:39	43 min	10:00 PM	07:30 AM
Sep 15, 2025	1	7:48	9:54	53 min	10:00 PM	08:00 AM
Sep 14, 2025	1	7:28	8:57	24 min	08:30 PM	06:00 AM
Sep 13, 2025	2	10:25	11:14	29 min	08:00 PM	07:30 AM
Sep 12, 2025	1	6:04	11:45	105 min	07:00 PM	07:00 AM
Sep 11, 2025	1	9:40	14:00	65 min	08:00 PM	10:00 AM
Sep 10, 2025	0	8:14	11:19	56 min	08:00 PM	07:30 AM
Sep 09, 2025	1	9:36	10:45	23 min	08:30 PM	07:30 AM
Sep 08, 2025	1	5:22	11:36	79 min	08:00 PM	07:30 AM