

# RiverSpring Living — 324w 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
Feb 16, 2026	0	6:44	15:06	79 min	12:30 PM	06:00 PM
Feb 15, 2026	0	2:49	16:05	83 min	02:00 PM	08:30 AM
Feb 14, 2026	1	5:21	22:55	15 min	10:00 AM	09:00 AM
Feb 12, 2026	3	6:12	10:39	41 min	07:30 PM	07:00 AM
Feb 11, 2026	0	5:09	11:15	56 min	08:30 PM	07:30 AM
Feb 10, 2026	1	5:26	13:34	37 min	05:30 PM	07:30 AM
Feb 09, 2026	1	7:43	14:03	32 min	06:00 PM	08:00 AM
Feb 08, 2026	1	5:39	14:12	333 min	06:00 PM	08:30 AM
Feb 07, 2026	0	6:47	8:21	70 min	08:30 PM	05:00 AM
Feb 06, 2026	1	5:45	15:26	169 min	04:00 PM	07:30 AM
Feb 05, 2026	0	4:28	9:45	108 min	08:00 PM	05:30 AM
Feb 04, 2026	0	6:54	12:07	139 min	08:00 PM	08:00 AM
Feb 03, 2026	0	5:05	10:03	140 min	07:00 PM	05:00 AM
Feb 02, 2026	0	6:33	11:38	243 min	07:00 PM	07:00 AM
Feb 01, 2026	1	9:07	16:40	57 min	03:30 PM	08:30 AM
Jan 31, 2026	1	9:19	13:57	88 min	09:30 PM	11:30 AM
Jan 30, 2026	1	7:22	10:43	24 min	07:00 PM	06:00 AM
Jan 29, 2026	0	5:45	9:49	226 min	04:30 PM	02:30 AM
Jan 28, 2026	0	8:56	12:27	49 min	08:00 PM	08:30 AM
Jan 27, 2026	0	7:47	12:33	135 min	07:30 PM	08:00 AM
Jan 26, 2026	0	4:47	12:19	198 min	06:00 PM	06:00 AM
Jan 25, 2026	1	19:54	35:39	248 min	08:00 PM	08:00 AM
Jan 23, 2026	0	6:57	11:57	79 min	08:00 PM	08:00 AM
Jan 22, 2026	1	5:20	12:21	121 min	07:00 PM	07:30 AM
Jan 21, 2026	1	11:26	15:14	76 min	03:00 PM	06:30 AM
Jan 20, 2026	1	5:01	12:14	101 min	06:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 19, 2026	2	2:52	12:00	130 min	07:00 PM	09:00 AM
Jan 18, 2026	0	3:41	10:06	129 min	07:30 PM	06:00 AM
Jan 17, 2026	0	6:29	9:30	72 min	09:00 PM	06:30 AM
Jan 16, 2026	1	15:22	23:25	51 min	08:00 AM	08:00 AM
Jan 15, 2026	0	4:34	7:06	18 min	07:00 PM	02:30 AM
Jan 14, 2026	0	6:48	12:07	57 min	08:00 PM	08:00 AM
Jan 13, 2026	0	6:03	8:14	37 min	12:00 AM	08:30 AM
Jan 12, 2026	0	1:15	4:16	84 min	04:00 AM	08:30 AM
Jan 11, 2026	0	2:25	16:29	549 min	06:30 PM	10:30 PM
Jan 10, 2026	0	5:12	10:55	64 min	09:00 PM	08:00 AM
Jan 09, 2026	0	3:35	11:07	23 min	08:30 PM	07:30 AM
Jan 08, 2026	0	4:05	12:15	163 min	09:30 PM	09:30 AM
Jan 07, 2026	0	6:58	12:36	30 min	07:30 PM	08:00 AM
Jan 06, 2026	0	3:24	13:52	198 min	06:30 PM	09:00 AM
Jan 05, 2026	0	2:04	11:54	225 min	07:00 PM	06:30 AM
Jan 04, 2026	1	1:02	11:22	408 min	07:30 PM	07:00 AM
Jan 03, 2026	1	6:22	11:32	283 min	10:00 PM	10:00 AM
Jan 02, 2026	0	8:03	15:14	175 min	03:00 PM	08:00 PM
Jan 01, 2026	1	1:34	11:56	618 min	07:30 PM	07:30 AM
Dec 30, 2025	0	4:23	10:13	105 min	07:30 PM	06:00 AM
Dec 29, 2025	0	5:24	14:58	202 min	07:30 PM	03:30 PM
Dec 28, 2025	1	8:03	11:15	49 min	08:30 PM	08:00 AM
Dec 27, 2025	0	3:31	12:01	450 min	08:00 PM	08:00 AM
Dec 26, 2025	0	3:09	8:08	299 min	08:00 PM	04:00 AM
Dec 25, 2025	0	8:44	11:40	82 min	07:30 PM	05:00 PM
Dec 24, 2025	0	1:02	10:05	381 min	07:00 PM	05:00 AM
Dec 23, 2025	0	4:08	9:48	268 min	07:00 PM	05:00 AM
Dec 22, 2025	0	10:55	12:34	75 min	07:00 PM	08:00 AM
Dec 21, 2025	1	10:55	14:36	76 min	06:30 PM	09:30 AM
Dec 20, 2025	0	10:27	11:31	39 min	08:00 PM	07:30 AM
Dec 19, 2025	0	7:58	9:23	63 min	07:00 PM	04:30 AM
Dec 18, 2025	0	11:19	13:43	60 min	07:30 PM	09:00 AM
Dec 17, 2025	0	4:12	10:01	331 min	07:30 PM	05:30 AM
Dec 16, 2025	0	11:13	13:17	30 min	07:00 PM	08:00 AM
Dec 15, 2025	1	9:23	12:53	60 min	06:30 PM	07:30 AM
Dec 14, 2025	0	6:46	13:20	86 min	07:00 PM	08:30 AM
Dec 13, 2025	0	11:19	12:09	32 min	07:30 PM	08:00 AM
Dec 12, 2025	0	11:21	12:59	81 min	06:30 PM	07:30 AM
Dec 11, 2025	2	8:39	10:11	77 min	07:00 PM	07:30 AM
Dec 10, 2025	0	11:39	12:05	18 min	07:30 PM	07:30 AM
Dec 09, 2025	0	8:49	11:43	166 min	08:00 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 08, 2025	0	9:58	12:06	82 min	07:30 PM	07:30 AM
Dec 07, 2025	0	9:52	11:48	34 min	08:00 PM	07:30 AM
Dec 06, 2025	0	8:04	9:46	27 min	08:30 PM	06:00 AM
Dec 05, 2025	2	7:11	11:00	131 min	07:00 PM	06:30 AM
Dec 04, 2025	0	8:09	9:29	74 min	07:00 PM	04:30 AM
Dec 03, 2025	0	7:05	11:43	278 min	07:30 PM	07:30 AM
Dec 02, 2025	0	11:13	12:33	33 min	07:00 PM	07:30 AM
Dec 01, 2025	0	9:20	11:35	103 min	08:30 PM	08:00 AM
Nov 30, 2025	0	11:07	12:48	61 min	07:00 PM	07:30 AM
Nov 29, 2025	0	11:13	12:06	43 min	08:00 PM	08:00 AM
Nov 28, 2025	0	9:25	12:09	53 min	07:30 PM	08:00 AM
Nov 27, 2025	1	7:05	11:01	52 min	07:00 PM	07:30 AM
Nov 26, 2025	0	11:49	12:35	18 min	08:00 PM	08:30 AM
Nov 25, 2025	0	9:36	12:32	141 min	07:00 PM	08:00 AM
Nov 24, 2025	0	11:09	12:02	26 min	07:00 PM	07:00 AM
Nov 23, 2025	0	8:29	10:02	33 min	09:30 PM	07:30 AM
Nov 22, 2025	0	9:08	12:04	117 min	08:00 PM	08:00 AM
Nov 21, 2025	0	8:43	9:18	20 min	07:30 PM	04:30 AM
Nov 20, 2025	0	8:45	11:41	59 min	08:00 PM	07:30 AM
Nov 19, 2025	0	9:39	10:59	35 min	09:00 PM	08:00 AM
Nov 18, 2025	0	8:48	13:15	133 min	06:30 PM	08:00 AM
Nov 17, 2025	1	10:27	12:34	53 min	07:00 PM	07:30 AM
Nov 16, 2025	0	8:36	10:28	73 min	06:30 PM	05:00 AM
Nov 15, 2025	0	10:52	11:54	40 min	08:00 PM	07:30 AM
Nov 14, 2025	1	10:19	13:14	58 min	07:00 PM	08:00 AM
Nov 13, 2025	0	11:53	13:04	21 min	07:00 PM	08:00 AM
Nov 12, 2025	2	11:17	13:33	47 min	07:00 PM	08:30 AM
Nov 11, 2025	0	10:49	12:04	37 min	07:00 PM	07:00 AM
Nov 10, 2025	0	6:43	9:17	46 min	09:00 PM	06:00 AM
Nov 09, 2025	0	7:14	9:42	107 min	07:00 PM	05:00 AM
Nov 08, 2025	0	8:25	10:24	62 min	07:00 PM	05:00 AM
Nov 07, 2025	0	7:54	9:31	75 min	08:00 PM	05:30 AM
Nov 06, 2025	0	9:37	11:06	81 min	07:00 PM	06:00 AM
Nov 05, 2025	0	11:50	13:00	70 min	08:00 PM	09:00 AM
Nov 04, 2025	0	14:13	16:34	67 min	03:00 PM	07:30 AM
Nov 03, 2025	1	13:23	15:18	45 min	07:00 PM	10:30 AM
Nov 02, 2025	0	12:08	15:10	143 min	07:00 PM	09:00 AM
Nov 01, 2025	1	10:42	11:52	64 min	09:00 PM	09:00 AM
Oct 31, 2025	0	11:50	13:05	38 min	07:00 PM	08:00 AM
Oct 30, 2025	1	10:06	10:54	19 min	07:30 PM	06:30 AM
Oct 29, 2025	0	11:00	12:45	69 min	08:00 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 28, 2025	0	11:21	12:01	6 min	07:00 PM	07:00 AM
Oct 27, 2025	0	9:46	10:25	22 min	08:00 PM	06:30 AM
Oct 26, 2025	0	9:46	10:49	37 min	07:00 PM	06:00 AM
Oct 25, 2025	0	11:12	12:00	30 min	08:00 PM	08:00 AM
Oct 24, 2025	0	9:30	10:19	40 min	07:30 PM	06:00 AM
Oct 23, 2025	0	9:44	12:06	90 min	07:00 PM	07:00 AM
Oct 22, 2025	0	10:40	11:59	56 min	07:00 PM	07:00 AM
Oct 21, 2025	0	9:17	11:52	69 min	06:30 PM	06:30 AM
Oct 20, 2025	0	9:15	11:40	47 min	08:00 PM	07:30 AM
Oct 19, 2025	1	9:05	11:02	57 min	08:30 PM	08:00 AM
Oct 18, 2025	1	15:41	17:07	17 min	04:30 PM	10:00 AM
Oct 17, 2025	0	8:37	9:35	52 min	07:30 PM	05:30 AM
Oct 16, 2025	0	9:40	10:36	40 min	07:30 PM	06:00 AM
Oct 15, 2025	0	11:06	12:37	63 min	07:00 PM	08:00 AM
Oct 14, 2025	0	11:10	11:59	43 min	07:30 PM	07:30 AM
Oct 13, 2025	0	10:03	10:53	36 min	07:00 PM	05:30 AM
Oct 12, 2025	1	9:34	10:35	21 min	09:00 PM	07:30 AM
Oct 11, 2025	0	10:12	11:55	45 min	07:00 PM	07:00 AM
Oct 10, 2025	0	10:42	11:59	30 min	06:00 PM	06:00 AM
Oct 09, 2025	0	10:57	11:58	48 min	06:30 PM	06:30 AM
Oct 08, 2025	0	9:47	10:41	45 min	09:00 PM	07:30 AM
Oct 07, 2025	0	8:38	10:02	56 min	07:30 PM	05:30 AM
Oct 06, 2025	0	10:26	11:56	42 min	08:00 PM	08:00 AM
Oct 05, 2025	1	11:50	13:04	52 min	07:00 PM	08:00 AM
Oct 04, 2025	0	10:48	11:26	26 min	08:00 PM	07:30 AM
Oct 03, 2025	0	8:07	9:47	37 min	08:00 PM	06:00 AM
Oct 02, 2025	0	10:35	12:06	80 min	07:30 PM	07:30 AM
Oct 01, 2025	1	10:30	11:55	17 min	07:00 PM	08:00 AM
Sep 30, 2025	0	12:06	12:54	41 min	07:00 PM	08:00 AM
Sep 29, 2025	1	11:41	13:17	74 min	06:30 PM	08:00 AM
Sep 28, 2025	1	13:18	13:59	29 min	06:30 PM	08:30 AM
Sep 27, 2025	1	12:42	14:05	54 min	06:30 PM	08:30 AM
Sep 26, 2025	0	10:17	11:12	36 min	06:30 PM	08:00 AM
Sep 25, 2025	1	9:46	12:07	81 min	06:30 PM	07:30 AM
Sep 24, 2025	0	11:29	12:25	29 min	06:30 PM	08:00 AM
Sep 23, 2025	1	21:47	22:29	9 min	11:00 AM	09:30 AM
Sep 22, 2025	0	11:24	12:30	50 min	08:00 PM	08:30 AM
Sep 21, 2025	0	9:28	11:02	34 min	08:00 PM	07:00 AM
Sep 20, 2025	0	8:47	9:53	30 min	07:00 PM	05:00 AM
Sep 19, 2025	0	12:55	13:27	20 min	06:30 PM	08:00 AM
Sep 18, 2025	0	8:54	9:29	23 min	06:00 PM	03:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 17, 2025	0	8:51	9:59	40 min	08:00 PM	06:00 AM
Sep 16, 2025	0	10:13	11:04	34 min	06:30 PM	05:30 AM
Sep 15, 2025	2	12:12	13:58	47 min	06:30 PM	08:30 AM
Sep 14, 2025	0	13:00	14:02	62 min	07:30 PM	09:30 AM
Sep 13, 2025	0	10:40	12:55	56 min	08:00 PM	09:00 AM
Sep 12, 2025	1	5:49	8:31	65 min	06:30 PM	08:30 AM
Sep 11, 2025	0	12:13	13:32	22 min	08:00 PM	09:30 AM
Sep 10, 2025	0	12:29	12:56	19 min	08:00 PM	09:00 AM
Sep 09, 2025	0	9:38	10:47	32 min	07:30 PM	06:00 AM
Sep 08, 2025	1	10:35	11:37	24 min	07:00 PM	08:00 AM