

RiverSpring Living — 325d 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	28:10	43:47	95 min	04:30 PM	02:00 PM
Mar 11, 2026	0	10:09	11:36	26 min	08:30 PM	08:00 AM
Mar 10, 2026	0	11:20	13:31	98 min	07:00 PM	08:30 AM
Mar 09, 2026	0	11:49	13:40	41 min	07:30 PM	09:30 AM
Mar 08, 2026	1	6:30	11:14	75 min	08:30 PM	09:30 AM
Mar 07, 2026	1	20:05	22:31	40 min	06:00 PM	06:00 PM
Mar 06, 2026	2	29:18	36:16	236 min	05:30 PM	08:30 AM
Mar 04, 2026	1	8:40	12:26	30 min	07:30 PM	08:00 AM
Mar 03, 2026	0	31:00	37:37	98 min	07:00 PM	09:00 AM
Mar 01, 2026	0	12:10	14:58	55 min	07:00 PM	10:00 AM
Feb 28, 2026	0	9:09	12:31	46 min	09:00 PM	09:30 AM
Feb 27, 2026	1	28:26	36:12	41 min	07:00 PM	08:00 AM
Feb 25, 2026	1	9:14	12:18	163 min	08:00 PM	08:30 AM
Feb 24, 2026	1	7:33	12:36	87 min	07:00 PM	08:30 AM
Feb 23, 2026	1	11:21	13:51	82 min	07:00 PM	03:30 PM
Feb 22, 2026	0	11:38	13:28	43 min	07:00 PM	08:30 AM
Feb 21, 2026	0	9:25	11:34	41 min	09:00 PM	08:30 AM
Feb 20, 2026	0	7:02	9:34	78 min	08:30 PM	06:00 AM
Feb 19, 2026	1	9:29	12:04	56 min	07:30 PM	08:30 AM
Feb 18, 2026	0	7:46	11:41	95 min	06:00 PM	09:00 AM
Feb 17, 2026	1	7:35	14:01	81 min	07:30 PM	09:30 AM
Feb 16, 2026	1	10:31	13:17	35 min	07:30 PM	09:00 AM
Feb 15, 2026	1	4:37	12:31	61 min	07:30 PM	08:00 AM
Feb 14, 2026	1	11:19	13:51	47 min	08:00 PM	10:00 AM
Feb 13, 2026	2	29:29	34:53	128 min	08:30 PM	09:30 AM
Feb 11, 2026	1	8:37	14:01	134 min	05:00 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 10, 2026	0	10:40	13:10	45 min	08:00 PM	09:00 AM
Feb 09, 2026	0	8:53	12:15	45 min	06:00 PM	09:00 AM
Feb 08, 2026	1	11:26	13:32	29 min	09:00 PM	10:30 AM
Feb 07, 2026	0	7:29	11:43	184 min	05:00 PM	05:00 AM
Feb 06, 2026	0	10:52	14:19	126 min	04:30 PM	08:30 AM
Feb 05, 2026	0	7:39	11:27	90 min	08:30 PM	08:00 AM
Feb 04, 2026	0	9:31	13:37	29 min	07:30 PM	09:00 AM
Feb 03, 2026	1	8:10	11:42	46 min	08:30 PM	08:00 AM
Feb 02, 2026	0	9:06	11:55	88 min	08:30 PM	08:30 AM
Feb 01, 2026	2	10:24	13:34	47 min	07:30 PM	09:30 AM
Jan 31, 2026	1	13:47	18:18	23 min	02:30 PM	09:00 AM
Jan 30, 2026	2	9:39	13:12	55 min	08:30 PM	10:30 AM
Jan 29, 2026	0	6:37	11:21	52 min	09:00 PM	08:30 AM
Jan 28, 2026	2	9:36	11:50	32 min	08:30 PM	09:00 AM
Jan 27, 2026	1	7:51	11:05	79 min	09:30 PM	08:30 AM
Jan 26, 2026	0	9:36	11:51	31 min	08:30 PM	08:30 AM
Jan 25, 2026	1	10:22	12:05	53 min	08:30 PM	08:30 AM
Jan 24, 2026	0	11:20	13:38	44 min	06:00 PM	08:00 AM
Jan 23, 2026	1	9:48	12:50	27 min	08:00 PM	09:00 AM
Jan 22, 2026	1	14:59	18:20	24 min	08:00 PM	02:30 PM
Jan 21, 2026	1	12:21	14:44	28 min	07:30 PM	10:30 AM
Jan 20, 2026	0	11:13	12:11	38 min	06:30 PM	06:30 AM
Jan 19, 2026	0	7:07	15:09	204 min	07:00 PM	10:00 AM
Jan 18, 2026	1	48:57	58:38	60 min	08:00 PM	09:30 AM
Jan 15, 2026	1	8:14	11:48	53 min	08:00 PM	08:00 AM
Jan 14, 2026	0	7:38	11:19	104 min	07:30 PM	10:30 AM
Jan 13, 2026	1	8:54	11:01	43 min	10:00 PM	09:00 AM
Jan 12, 2026	0	9:21	13:19	104 min	08:00 PM	09:30 AM
Jan 11, 2026	0	10:48	11:52	39 min	08:30 PM	08:00 AM
Jan 10, 2026	1	9:27	11:56	38 min	09:00 PM	09:00 AM
Jan 09, 2026	1	29:15	33:58	23 min	08:30 PM	09:00 AM
Jan 07, 2026	0	10:36	12:32	24 min	08:30 PM	09:00 AM
Jan 06, 2026	1	11:59	15:11	45 min	07:30 PM	11:00 AM
Jan 05, 2026	0	9:02	11:53	50 min	08:30 PM	08:30 AM
Jan 04, 2026	0	11:38	13:28	26 min	08:00 PM	09:30 AM
Jan 03, 2026	0	6:40	10:39	179 min	07:00 PM	05:30 AM
Jan 02, 2026	0	8:31	12:50	175 min	07:30 PM	08:30 AM
Jan 01, 2026	0	8:38	13:38	59 min	06:30 PM	09:30 AM
Dec 31, 2025	1	8:02	11:49	115 min	07:30 PM	07:30 AM
Dec 30, 2025	1	10:44	13:58	27 min	09:00 PM	11:00 AM
Dec 29, 2025	1	8:52	13:07	19 min	07:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 28, 2025	2	12:33	13:54	27 min	08:00 PM	10:30 AM
Dec 27, 2025	1	10:34	13:15	71 min	07:00 PM	10:00 AM
Dec 26, 2025	1	13:40	14:48	27 min	07:30 PM	10:30 AM
Dec 25, 2025	1	9:17	13:07	197 min	07:00 PM	08:30 AM
Dec 24, 2025	1	8:08	12:36	29 min	08:30 PM	09:00 AM
Dec 23, 2025	2	13:12	14:55	28 min	07:00 PM	10:00 AM
Dec 22, 2025	2	14:37	16:32	25 min	07:00 PM	12:00 PM
Dec 21, 2025	1	16:40	18:18	24 min	02:30 PM	09:00 AM
Dec 20, 2025	1	10:00	11:07	49 min	07:30 PM	09:00 AM
Dec 19, 2025	0	8:10	12:12	79 min	06:30 PM	09:00 AM
Dec 18, 2025	0	9:30	11:21	15 min	07:00 PM	06:30 AM
Dec 17, 2025	1	13:52	15:50	75 min	08:30 PM	12:30 PM
Dec 16, 2025	1	10:54	12:27	36 min	07:30 PM	08:00 AM
Dec 15, 2025	4	12:00	14:07	37 min	06:30 PM	10:00 AM
Dec 14, 2025	2	12:12	14:15	72 min	06:30 PM	12:30 PM
Dec 13, 2025	0	8:56	14:09	164 min	07:30 PM	10:00 AM
Dec 12, 2025	1	10:57	13:27	98 min	08:00 PM	09:30 AM
Dec 11, 2025	0	11:35	12:23	32 min	08:00 PM	08:30 AM
Dec 10, 2025	0	9:16	12:34	52 min	07:30 PM	08:30 AM
Dec 09, 2025	0	10:16	13:40	78 min	08:00 PM	01:00 PM
Dec 08, 2025	2	11:28	18:54	171 min	08:30 PM	04:30 PM
Dec 07, 2025	2	22:56	25:35	33 min	10:00 AM	12:30 PM
Dec 06, 2025	0	9:54	11:56	112 min	07:30 PM	07:30 AM
Dec 05, 2025	1	10:41	13:16	46 min	07:30 PM	09:00 AM
Dec 04, 2025	0	11:24	11:56	17 min	07:00 PM	07:00 AM
Dec 03, 2025	0	8:11	10:41	61 min	10:30 PM	09:30 AM
Dec 02, 2025	1	12:01	12:57	38 min	06:30 PM	08:00 AM
Dec 01, 2025	0	11:37	13:42	24 min	07:00 PM	08:30 AM
Nov 30, 2025	1	12:12	13:42	8 min	07:00 PM	08:30 AM
Nov 29, 2025	1	11:54	13:01	32 min	07:30 PM	09:00 AM
Nov 28, 2025	1	12:37	14:22	45 min	06:00 PM	08:30 AM
Nov 27, 2025	2	11:58	16:36	79 min	07:00 PM	03:30 PM
Nov 26, 2025	0	10:27	14:52	77 min	07:00 PM	10:00 AM
Nov 25, 2025	1	11:39	12:34	55 min	07:30 PM	08:00 AM
Nov 24, 2025	1	7:29	12:20	83 min	07:00 PM	08:30 AM
Nov 23, 2025	1	6:52	12:20	70 min	09:00 PM	10:30 AM
Nov 22, 2025	1	11:37	13:18	28 min	06:30 PM	08:00 AM
Nov 21, 2025	2	10:25	13:06	87 min	07:00 PM	08:00 AM
Nov 20, 2025	1	10:57	13:26	43 min	06:30 PM	08:00 AM
Nov 19, 2025	1	10:07	13:41	141 min	06:30 PM	08:30 AM
Nov 18, 2025	1	9:10	13:39	19 min	07:00 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 17, 2025	2	9:13	12:08	49 min	07:30 PM	08:00 AM
Nov 16, 2025	2	9:03	13:09	59 min	07:00 PM	08:30 AM
Nov 15, 2025	1	7:49	11:11	133 min	08:00 PM	07:30 AM
Nov 14, 2025	1	11:23	15:23	39 min	06:30 PM	10:00 AM
Nov 13, 2025	1	11:49	14:15	37 min	07:30 PM	10:00 AM
Nov 12, 2025	1	9:14	13:11	89 min	07:30 PM	09:00 AM
Nov 11, 2025	0	8:28	9:21	13 min	07:00 PM	04:30 AM
Nov 10, 2025	0	7:58	11:37	73 min	08:30 PM	08:00 AM
Nov 09, 2025	0	10:30	12:09	57 min	08:30 PM	08:30 AM
Nov 08, 2025	1	7:24	12:08	42 min	08:00 PM	08:00 AM
Nov 07, 2025	1	9:39	13:51	56 min	07:00 PM	09:00 AM
Nov 06, 2025	1	13:37	16:19	31 min	08:00 PM	01:00 PM
Nov 05, 2025	0	11:29	12:54	45 min	09:00 PM	10:00 AM
Nov 04, 2025	1	8:40	13:27	72 min	06:30 PM	08:00 AM
Nov 03, 2025	0	13:08	15:15	30 min	08:00 PM	11:30 AM
Nov 02, 2025	1	10:04	12:28	65 min	09:00 PM	09:00 AM
Nov 01, 2025	1	8:43	12:31	46 min	09:00 PM	09:30 AM
Oct 31, 2025	2	19:43	33:30	57 min	09:00 PM	10:00 AM
Oct 29, 2025	1	9:10	12:23	36 min	09:00 PM	09:30 AM
Oct 28, 2025	0	8:37	11:29	40 min	09:00 PM	08:00 AM
Oct 27, 2025	0	12:54	15:00	89 min	08:30 PM	05:30 PM
Oct 26, 2025	0	10:50	12:46	17 min	08:30 PM	09:00 AM
Oct 25, 2025	1	12:03	13:49	23 min	07:30 PM	09:30 AM
Oct 24, 2025	0	14:13	16:43	29 min	07:00 PM	12:00 PM
Oct 23, 2025	0	10:41	12:29	25 min	08:00 PM	08:30 AM
Oct 22, 2025	2	9:02	14:33	93 min	07:00 PM	10:00 AM
Oct 21, 2025	0	7:00	12:44	27 min	07:00 PM	08:00 AM
Oct 20, 2025	1	10:09	12:27	46 min	07:00 PM	09:00 AM
Oct 19, 2025	1	13:28	16:47	59 min	04:30 PM	10:00 AM
Oct 18, 2025	1	11:10	13:50	89 min	07:00 PM	09:00 AM
Oct 17, 2025	2	8:41	13:54	154 min	07:00 PM	09:30 AM
Oct 16, 2025	0	8:10	10:58	80 min	08:30 PM	07:30 AM
Oct 15, 2025	3	11:37	15:13	45 min	06:30 PM	10:30 AM
Oct 14, 2025	0	10:59	11:44	31 min	07:00 PM	07:00 AM
Oct 13, 2025	1	32:18	36:58	147 min	07:00 PM	08:30 AM
Oct 11, 2025	1	9:39	11:39	38 min	06:30 PM	08:30 AM
Oct 10, 2025	2	11:47	14:32	22 min	06:30 PM	09:30 AM
Oct 09, 2025	1	10:32	12:17	17 min	08:00 PM	08:30 AM
Oct 08, 2025	1	29:49	36:46	231 min	06:00 PM	07:30 AM
Oct 06, 2025	0	6:36	10:44	222 min	07:00 PM	09:00 AM
Oct 05, 2025	2	12:41	15:28	16 min	06:30 PM	10:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 04, 2025	0	10:27	13:03	39 min	08:30 PM	09:30 AM
Oct 03, 2025	1	9:00	14:43	24 min	05:00 PM	08:00 AM
Oct 02, 2025	2	11:17	15:53	56 min	04:30 PM	08:30 AM
Sep 25, 2025	1	12:05	14:41	78 min	06:30 PM	09:30 AM
Sep 24, 2025	2	11:23	13:59	28 min	06:30 PM	09:30 AM
Sep 23, 2025	4	8:35	13:05	69 min	07:00 PM	09:00 AM
Sep 22, 2025	1	10:15	13:52	66 min	07:00 PM	09:00 AM
Sep 21, 2025	1	11:19	12:43	41 min	07:30 PM	08:30 AM
Sep 20, 2025	1	29:56	37:03	67 min	07:00 PM	09:00 AM
Sep 18, 2025	1	9:53	13:45	75 min	07:00 PM	09:30 AM
Sep 17, 2025	0	8:37	12:08	74 min	10:00 PM	10:30 AM
Sep 16, 2025	1	10:47	15:26	76 min	07:30 PM	11:00 AM
Sep 15, 2025	1	10:11	14:34	27 min	07:00 PM	10:00 AM
Sep 14, 2025	2	6:48	13:41	180 min	07:30 PM	10:00 AM
Sep 13, 2025	1	9:09	12:14	23 min	08:00 PM	08:30 AM
Sep 12, 2025	1	10:12	14:15	92 min	06:00 PM	09:00 AM
Sep 11, 2025	1	8:52	13:14	81 min	07:30 PM	09:00 AM
Sep 10, 2025	1	9:31	12:59	41 min	07:30 PM	08:30 AM
Sep 09, 2025	2	9:27	13:54	93 min	07:00 PM	09:30 AM
Sep 08, 2025	0	12:01	13:13	32 min	08:00 PM	09:00 AM