

# RiverSpring Living — 325w 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	11:15	11:46	14 min	09:00 PM	09:00 AM
Mar 12, 2026	1	8:00	11:59	114 min	06:30 PM	07:00 AM
Mar 11, 2026	0	8:15	11:05	26 min	09:00 PM	08:00 AM
Mar 10, 2026	0	9:30	14:06	65 min	07:30 PM	10:00 AM
Mar 09, 2026	0	11:31	12:12	32 min	09:00 PM	09:00 AM
Mar 08, 2026	1	15:19	18:48	80 min	01:30 PM	09:00 AM
Mar 07, 2026	0	2:13	3:14	36 min	05:30 AM	08:30 AM
Mar 06, 2026	0	10:20	12:42	46 min	07:30 PM	08:30 AM
Mar 05, 2026	0	11:00	12:21	20 min	08:00 PM	08:30 AM
Mar 04, 2026	1	15:05	19:04	124 min	02:30 PM	10:00 AM
Mar 03, 2026	0	8:34	9:54	22 min	10:00 PM	08:00 AM
Mar 02, 2026	0	8:57	13:19	166 min	08:00 PM	09:30 AM
Mar 01, 2026	0	11:34	13:45	37 min	08:30 PM	10:00 AM
Feb 28, 2026	1	11:52	13:11	20 min	08:00 PM	09:00 AM
Feb 27, 2026	1	12:06	13:51	52 min	06:00 PM	08:00 AM
Feb 26, 2026	0	11:23	12:57	34 min	07:00 PM	08:00 AM
Feb 25, 2026	0	9:57	12:06	64 min	08:30 PM	08:30 AM
Feb 24, 2026	1	4:19	11:11	322 min	08:00 PM	07:30 AM
Feb 23, 2026	0	7:40	10:56	180 min	07:00 PM	06:00 AM
Feb 22, 2026	1	10:52	11:47	15 min	07:00 PM	06:30 AM
Feb 21, 2026	0	10:11	12:06	34 min	09:00 PM	09:30 AM
Feb 20, 2026	1	10:40	14:22	58 min	07:30 PM	10:30 AM
Feb 19, 2026	0	9:17	13:32	186 min	07:00 PM	08:30 AM
Feb 18, 2026	0	8:41	13:52	76 min	08:00 PM	10:00 AM
Feb 17, 2026	2	10:41	13:20	13 min	07:00 PM	09:00 AM
Feb 16, 2026	0	10:26	11:16	15 min	09:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 15, 2026	0	8:12	12:35	74 min	07:30 PM	08:00 AM
Feb 14, 2026	0	11:07	13:48	23 min	08:00 PM	09:30 AM
Feb 13, 2026	1	8:33	12:45	102 min	08:00 PM	09:00 AM
Feb 12, 2026	1	11:19	14:10	139 min	06:30 PM	09:00 AM
Feb 11, 2026	0	10:23	11:41	60 min	08:30 PM	08:30 AM
Feb 10, 2026	0	7:41	13:01	119 min	07:30 PM	09:00 AM
Feb 09, 2026	0	9:19	15:39	188 min	05:30 PM	09:00 AM
Feb 08, 2026	0	12:14	13:45	17 min	08:30 PM	10:30 AM
Feb 07, 2026	0	7:29	11:27	66 min	09:00 PM	08:30 AM
Feb 06, 2026	0	10:19	13:11	36 min	07:00 PM	08:00 AM
Feb 05, 2026	1	9:06	10:12	10 min	09:00 PM	07:30 AM
Feb 04, 2026	0	8:18	9:22	14 min	09:30 PM	06:30 AM
Feb 03, 2026	1	4:00	11:58	271 min	08:30 PM	08:30 AM
Feb 02, 2026	0	10:22	11:47	24 min	07:30 PM	07:30 AM
Feb 01, 2026	0	12:16	13:12	9 min	07:30 PM	09:00 AM
Jan 31, 2026	0	8:29	12:46	137 min	08:00 PM	09:00 AM
Jan 30, 2026	1	6:02	11:19	98 min	08:00 PM	10:30 AM
Jan 29, 2026	0	6:50	12:31	293 min	09:00 PM	09:30 AM
Jan 28, 2026	2	10:49	12:18	19 min	08:30 PM	09:00 AM
Jan 27, 2026	0	8:39	10:01	12 min	10:30 PM	08:30 AM
Jan 26, 2026	0	6:14	9:35	10 min	08:00 PM	05:30 AM
Jan 25, 2026	0	5:34	12:02	152 min	08:30 PM	08:30 AM
Jan 24, 2026	1	6:28	9:35	45 min	10:00 PM	08:00 AM
Jan 23, 2026	0	7:16	12:27	238 min	08:30 PM	09:00 AM
Jan 22, 2026	0	10:13	14:40	26 min	08:00 PM	10:30 AM
Jan 21, 2026	0	4:12	11:16	316 min	09:00 PM	08:30 AM
Jan 20, 2026	0	7:32	10:30	142 min	09:00 PM	07:30 AM
Jan 19, 2026	0	4:22	10:19	311 min	10:00 PM	08:00 AM
Jan 18, 2026	0	11:12	12:02	50 min	08:30 PM	08:30 AM
Jan 17, 2026	0	7:40	11:56	170 min	09:00 PM	09:00 AM
Jan 16, 2026	2	6:49	11:53	164 min	09:00 PM	09:00 AM
Jan 15, 2026	0	8:17	11:00	152 min	08:00 PM	07:00 AM
Jan 14, 2026	0	11:11	13:32	13 min	08:30 PM	10:00 AM
Jan 13, 2026	1	8:56	10:49	15 min	09:30 PM	08:30 AM
Jan 12, 2026	1	7:41	13:24	169 min	08:00 PM	09:30 AM
Jan 11, 2026	1	8:09	9:57	25 min	09:00 PM	07:00 AM
Jan 10, 2026	0	10:15	12:05	42 min	09:30 PM	09:30 AM
Jan 09, 2026	1	7:24	10:09	21 min	10:00 PM	08:00 AM
Jan 08, 2026	0	7:41	12:19	22 min	09:00 PM	09:00 AM
Jan 07, 2026	2	28:23	34:31	150 min	09:00 PM	09:00 AM
Jan 05, 2026	1	10:04	12:28	42 min	09:00 PM	10:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 04, 2026	0	9:35	12:37	156 min	08:00 PM	08:30 AM
Jan 03, 2026	1	8:44	12:41	175 min	08:30 PM	09:00 AM
Jan 02, 2026	1	14:45	17:56	98 min	04:30 PM	10:30 AM
Jan 01, 2026	0	12:54	14:05	53 min	07:00 PM	09:30 AM
Dec 31, 2025	0	10:23	11:31	57 min	09:00 PM	08:30 AM
Dec 30, 2025	0	10:25	13:42	179 min	07:30 PM	09:00 AM
Dec 29, 2025	0	9:15	12:02	111 min	09:00 PM	09:00 AM
Dec 28, 2025	1	3:42	9:06	41 min	09:00 PM	06:00 AM
Dec 27, 2025	0	11:18	12:14	27 min	08:00 PM	08:30 AM
Dec 26, 2025	0	8:11	11:33	38 min	08:30 PM	08:00 AM
Dec 25, 2025	0	9:16	11:33	42 min	08:30 PM	08:00 AM
Dec 24, 2025	0	9:54	10:24	19 min	09:30 PM	08:00 AM
Dec 23, 2025	0	8:16	11:12	101 min	09:00 PM	08:00 AM
Dec 22, 2025	0	8:20	10:22	22 min	09:00 PM	07:30 AM
Dec 21, 2025	0	16:08	19:41	130 min	02:30 PM	10:00 AM
Dec 20, 2025	1	11:22	12:48	53 min	08:30 PM	09:30 AM
Dec 19, 2025	0	8:55	10:39	93 min	06:30 PM	05:00 AM
Dec 18, 2025	0	10:31	11:45	67 min	07:30 PM	07:30 AM
Dec 17, 2025	0	8:22	11:15	136 min	09:00 PM	08:30 AM
Dec 16, 2025	0	10:26	11:22	13 min	08:30 PM	08:00 AM
Dec 15, 2025	0	12:02	12:28	17 min	07:30 PM	08:00 AM
Dec 14, 2025	0	11:23	13:42	54 min	08:00 PM	09:30 AM
Dec 13, 2025	0	8:01	9:56	45 min	09:30 PM	09:30 AM
Dec 12, 2025	0	8:13	9:55	55 min	10:00 PM	08:00 AM
Dec 11, 2025	0	11:50	12:28	13 min	08:00 PM	08:30 AM
Dec 10, 2025	0	10:39	12:18	42 min	08:30 PM	09:00 AM
Dec 09, 2025	1	5:05	6:09	21 min	01:30 AM	08:00 AM
Dec 08, 2025	0	8:32	11:12	79 min	08:30 PM	07:30 AM
Dec 07, 2025	0	10:40	11:08	15 min	09:00 PM	08:00 AM
Dec 06, 2025	0	10:24	10:39	8 min	09:30 PM	08:00 AM
Dec 05, 2025	0	9:22	12:35	9 min	08:30 PM	09:00 AM
Dec 04, 2025	0	9:38	11:50	76 min	08:00 PM	08:00 AM
Dec 03, 2025	0	6:06	11:37	237 min	08:00 PM	07:30 AM
Dec 02, 2025	0	10:54	11:14	9 min	09:00 PM	08:00 AM
Dec 01, 2025	1	11:23	11:47	10 min	08:30 PM	08:30 AM
Nov 30, 2025	0	10:22	11:16	9 min	09:00 PM	08:30 AM
Nov 29, 2025	0	11:14	14:11	142 min	06:00 PM	08:00 AM
Nov 28, 2025	0	11:02	12:03	14 min	08:30 PM	08:30 AM
Nov 27, 2025	1	9:48	11:02	34 min	07:00 PM	06:00 AM
Nov 26, 2025	0	10:56	13:49	134 min	07:00 PM	09:00 AM
Nov 25, 2025	1	10:03	12:05	30 min	09:00 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 24, 2025	1	11:02	12:07	57 min	09:30 PM	10:00 AM
Nov 23, 2025	1	9:00	10:38	8 min	10:30 PM	09:00 AM
Nov 22, 2025	2	7:55	10:20	137 min	10:00 PM	08:30 AM
Nov 21, 2025	0	7:04	10:13	173 min	10:00 PM	08:00 AM
Nov 20, 2025	0	11:23	13:36	50 min	05:30 PM	08:00 AM
Nov 19, 2025	0	9:18	10:10	15 min	09:30 PM	08:00 AM
Nov 18, 2025	1	3:18	8:55	263 min	10:30 PM	07:30 AM
Nov 17, 2025	1	13:50	21:22	12 min	09:00 PM	08:00 PM
Nov 16, 2025	0	9:48	11:37	20 min	08:30 PM	08:00 AM
Nov 15, 2025	0	12:00	13:31	40 min	06:30 PM	08:30 AM
Nov 14, 2025	0	7:30	12:11	39 min	07:00 PM	09:00 AM
Nov 13, 2025	1	9:40	12:06	46 min	07:30 PM	08:00 AM
Nov 12, 2025	0	8:26	11:49	143 min	09:30 PM	09:30 AM
Nov 11, 2025	1	9:33	10:14	10 min	07:00 PM	06:00 AM
Nov 10, 2025	0	7:36	9:30	79 min	09:00 PM	06:30 AM
Nov 09, 2025	1	8:19	12:05	115 min	08:30 PM	09:30 AM
Nov 08, 2025	1	8:03	10:57	60 min	09:00 PM	08:00 AM
Nov 07, 2025	0	10:47	11:18	16 min	09:00 PM	08:30 AM
Nov 06, 2025	0	10:30	11:57	19 min	08:30 PM	08:30 AM
Nov 05, 2025	2	8:39	11:32	16 min	09:00 PM	09:00 AM
Nov 04, 2025	0	9:42	11:09	15 min	08:30 PM	08:00 AM
Nov 03, 2025	1	12:55	15:50	94 min	06:30 PM	11:00 AM
Nov 02, 2025	1	11:30	12:32	32 min	09:00 PM	09:00 AM
Nov 01, 2025	0	7:53	10:15	19 min	10:00 PM	08:00 AM
Oct 31, 2025	0	9:27	10:18	10 min	09:30 PM	08:00 AM
Oct 30, 2025	1	9:18	10:36	24 min	09:00 PM	07:30 AM
Oct 29, 2025	0	8:43	10:37	71 min	09:00 PM	07:30 AM
Oct 28, 2025	0	7:39	11:01	144 min	09:00 PM	08:00 AM
Oct 27, 2025	1	6:20	10:20	61 min	09:30 PM	08:00 AM
Oct 26, 2025	0	6:36	7:49	64 min	12:00 AM	08:00 AM
Oct 25, 2025	0	13:33	15:53	15 min	02:30 PM	06:30 AM
Oct 24, 2025	1	5:38	9:56	87 min	10:30 PM	08:30 AM
Oct 23, 2025	0	9:41	11:17	24 min	09:00 PM	08:30 AM
Oct 22, 2025	0	8:06	9:31	66 min	10:00 PM	07:30 AM
Oct 21, 2025	1	9:10	11:51	57 min	07:30 PM	08:00 AM
Oct 20, 2025	1	7:24	13:01	268 min	06:30 PM	07:30 AM
Oct 19, 2025	0	16:21	17:38	48 min	12:30 PM	06:30 AM
Oct 18, 2025	1	13:32	14:46	19 min	06:30 PM	09:30 AM
Oct 17, 2025	0	10:03	11:34	13 min	09:30 PM	09:00 AM
Oct 16, 2025	0	9:53	10:39	12 min	09:00 PM	07:30 AM
Oct 14, 2025	1	11:10	13:28	13 min	06:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 13, 2025	0	8:26	10:11	82 min	09:00 PM	07:30 AM
Oct 12, 2025	0	7:40	10:27	14 min	09:00 PM	07:30 AM
Oct 11, 2025	0	6:13	9:54	82 min	08:30 PM	06:00 AM
Oct 10, 2025	1	10:11	12:18	14 min	08:30 PM	09:00 AM
Oct 09, 2025	1	9:16	10:49	10 min	08:30 PM	07:30 AM
Oct 08, 2025	0	8:02	9:13	59 min	09:30 PM	06:30 AM
Oct 07, 2025	0	10:39	14:34	65 min	05:00 PM	07:30 AM
Oct 06, 2025	0	7:35	10:49	184 min	08:30 PM	07:30 AM
Oct 05, 2025	0	9:49	12:38	146 min	08:00 PM	08:30 AM
Oct 04, 2025	0	10:32	12:17	21 min	09:00 PM	09:00 AM
Oct 03, 2025	0	6:11	9:54	144 min	10:00 PM	07:30 AM
Oct 02, 2025	0	9:09	10:10	13 min	09:30 PM	07:30 AM
Sep 27, 2025	1	8:14	9:30	41 min	08:30 PM	06:00 AM
Sep 26, 2025	2	10:03	11:22	34 min	04:00 PM	05:00 AM
Sep 25, 2025	0	9:44	10:53	43 min	07:00 PM	06:00 AM
Sep 24, 2025	0	4:10	4:49	28 min	12:00 AM	05:00 AM
Sep 23, 2025	2	11:44	12:06	17 min	07:00 PM	07:30 AM
Sep 22, 2025	0	9:08	10:54	53 min	07:00 PM	06:00 AM
Sep 21, 2025	0	8:33	10:12	41 min	07:30 PM	06:00 AM
Sep 20, 2025	0	9:21	10:25	12 min	09:00 PM	07:30 AM
Sep 19, 2025	0	9:23	11:22	79 min	08:00 PM	07:30 AM
Sep 18, 2025	1	10:56	13:27	22 min	07:00 PM	08:30 AM
Sep 17, 2025	0	9:28	12:22	126 min	08:00 PM	08:30 AM
Sep 16, 2025	0	8:32	10:15	32 min	07:00 PM	05:30 AM
Sep 15, 2025	1	11:40	13:29	25 min	06:30 PM	08:00 AM
Sep 14, 2025	1	12:55	14:55	60 min	05:30 PM	08:30 AM
Sep 13, 2025	1	7:57	11:41	15 min	08:30 PM	08:00 AM
Sep 12, 2025	0	10:47	11:55	22 min	07:30 PM	07:30 AM
Sep 11, 2025	0	12:22	13:29	24 min	08:00 PM	09:30 AM
Sep 10, 2025	0	9:26	10:04	15 min	09:30 PM	07:30 AM
Sep 09, 2025	0	9:53	10:38	15 min	08:30 PM	07:30 AM
Sep 08, 2025	1	11:42	12:36	15 min	07:30 PM	08:30 AM