

RiverSpring Living — 326d 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 |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Jan 27, 2026 | 1 | 4:56 | 11:54 | 136 min | 09:00 PM | 09:00 AM |
| Jan 26, 2026 | 2 | 7:57 | 10:37 | 23 min | 01:00 AM | 12:30 PM |
| Jan 24, 2026 | 0 | 9:32 | 11:06 | 28 min | 10:00 PM | 09:00 AM |
| Jan 23, 2026 | 1 | 13:07 | 14:31 | 25 min | 08:30 PM | 11:30 AM |
| Jan 22, 2026 | 2 | 10:35 | 14:39 | 68 min | 08:00 PM | 01:00 PM |
| Jan 21, 2026 | 1 | 7:04 | 9:19 | 80 min | 12:00 AM | 09:00 AM |
| Jan 20, 2026 | 1 | 12:36 | 15:00 | 129 min | 07:30 PM | 10:30 AM |
| Jan 19, 2026 | 0 | 7:15 | 13:04 | 342 min | 09:00 PM | 10:00 AM |
| Jan 18, 2026 | 0 | 6:03 | 10:26 | 84 min | 09:30 PM | 08:00 AM |
| Jan 17, 2026 | 1 | 7:10 | 12:17 | 19 min | 08:30 PM | 09:00 AM |
| Jan 16, 2026 | 1 | 6:11 | 11:04 | 53 min | 08:30 PM | 07:30 AM |
| Jan 15, 2026 | 1 | 6:46 | 11:07 | 158 min | 08:30 PM | 07:30 AM |
| Jan 14, 2026 | 0 | 8:34 | 12:25 | 149 min | 08:00 PM | 08:30 AM |
| Jan 13, 2026 | 1 | 8:24 | 12:37 | 142 min | 07:00 PM | 08:00 AM |
| Jan 12, 2026 | 0 | 7:32 | 12:19 | 49 min | 08:30 PM | 08:30 AM |
| Jan 11, 2026 | 2 | 7:05 | 11:16 | 130 min | 08:30 PM | 08:00 AM |
| Jan 10, 2026 | 2 | 5:26 | 10:58 | 274 min | 10:00 PM | 09:00 AM |
| Jan 09, 2026 | 0 | 2:07 | 4:43 | 143 min | 04:30 AM | 09:00 AM |
| Jan 08, 2026 | 0 | 7:34 | 11:06 | 87 min | 09:00 PM | 09:00 AM |
| Jan 07, 2026 | 1 | 9:24 | 11:32 | 22 min | 08:00 PM | 07:30 AM |
| Jan 06, 2026 | 0 | 9:54 | 12:27 | 14 min | 08:30 PM | 09:00 AM |
| Jan 05, 2026 | 1 | 2:40 | 12:43 | 230 min | 09:30 PM | 10:30 AM |
| Jan 04, 2026 | 0 | 9:49 | 11:46 | 59 min | 10:00 PM | 09:30 AM |
| Jan 03, 2026 | 1 | 10:53 | 15:49 | 154 min | 08:30 PM | 12:30 PM |
| Jan 02, 2026 | 1 | 7:16 | 13:37 | 151 min | 08:30 PM | 11:00 AM |
| Jan 01, 2026 | 0 | 10:08 | 15:23 | 114 min | 08:00 PM | 11:30 AM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Dec 31, 2025 | 0 | 7:15 | 12:04 | 122 min | 08:00 PM | 08:00 AM |
| Dec 30, 2025 | 0 | 0:31 | 8:39 | 200 min | 08:00 PM | 04:30 AM |
| Dec 29, 2025 | 0 | 10:12 | 11:34 | 26 min | 08:30 PM | 08:00 AM |
| Dec 28, 2025 | 1 | 11:37 | 12:04 | 22 min | 08:00 PM | 08:30 AM |
| Dec 27, 2025 | 1 | 9:17 | 12:08 | 94 min | 08:30 PM | 08:30 AM |
| Dec 26, 2025 | 0 | 5:05 | 12:14 | 220 min | 09:00 PM | 09:30 AM |
| Dec 25, 2025 | 0 | 7:12 | 12:24 | 91 min | 08:00 PM | 09:00 AM |
| Dec 24, 2025 | 0 | 7:31 | 10:33 | 57 min | 09:30 PM | 08:30 AM |
| Dec 23, 2025 | 0 | 6:57 | 14:06 | 61 min | 06:30 PM | 09:00 AM |
| Dec 22, 2025 | 0 | 6:30 | 10:00 | 37 min | 10:00 PM | 08:00 AM |
| Dec 21, 2025 | 1 | 7:00 | 12:15 | 210 min | 08:30 PM | 09:00 AM |
| Dec 20, 2025 | 1 | 10:17 | 14:45 | 74 min | 07:30 PM | 10:30 AM |
| Dec 19, 2025 | 0 | 8:45 | 11:34 | 68 min | 08:00 PM | 07:30 AM |
| Dec 18, 2025 | 1 | 6:11 | 11:18 | 112 min | 08:00 PM | 07:30 AM |
| Dec 17, 2025 | 0 | 8:47 | 11:28 | 35 min | 09:00 PM | 09:00 AM |
| Dec 16, 2025 | 0 | 5:19 | 9:06 | 56 min | 11:30 PM | 09:00 AM |
| Dec 15, 2025 | 0 | 8:12 | 9:51 | 70 min | 09:00 PM | 06:30 AM |
| Dec 14, 2025 | 0 | 5:31 | 10:39 | 27 min | 07:30 PM | 06:00 AM |
| Dec 13, 2025 | 0 | 9:39 | 11:59 | 67 min | 09:00 PM | 09:00 AM |
| Dec 12, 2025 | 0 | 6:33 | 10:58 | 116 min | 09:30 PM | 08:30 AM |
| Dec 11, 2025 | 0 | 7:35 | 9:49 | 80 min | 07:30 PM | 05:30 AM |
| Dec 10, 2025 | 0 | 6:00 | 9:33 | 114 min | 10:30 PM | 08:30 AM |
| Dec 09, 2025 | 1 | 7:56 | 11:33 | 21 min | 08:30 PM | 08:00 AM |
| Dec 08, 2025 | 0 | 8:13 | 11:01 | 134 min | 09:00 PM | 08:00 AM |
| Dec 07, 2025 | 0 | 6:04 | 11:13 | 148 min | 09:30 PM | 09:00 AM |
| Dec 06, 2025 | 1 | 7:54 | 12:03 | 35 min | 08:30 PM | 08:30 AM |
| Dec 05, 2025 | 0 | 9:08 | 11:49 | 43 min | 08:00 PM | 09:00 AM |
| Dec 04, 2025 | 0 | 7:21 | 11:36 | 77 min | 09:00 PM | 08:30 AM |
| Dec 03, 2025 | 0 | 2:29 | 7:05 | 180 min | 08:30 PM | 05:00 AM |
| Dec 02, 2025 | 1 | 7:04 | 11:02 | 111 min | 09:00 PM | 08:30 AM |
| Dec 01, 2025 | 0 | 4:29 | 11:59 | 223 min | 07:30 PM | 07:30 AM |
| Nov 30, 2025 | 0 | 4:13 | 11:18 | 161 min | 11:30 PM | 10:30 AM |
| Nov 29, 2025 | 0 | 4:09 | 9:36 | 128 min | 11:00 PM | 09:00 AM |
| Nov 27, 2025 | 1 | 8:02 | 14:35 | 20 min | 06:30 PM | 09:30 AM |
| Nov 26, 2025 | 3 | 5:11 | 12:06 | 175 min | 10:00 PM | 10:30 AM |
| Nov 25, 2025 | 4 | 6:27 | 13:33 | 160 min | 09:30 PM | 12:00 PM |
| Nov 24, 2025 | 0 | 2:38 | 10:42 | 476 min | 10:00 PM | 09:00 AM |
| Nov 23, 2025 | 1 | 1:12 | 9:20 | 180 min | 10:30 PM | 08:00 AM |
| Nov 22, 2025 | 0 | 5:27 | 12:53 | 36 min | 09:00 PM | 10:00 AM |
| Nov 21, 2025 | 0 | 8:06 | 11:26 | 108 min | 09:30 PM | 09:00 AM |
| Nov 20, 2025 | 0 | 7:30 | 11:08 | 24 min | 09:30 PM | 09:00 AM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Nov 19, 2025 | 0 | 8:23 | 11:06 | 60 min | 10:00 PM | 09:00 AM |
| Nov 18, 2025 | 1 | 7:16 | 9:47 | 69 min | 09:00 PM | 07:00 AM |
| Nov 17, 2025 | 0 | 4:53 | 10:07 | 168 min | 10:30 PM | 08:30 AM |
| Nov 16, 2025 | 0 | 9:00 | 11:56 | 22 min | 09:00 PM | 09:00 AM |
| Nov 15, 2025 | 0 | 6:29 | 11:50 | 65 min | 09:00 PM | 09:00 AM |
| Nov 14, 2025 | 0 | 6:05 | 11:16 | 165 min | 09:00 PM | 08:30 AM |
| Nov 13, 2025 | 2 | 6:01 | 14:06 | 187 min | 07:00 PM | 09:30 AM |
| Nov 12, 2025 | 0 | 0:23 | 2:11 | 101 min | 05:00 AM | 07:00 AM |
| Nov 11, 2025 | 0 | 6:18 | 10:24 | 79 min | 09:00 PM | 07:30 AM |
| Nov 10, 2025 | 0 | 9:42 | 11:00 | 36 min | 09:30 PM | 08:30 AM |
| Nov 09, 2025 | 0 | 3:47 | 11:56 | 28 min | 09:30 PM | 11:00 AM |
| Nov 08, 2025 | 0 | 4:59 | 11:59 | 420 min | 08:30 PM | 08:30 AM |
| Nov 07, 2025 | 0 | 10:38 | 12:50 | 76 min | 09:00 PM | 09:30 AM |
| Nov 06, 2025 | 0 | 11:10 | 15:48 | 257 min | 05:30 PM | 09:00 AM |
| Nov 05, 2025 | 0 | 6:08 | 10:44 | 37 min | 10:00 PM | 08:30 AM |
| Nov 04, 2025 | 0 | 5:06 | 12:48 | 274 min | 03:30 PM | 08:30 AM |
| Nov 03, 2025 | 0 | 22:13 | 23:13 | 0 min | 01:00 PM | 12:30 PM |
| Nov 02, 2025 | 0 | 3:41 | 16:26 | 765 min | 03:30 PM | 07:00 AM |
| Nov 01, 2025 | 0 | 1:30 | 6:14 | 151 min | 08:30 PM | 03:00 AM |
| Oct 31, 2025 | 0 | 9:37 | 11:37 | 62 min | 09:00 PM | 08:30 AM |
| Oct 30, 2025 | 0 | 11:46 | 13:17 | 39 min | 06:30 PM | 08:00 AM |
| Oct 29, 2025 | 0 | 7:13 | 13:26 | 119 min | 06:30 PM | 08:00 AM |
| Oct 28, 2025 | 0 | 8:02 | 11:38 | 216 min | 06:30 PM | 06:00 AM |
| Oct 27, 2025 | 0 | 7:07 | 12:04 | 228 min | 08:00 PM | 08:00 AM |
| Oct 26, 2025 | 0 | 9:32 | 11:09 | 49 min | 09:00 PM | 08:00 AM |
| Oct 25, 2025 | 0 | 12:17 | 18:40 | 136 min | 01:00 PM | 08:00 AM |
| Oct 24, 2025 | 0 | 11:17 | 18:20 | 147 min | 12:30 PM | 07:00 AM |
| Oct 23, 2025 | 0 | 8:51 | 13:16 | 182 min | 06:30 PM | 08:00 AM |
| Oct 22, 2025 | 0 | 9:16 | 12:54 | 165 min | 07:00 PM | 08:00 AM |
| Oct 21, 2025 | 0 | 8:23 | 10:39 | 89 min | 09:00 PM | 07:30 AM |
| Oct 20, 2025 | 0 | 13:56 | 18:33 | 152 min | 01:00 PM | 08:00 AM |
| Oct 19, 2025 | 0 | 13:01 | 17:43 | 220 min | 03:30 PM | 09:00 AM |
| Oct 18, 2025 | 0 | 11:33 | 16:00 | 149 min | 05:30 PM | 09:30 AM |
| Oct 17, 2025 | 0 | 16:03 | 19:13 | 125 min | 01:00 PM | 08:30 AM |
| Oct 16, 2025 | 0 | 14:22 | 18:56 | 118 min | 02:30 PM | 09:00 AM |
| Oct 15, 2025 | 0 | 14:07 | 17:33 | 155 min | 03:00 PM | 08:30 AM |
| Oct 14, 2025 | 1 | 13:52 | 17:02 | 188 min | 04:00 PM | 09:00 AM |
| Oct 13, 2025 | 0 | 9:11 | 14:54 | 200 min | 04:30 PM | 08:00 AM |
| Oct 12, 2025 | 0 | 9:51 | 10:35 | 32 min | 09:30 PM | 08:00 AM |
| Oct 11, 2025 | 1 | 6:43 | 16:12 | 139 min | 03:30 PM | 08:00 AM |
| Oct 10, 2025 | 0 | 10:02 | 14:31 | 243 min | 07:00 PM | 09:30 AM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Oct 09, 2025 | 0 | 6:35 | 11:11 | 100 min | 09:00 PM | 08:00 AM |
| Oct 07, 2025 | 0 | 9:18 | 11:12 | 91 min | 09:30 PM | 08:30 AM |
| Oct 06, 2025 | 0 | 9:54 | 13:21 | 115 min | 06:30 PM | 08:00 AM |
| Oct 05, 2025 | 0 | 10:05 | 14:06 | 93 min | 06:30 PM | 09:00 AM |
| Oct 04, 2025 | 1 | 7:49 | 12:37 | 288 min | 09:30 PM | 10:30 AM |
| Oct 03, 2025 | 0 | 8:38 | 10:48 | 123 min | 09:00 PM | 08:00 AM |
| Oct 02, 2025 | 0 | 14:13 | 16:51 | 111 min | 03:00 PM | 08:00 AM |
| Oct 01, 2025 | 1 | 12:01 | 13:29 | 45 min | 08:30 PM | 10:00 AM |
| Sep 30, 2025 | 1 | 10:08 | 13:53 | 190 min | 06:30 PM | 08:30 AM |
| Sep 29, 2025 | 0 | 5:42 | 10:56 | 266 min | 09:00 PM | 08:00 AM |
| Sep 28, 2025 | 0 | 7:17 | 11:34 | 185 min | 09:30 PM | 09:00 AM |
| Sep 27, 2025 | 0 | 1:33 | 8:55 | 240 min | 06:30 PM | 03:30 AM |
| Sep 26, 2025 | 0 | 8:30 | 11:44 | 43 min | 05:30 PM | 05:00 AM |
| Sep 25, 2025 | 1 | 10:54 | 13:33 | 140 min | 06:00 PM | 08:00 AM |
| Sep 24, 2025 | 0 | 9:43 | 14:27 | 136 min | 06:00 PM | 08:30 AM |
| Sep 23, 2025 | 0 | 3:31 | 9:09 | 41 min | 06:30 PM | 03:30 AM |
| Sep 22, 2025 | 1 | 6:51 | 11:14 | 225 min | 06:30 PM | 05:30 AM |
| Sep 21, 2025 | 1 | 10:44 | 11:24 | 35 min | 06:30 PM | 06:00 AM |
| Sep 20, 2025 | 0 | 10:44 | 17:11 | 198 min | 01:00 PM | 06:00 AM |
| Sep 19, 2025 | 0 | 5:39 | 10:53 | 188 min | 07:00 PM | 08:00 AM |
| Sep 18, 2025 | 0 | 13:23 | 15:35 | 56 min | 06:00 PM | 10:00 AM |
| Sep 17, 2025 | 0 | 11:39 | 17:30 | 264 min | 02:30 PM | 08:00 AM |
| Sep 16, 2025 | 0 | 8:31 | 10:55 | 144 min | 06:30 PM | 05:30 AM |
| Sep 15, 2025 | 0 | 4:44 | 10:26 | 73 min | 09:30 PM | 08:00 AM |
| Sep 14, 2025 | 0 | 5:22 | 10:53 | 46 min | 09:00 PM | 08:00 AM |
| Sep 13, 2025 | 1 | 11:48 | 13:37 | 90 min | 06:30 PM | 08:30 AM |
| Sep 12, 2025 | 0 | 10:41 | 12:14 | 61 min | 06:00 PM | 06:30 AM |
| Sep 11, 2025 | 1 | 8:30 | 13:16 | 37 min | 06:30 PM | 08:00 AM |
| Sep 10, 2025 | 0 | 6:52 | 10:36 | 177 min | 09:30 PM | 08:00 AM |
| Sep 09, 2025 | 0 | 1:26 | 10:51 | 30 min | 06:30 PM | 05:30 AM |
| Sep 08, 2025 | 0 | 8:16 | 13:45 | 130 min | 06:30 PM | 08:30 AM |