

RiverSpring Living — 326w 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 12, 2026	0	7:41	9:48	19 min	07:00 PM	05:00 AM
Mar 11, 2026	0	5:33	10:54	284 min	09:30 PM	08:30 AM
Mar 10, 2026	1	7:39	13:46	23 min	08:30 PM	10:30 AM
Mar 09, 2026	0	10:28	13:30	111 min	07:30 PM	09:00 AM
Mar 08, 2026	0	10:57	18:39	108 min	11:00 AM	09:00 AM
Mar 07, 2026	0	8:05	12:00	22 min	07:30 PM	07:30 AM
Mar 06, 2026	1	24:03	34:24	20 min	07:30 PM	08:30 AM
Mar 04, 2026	0	7:04	11:25	73 min	07:30 PM	09:00 AM
Mar 03, 2026	0	6:07	11:42	335 min	09:30 PM	09:00 AM
Mar 02, 2026	0	7:57	11:27	157 min	08:30 PM	08:00 AM
Mar 01, 2026	0	7:33	12:32	235 min	09:30 PM	10:00 AM
Feb 28, 2026	0	8:38	11:28	21 min	09:30 PM	09:00 AM
Feb 27, 2026	1	6:54	13:34	313 min	07:30 PM	09:00 AM
Feb 26, 2026	1	7:14	11:33	203 min	07:00 PM	06:30 AM
Feb 25, 2026	0	6:22	12:53	311 min	08:30 PM	09:30 AM
Feb 24, 2026	2	9:20	12:28	21 min	08:30 PM	09:00 AM
Feb 23, 2026	1	6:02	12:18	233 min	08:00 PM	08:30 AM
Feb 22, 2026	0	12:50	16:14	45 min	04:00 PM	08:00 AM
Feb 21, 2026	1	5:52	11:23	214 min	09:00 PM	08:30 AM
Feb 20, 2026	0	9:00	13:11	50 min	09:00 PM	10:00 AM
Feb 19, 2026	0	9:52	13:55	18 min	07:30 PM	09:30 AM
Feb 18, 2026	0	10:38	14:54	15 min	08:00 PM	11:00 AM
Feb 17, 2026	0	11:36	14:46	10 min	06:30 PM	09:30 AM
Feb 16, 2026	0	8:15	12:27	53 min	08:30 PM	09:00 AM
Feb 15, 2026	1	6:13	11:57	205 min	08:30 PM	08:30 AM
Feb 14, 2026	0	5:12	10:17	11 min	09:00 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 13, 2026	1	17:42	22:40	36 min	11:00 AM	10:00 AM
Feb 12, 2026	0	9:25	12:59	21 min	08:00 PM	09:00 AM
Feb 11, 2026	0	6:53	11:45	132 min	10:00 PM	09:30 AM
Feb 10, 2026	0	8:23	13:21	135 min	08:30 PM	10:00 AM
Feb 09, 2026	0	9:47	13:40	174 min	07:00 PM	09:00 AM
Feb 08, 2026	0	10:41	13:53	20 min	08:00 PM	10:00 AM
Feb 07, 2026	0	9:25	13:10	91 min	08:00 PM	09:00 AM
Feb 06, 2026	0	9:34	12:50	78 min	08:30 PM	09:30 AM
Feb 05, 2026	0	4:20	6:22	12 min	03:00 AM	09:30 AM
Feb 04, 2026	0	6:09	11:57	269 min	09:00 PM	08:30 AM
Feb 03, 2026	0	8:08	9:20	16 min	09:00 PM	06:00 AM
Feb 02, 2026	0	8:41	14:14	57 min	07:00 PM	09:30 AM
Feb 01, 2026	0	6:06	10:02	163 min	09:00 PM	07:00 AM
Jan 31, 2026	1	8:16	13:52	205 min	07:30 PM	09:30 AM
Jan 30, 2026	0	4:15	10:23	278 min	08:30 PM	07:00 AM
Jan 29, 2026	0	9:01	12:54	14 min	10:00 PM	11:00 AM
Jan 28, 2026	0	6:59	11:51	138 min	10:00 PM	10:00 AM
Jan 27, 2026	0	7:13	11:11	219 min	10:00 PM	09:00 AM
Jan 26, 2026	0	2:19	11:21	423 min	05:00 PM	08:00 AM
Jan 25, 2026	0	5:28	9:05	18 min	09:00 PM	06:00 AM
Jan 24, 2026	0	8:09	11:57	207 min	09:00 PM	09:00 AM
Jan 23, 2026	0	6:58	13:50	339 min	07:30 PM	09:30 AM
Jan 22, 2026	0	11:16	14:40	66 min	08:30 PM	11:00 AM
Jan 21, 2026	0	7:27	11:55	216 min	08:00 PM	08:00 AM
Jan 20, 2026	1	7:29	12:43	285 min	07:00 PM	07:30 AM
Jan 19, 2026	1	8:03	14:14	205 min	09:00 PM	01:30 PM
Jan 18, 2026	1	13:18	15:16	35 min	04:00 PM	07:30 AM
Jan 17, 2026	1	8:10	13:21	269 min	07:30 PM	09:00 AM
Jan 16, 2026	1	9:11	15:00	218 min	08:00 PM	11:00 AM
Jan 15, 2026	0	8:43	14:00	137 min	07:30 PM	09:30 AM
Jan 14, 2026	1	9:35	14:13	190 min	07:30 PM	10:00 AM
Jan 13, 2026	0	8:14	12:23	194 min	07:30 PM	08:00 AM
Jan 12, 2026	0	4:15	11:46	173 min	09:00 PM	09:00 AM
Jan 11, 2026	0	3:06	10:58	28 min	07:00 PM	06:00 AM
Jan 10, 2026	0	5:24	9:41	191 min	10:00 PM	07:30 AM
Jan 09, 2026	0	5:47	14:00	22 min	08:00 PM	10:30 AM
Jan 08, 2026	0	5:05	10:57	279 min	07:30 PM	06:30 AM
Jan 07, 2026	1	13:28	19:25	107 min	12:30 PM	08:30 AM
Jan 06, 2026	1	8:17	13:31	114 min	08:00 PM	09:30 AM
Jan 05, 2026	0	5:38	10:07	200 min	10:00 PM	08:00 AM
Jan 04, 2026	0	7:38	13:08	236 min	08:30 PM	09:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 03, 2026	0	5:56	14:01	286 min	08:00 PM	10:00 AM
Jan 02, 2026	0	7:49	13:33	208 min	07:30 PM	09:00 AM
Jan 01, 2026	0	6:47	9:18	145 min	08:00 PM	05:30 AM
Dec 31, 2025	0	1:53	10:35	125 min	07:30 PM	06:00 AM
Dec 30, 2025	0	7:18	12:52	144 min	08:00 PM	09:00 AM
Dec 29, 2025	0	1:51	10:32	127 min	07:00 PM	05:30 AM
Dec 28, 2025	0	6:09	13:18	175 min	07:00 PM	08:30 AM
Dec 27, 2025	0	15:04	19:59	34 min	01:00 PM	09:00 AM
Dec 26, 2025	1	2:56	10:31	379 min	10:00 PM	09:00 AM
Dec 25, 2025	0	1:43	11:25	582 min	08:00 PM	07:30 AM
Dec 24, 2025	0	4:19	9:50	287 min	08:00 PM	06:00 AM
Dec 23, 2025	0	8:42	14:24	204 min	06:30 PM	09:00 AM
Dec 22, 2025	1	11:11	15:44	110 min	02:00 PM	08:00 AM
Dec 21, 2025	0	10:14	13:48	188 min	08:30 PM	10:00 AM
Dec 20, 2025	0	6:47	11:57	191 min	07:00 PM	07:00 AM
Dec 19, 2025	0	7:33	11:26	226 min	07:00 PM	06:30 AM
Dec 18, 2025	0	5:15	10:12	281 min	08:00 PM	06:00 AM
Dec 17, 2025	0	8:09	12:57	230 min	08:00 PM	09:00 AM
Dec 16, 2025	0	9:21	14:48	201 min	08:00 PM	11:00 AM
Dec 15, 2025	0	5:51	13:17	354 min	07:00 PM	08:30 AM
Dec 14, 2025	0	9:45	13:28	52 min	07:30 PM	09:00 AM
Dec 13, 2025	0	7:19	10:26	157 min	09:00 PM	07:30 AM
Dec 12, 2025	0	7:57	11:41	195 min	09:00 PM	08:30 AM
Dec 11, 2025	0	6:00	9:59	231 min	08:00 PM	06:00 AM
Dec 10, 2025	0	6:13	12:17	215 min	08:00 PM	08:00 AM
Dec 09, 2025	0	4:46	10:21	302 min	10:00 PM	08:00 AM
Dec 08, 2025	0	7:25	10:55	17 min	09:00 PM	08:00 AM
Dec 07, 2025	0	7:09	11:14	203 min	08:00 PM	07:00 AM
Dec 06, 2025	0	8:46	11:23	11 min	09:00 PM	08:30 AM
Dec 05, 2025	2	7:16	13:32	237 min	07:00 PM	09:00 AM
Dec 04, 2025	0	8:01	12:25	195 min	09:00 PM	09:00 AM
Dec 03, 2025	0	6:53	11:29	202 min	08:30 PM	08:00 AM
Dec 02, 2025	0	6:03	13:23	285 min	07:00 PM	08:30 AM
Dec 01, 2025	1	7:34	12:59	230 min	08:00 PM	09:00 AM
Nov 30, 2025	1	8:18	12:48	148 min	08:00 PM	09:00 AM
Nov 29, 2025	0	8:55	12:13	29 min	08:30 PM	08:30 AM
Nov 28, 2025	0	7:24	12:03	161 min	08:00 PM	08:00 AM
Nov 27, 2025	2	8:31	14:26	204 min	06:30 PM	10:00 AM
Nov 26, 2025	0	7:01	11:41	158 min	09:00 PM	08:30 AM
Nov 25, 2025	0	5:18	11:09	284 min	09:00 PM	08:00 AM
Nov 24, 2025	0	7:54	12:08	158 min	08:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 23, 2025	0	10:49	13:26	26 min	07:00 PM	08:30 AM
Nov 22, 2025	0	7:48	13:39	185 min	08:00 PM	09:30 AM
Nov 21, 2025	0	8:20	13:36	232 min	07:00 PM	08:30 AM
Nov 20, 2025	0	10:16	13:37	5 min	07:00 PM	08:30 AM
Nov 19, 2025	0	9:59	14:05	174 min	07:00 PM	09:00 AM
Nov 18, 2025	0	7:58	12:15	206 min	08:00 PM	08:30 AM
Nov 17, 2025	0	7:39	12:09	137 min	08:30 PM	08:30 AM
Nov 16, 2025	0	5:51	11:29	281 min	09:30 PM	09:00 AM
Nov 15, 2025	0	9:46	13:50	100 min	07:00 PM	09:00 AM
Nov 14, 2025	1	7:21	13:15	200 min	07:00 PM	08:00 AM
Nov 13, 2025	1	7:09	14:33	180 min	06:30 PM	09:30 AM
Nov 12, 2025	0	7:55	13:29	267 min	07:00 PM	08:30 AM
Nov 11, 2025	1	5:46	10:04	218 min	06:30 PM	05:30 AM
Nov 10, 2025	0	6:15	11:56	235 min	08:00 PM	08:00 AM
Nov 09, 2025	0	8:15	13:55	164 min	08:00 PM	10:00 AM
Nov 08, 2025	0	7:38	11:56	132 min	08:30 PM	08:30 AM
Nov 07, 2025	0	7:51	12:21	155 min	08:30 PM	09:00 AM
Nov 06, 2025	0	8:12	12:03	190 min	09:00 PM	09:00 AM
Nov 05, 2025	0	6:02	12:07	236 min	08:00 PM	08:00 AM
Nov 04, 2025	0	4:35	10:07	165 min	07:00 PM	08:30 AM
Nov 03, 2025	0	8:04	12:50	191 min	07:00 PM	07:30 AM
Nov 02, 2025	0	5:07	10:09	243 min	10:30 PM	07:30 AM
Nov 01, 2025	1	7:45	11:31	219 min	09:00 PM	08:30 AM
Oct 31, 2025	0	9:09	11:47	123 min	09:00 PM	09:00 AM
Oct 30, 2025	0	4:54	11:06	266 min	09:00 PM	08:00 AM
Oct 29, 2025	0	8:23	11:02	104 min	09:00 PM	08:00 AM
Oct 28, 2025	1	8:46	14:39	279 min	06:00 PM	09:00 AM
Oct 27, 2025	0	8:00	11:14	132 min	08:00 PM	07:00 AM
Oct 26, 2025	0	8:42	13:14	169 min	07:00 PM	08:30 AM
Oct 25, 2025	1	5:53	13:31	279 min	06:30 PM	08:00 AM
Oct 24, 2025	1	8:08	12:55	229 min	08:00 PM	09:00 AM
Oct 23, 2025	0	9:16	11:28	93 min	09:00 PM	08:00 AM
Oct 22, 2025	0	6:19	13:09	293 min	06:30 PM	08:00 AM
Oct 21, 2025	0	9:34	13:26	189 min	07:00 PM	08:30 AM
Oct 20, 2025	1	6:24	11:44	167 min	08:00 PM	08:00 AM
Oct 19, 2025	0	6:30	11:47	183 min	10:00 PM	10:00 AM
Oct 18, 2025	1	6:31	13:08	129 min	09:00 PM	10:30 AM
Oct 17, 2025	0	8:42	14:27	226 min	07:00 PM	09:30 AM
Oct 16, 2025	0	7:25	14:37	229 min	07:00 PM	09:30 AM
Oct 15, 2025	1	8:33	11:09	129 min	09:00 PM	08:30 AM
Oct 14, 2025	1	8:31	14:08	253 min	07:00 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 13, 2025	0	6:47	11:33	264 min	08:30 PM	08:00 AM
Oct 12, 2025	0	8:06	11:51	156 min	08:00 PM	08:00 AM
Oct 11, 2025	0	11:15	13:34	12 min	06:30 PM	08:00 AM
Oct 10, 2025	1	8:50	13:54	171 min	06:30 PM	08:30 AM
Oct 09, 2025	0	10:16	12:05	91 min	08:00 PM	08:00 AM
Oct 08, 2025	0	6:45	8:00	56 min	12:00 AM	08:00 AM
Oct 07, 2025	1	8:04	12:25	180 min	07:00 PM	07:30 AM
Oct 06, 2025	0	8:46	13:28	200 min	06:30 PM	08:00 AM
Oct 05, 2025	0	8:53	11:35	16 min	06:30 PM	06:00 AM
Oct 04, 2025	0	7:27	12:00	154 min	08:00 PM	08:00 AM
Oct 03, 2025	0	10:05	13:21	18 min	06:30 PM	08:00 AM
Oct 02, 2025	0	5:47	10:17	235 min	08:00 PM	07:00 AM
Oct 01, 2025	0	9:19	13:51	208 min	07:00 PM	08:30 AM
Sep 30, 2025	0	12:31	14:02	19 min	06:30 PM	08:30 AM
Sep 29, 2025	0	10:58	13:04	89 min	07:00 PM	08:30 AM
Sep 28, 2025	0	8:32	12:59	158 min	08:00 PM	09:30 AM
Sep 27, 2025	0	8:02	12:39	131 min	06:30 PM	07:00 AM
Sep 26, 2025	0	8:07	11:50	120 min	09:00 PM	08:30 AM
Sep 25, 2025	1	11:48	13:44	44 min	06:00 PM	08:00 AM
Sep 24, 2025	0	6:40	11:53	245 min	09:00 PM	09:00 AM
Sep 23, 2025	0	5:35	10:49	244 min	07:00 PM	05:30 AM
Sep 22, 2025	0	8:06	11:45	10 min	06:30 PM	06:00 AM
Sep 21, 2025	1	8:52	14:02	215 min	07:00 PM	09:00 AM
Sep 20, 2025	1	6:48	12:01	192 min	06:30 PM	07:00 AM
Sep 19, 2025	0	8:31	11:30	20 min	09:30 PM	09:00 AM
Sep 18, 2025	0	5:16	11:10	226 min	07:00 PM	06:00 AM
Sep 17, 2025	0	7:44	12:09	188 min	07:00 PM	08:30 AM
Sep 16, 2025	0	7:26	12:08	169 min	06:30 PM	06:30 AM
Sep 15, 2025	0	5:29	10:58	175 min	07:00 PM	06:00 AM
Sep 14, 2025	0	7:51	11:39	165 min	09:00 PM	08:30 AM
Sep 13, 2025	0	8:19	13:10	202 min	07:30 PM	09:00 AM
Sep 12, 2025	0	8:22	12:06	131 min	06:30 PM	06:30 AM
Sep 11, 2025	0	7:56	11:13	133 min	07:00 PM	06:00 AM
Sep 10, 2025	0	6:09	11:21	234 min	09:00 PM	08:30 AM
Sep 09, 2025	0	10:11	13:49	25 min	06:00 PM	07:30 AM
Sep 08, 2025	0	8:40	11:31	16 min	07:00 PM	06:30 AM