

RiverSpring Living — 328s 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	0	10:22	12:12	9 min	08:30 PM	09:00 AM
Mar 12, 2026	0	7:31	10:38	24 min	08:00 PM	10:00 AM
Mar 11, 2026	0	8:15	11:21	72 min	09:00 PM	08:00 AM
Mar 10, 2026	1	9:23	13:31	152 min	09:00 PM	11:00 AM
Mar 09, 2026	0	9:13	11:03	15 min	08:30 PM	07:30 AM
Mar 08, 2026	0	9:34	11:34	13 min	07:00 PM	07:30 AM
Mar 07, 2026	0	11:28	12:33	36 min	08:30 PM	09:00 AM
Mar 06, 2026	0	10:20	11:23	9 min	09:30 PM	08:30 AM
Mar 05, 2026	0	8:46	11:12	38 min	09:00 PM	08:30 AM
Mar 04, 2026	1	9:11	12:15	37 min	08:30 PM	09:00 AM
Mar 03, 2026	0	10:40	13:24	13 min	08:30 PM	10:00 AM
Mar 02, 2026	0	8:54	11:57	14 min	08:30 PM	08:30 AM
Mar 01, 2026	0	9:00	11:40	32 min	08:30 PM	08:30 AM
Feb 28, 2026	0	7:34	10:46	83 min	09:00 PM	08:00 AM
Feb 27, 2026	1	10:53	11:58	13 min	08:30 PM	08:30 AM
Feb 26, 2026	1	8:33	10:47	23 min	10:00 PM	09:00 AM
Feb 25, 2026	0	9:25	11:00	41 min	09:00 PM	08:00 AM
Feb 24, 2026	0	9:11	12:03	26 min	08:30 PM	08:30 AM
Feb 23, 2026	1	7:50	11:20	59 min	08:30 PM	08:00 AM
Feb 22, 2026	0	10:49	12:39	12 min	08:30 PM	09:00 AM
Feb 21, 2026	0	8:38	9:45	21 min	10:00 PM	07:30 AM
Feb 20, 2026	0	9:35	13:05	45 min	07:30 PM	09:00 AM
Feb 19, 2026	1	10:11	13:06	57 min	08:30 PM	09:30 AM
Feb 18, 2026	0	18:16	21:16	55 min	08:00 PM	06:00 PM
Feb 17, 2026	0	8:04	11:10	10 min	08:30 PM	07:30 AM
Feb 16, 2026	0	8:53	10:34	14 min	09:00 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 15, 2026	0	6:50	11:10	131 min	08:30 PM	07:30 AM
Feb 14, 2026	0	11:40	13:02	12 min	09:30 PM	10:30 AM
Feb 13, 2026	0	10:22	13:19	12 min	08:30 PM	09:30 AM
Feb 12, 2026	1	9:57	14:08	130 min	06:00 PM	08:00 AM
Feb 11, 2026	1	9:31	10:47	14 min	09:00 PM	08:00 AM
Feb 10, 2026	0	10:36	12:14	11 min	08:30 PM	09:00 AM
Feb 09, 2026	0	10:16	11:06	14 min	09:00 PM	08:00 AM
Feb 08, 2026	0	8:55	10:48	10 min	09:00 PM	08:00 AM
Feb 07, 2026	1	9:28	9:45	10 min	09:00 PM	07:00 AM
Feb 06, 2026	1	11:29	13:54	62 min	07:30 PM	09:30 AM
Feb 05, 2026	0	8:03	10:58	41 min	09:30 PM	08:30 AM
Feb 04, 2026	1	11:33	12:40	20 min	09:30 PM	10:30 AM
Feb 03, 2026	1	9:13	12:42	83 min	09:00 PM	10:00 AM
Feb 02, 2026	1	8:46	10:49	96 min	07:30 PM	06:30 AM
Feb 01, 2026	0	9:54	11:30	14 min	08:00 PM	07:30 AM
Jan 31, 2026	1	12:18	12:56	16 min	07:30 PM	08:30 AM
Jan 30, 2026	0	9:02	9:32	18 min	09:00 PM	06:30 AM
Jan 29, 2026	0	9:04	10:13	35 min	10:00 PM	08:30 AM
Jan 28, 2026	1	10:14	10:45	9 min	09:30 PM	08:00 AM
Jan 27, 2026	0	7:21	9:54	102 min	10:30 PM	08:00 AM
Jan 26, 2026	1	14:27	15:36	16 min	05:30 PM	09:00 AM
Jan 25, 2026	0	11:20	11:33	13 min	09:30 PM	09:00 AM
Jan 24, 2026	0	9:29	11:05	19 min	10:00 PM	09:00 AM
Jan 23, 2026	1	12:56	15:19	56 min	09:00 PM	01:30 PM
Jan 22, 2026	0	6:57	11:20	13 min	08:30 PM	08:00 AM
Jan 21, 2026	0	9:32	12:29	133 min	07:00 PM	07:30 AM
Jan 20, 2026	0	8:21	11:56	117 min	09:00 PM	08:30 AM
Jan 19, 2026	1	15:56	18:07	68 min	03:00 PM	09:00 AM
Jan 18, 2026	1	11:04	12:13	14 min	09:00 PM	09:30 AM
Jan 17, 2026	0	8:41	9:34	17 min	08:30 PM	06:00 AM
Jan 16, 2026	0	10:09	11:03	13 min	10:00 PM	09:00 AM
Jan 15, 2026	0	9:54	11:43	12 min	09:00 PM	09:00 AM
Jan 14, 2026	1	10:26	11:57	20 min	09:00 PM	09:00 AM
Jan 13, 2026	0	8:54	11:00	102 min	10:30 PM	09:30 AM
Jan 12, 2026	0	10:58	12:58	50 min	08:00 PM	09:00 AM
Jan 11, 2026	0	11:37	12:12	10 min	08:30 PM	08:30 AM
Jan 10, 2026	0	10:11	11:25	23 min	09:30 PM	09:00 AM
Jan 09, 2026	1	34:07	38:34	10 min	09:00 PM	01:30 PM
Jan 07, 2026	1	10:54	12:33	14 min	09:30 PM	10:00 AM
Jan 06, 2026	0	9:55	12:04	40 min	09:30 PM	09:30 AM
Jan 05, 2026	0	9:44	12:04	20 min	08:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 04, 2026	0	10:50	11:54	23 min	09:00 PM	09:00 AM
Jan 03, 2026	1	9:17	10:20	10 min	09:00 PM	07:30 AM
Jan 02, 2026	1	13:29	15:21	41 min	05:30 PM	09:00 AM
Jan 01, 2026	0	8:38	11:16	44 min	09:00 PM	08:00 AM
Dec 31, 2025	0	8:43	9:43	12 min	09:00 PM	07:00 AM
Dec 30, 2025	1	8:29	10:41	63 min	08:30 PM	07:30 AM
Dec 29, 2025	0	10:04	10:59	46 min	10:00 PM	09:00 AM
Dec 28, 2025	0	10:39	13:24	32 min	06:30 PM	09:00 AM
Dec 27, 2025	0	17:57	20:12	29 min	12:30 PM	08:30 AM
Dec 26, 2025	0	9:32	11:23	12 min	09:00 PM	08:30 AM
Dec 25, 2025	0	10:21	12:15	13 min	08:30 PM	09:00 AM
Dec 24, 2025	0	10:05	11:53	22 min	09:00 PM	09:00 AM
Dec 23, 2025	0	10:20	11:18	19 min	09:00 PM	08:30 AM
Dec 22, 2025	1	7:05	10:33	41 min	10:00 PM	08:30 AM
Dec 21, 2025	1	9:42	10:51	14 min	09:30 PM	08:00 AM
Dec 20, 2025	0	9:36	11:10	26 min	09:00 PM	08:30 AM
Dec 19, 2025	1	9:54	11:30	66 min	08:30 PM	08:00 AM
Dec 18, 2025	0	8:58	10:47	12 min	08:30 PM	07:30 AM
Dec 17, 2025	0	9:14	10:11	50 min	09:30 PM	08:00 AM
Dec 16, 2025	0	9:57	13:16	109 min	08:00 PM	09:30 AM
Dec 15, 2025	2	9:10	11:09	14 min	08:00 PM	07:30 AM
Dec 14, 2025	0	8:09	9:52	19 min	08:30 PM	06:00 AM
Dec 13, 2025	1	8:27	12:24	77 min	08:00 PM	08:30 AM
Dec 12, 2025	0	10:36	11:29	44 min	09:30 PM	09:00 AM
Dec 11, 2025	0	10:16	11:38	16 min	08:30 PM	08:30 AM
Dec 10, 2025	0	8:14	9:32	10 min	09:00 PM	06:30 AM
Dec 09, 2025	0	9:34	11:39	12 min	09:00 PM	09:00 AM
Dec 08, 2025	0	8:48	10:34	10 min	10:00 PM	08:30 AM
Dec 07, 2025	0	10:10	11:34	13 min	08:30 PM	08:00 AM
Dec 06, 2025	1	12:15	12:59	25 min	08:00 PM	09:00 AM
Dec 05, 2025	0	13:03	13:34	13 min	08:00 PM	09:30 AM
Dec 04, 2025	0	10:13	12:38	50 min	08:30 PM	09:00 AM
Dec 03, 2025	0	9:46	10:41	15 min	09:00 PM	07:30 AM
Dec 02, 2025	0	11:52	12:53	17 min	08:00 PM	09:00 AM
Dec 01, 2025	0	9:50	10:09	12 min	09:00 PM	07:00 AM
Nov 30, 2025	1	8:56	10:10	17 min	08:00 PM	07:00 AM
Nov 29, 2025	0	9:31	10:26	8 min	09:00 PM	07:30 AM
Nov 28, 2025	0	11:14	13:12	10 min	08:30 PM	10:00 AM
Nov 27, 2025	0	19:48	21:24	14 min	11:00 AM	10:00 AM
Nov 26, 2025	2	9:55	10:32	30 min	08:00 PM	06:30 AM
Nov 25, 2025	0	10:05	12:00	74 min	09:30 PM	09:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 24, 2025	0	9:50	12:14	55 min	09:00 PM	09:30 AM
Nov 23, 2025	1	10:08	11:16	15 min	10:00 PM	09:30 AM
Nov 22, 2025	0	11:42	12:58	11 min	09:00 PM	10:00 AM
Nov 18, 2025	0	11:21	12:10	2 min	08:00 PM	08:00 AM
Nov 07, 2025	0	13:43	15:49	54 min	09:30 PM	12:00 AM
Nov 06, 2025	0	9:46	10:43	33 min	10:30 PM	09:30 AM
Nov 05, 2025	0	9:12	9:40	21 min	10:30 PM	08:00 AM
Nov 04, 2025	0	10:02	11:51	17 min	09:00 PM	09:00 AM
Nov 03, 2025	1	12:15	12:54	12 min	08:30 PM	09:30 AM
Nov 02, 2025	0	9:33	10:23	14 min	10:30 PM	08:00 AM
Oct 28, 2025	0	3:24	4:20	23 min	09:30 PM	01:30 AM
Oct 27, 2025	1	9:37	10:57	10 min	09:30 PM	08:30 AM
Oct 26, 2025	0	8:23	10:27	58 min	09:30 PM	08:00 AM
Oct 25, 2025	0	10:48	12:37	17 min	08:00 PM	08:30 AM
Oct 24, 2025	0	10:34	12:20	13 min	08:30 PM	08:30 AM
Oct 23, 2025	0	8:50	10:26	24 min	09:30 PM	07:30 AM
Oct 22, 2025	0	8:59	10:19	63 min	10:00 PM	08:00 AM
Oct 21, 2025	1	9:35	11:08	19 min	08:30 PM	07:30 AM
Oct 20, 2025	0	9:44	11:48	12 min	08:30 PM	08:30 AM
Oct 19, 2025	0	9:43	10:59	39 min	09:30 PM	08:30 AM
Oct 18, 2025	1	10:27	12:02	13 min	10:00 PM	10:00 AM
Oct 17, 2025	0	8:46	10:19	23 min	09:30 PM	07:30 AM
Oct 16, 2025	0	10:46	13:28	90 min	07:30 PM	09:00 AM
Oct 15, 2025	0	10:24	11:46	44 min	09:00 PM	09:00 AM
Oct 14, 2025	0	6:24	11:08	220 min	06:30 PM	05:30 AM
Oct 13, 2025	0	10:12	12:21	102 min	08:00 PM	08:30 AM
Oct 12, 2025	0	8:57	11:12	26 min	09:30 PM	09:00 AM
Oct 11, 2025	0	12:22	12:51	13 min	08:30 PM	09:30 AM
Oct 10, 2025	0	10:34	13:14	102 min	09:00 PM	10:00 AM
Oct 09, 2025	1	11:30	13:22	58 min	06:30 PM	08:30 AM
Oct 08, 2025	0	8:58	9:39	27 min	09:30 PM	07:30 AM
Oct 07, 2025	1	11:22	13:01	23 min	09:00 PM	10:00 AM
Oct 06, 2025	0	10:14	11:31	16 min	09:00 PM	08:30 AM
Oct 05, 2025	0	9:16	11:12	27 min	09:30 PM	08:30 AM
Oct 04, 2025	0	8:27	10:49	112 min	09:30 PM	08:30 AM
Oct 03, 2025	0	8:35	10:31	16 min	10:00 PM	08:30 AM
Oct 02, 2025	0	8:00	10:29	65 min	09:30 PM	08:00 AM
Oct 01, 2025	0	11:26	12:41	17 min	09:00 PM	09:30 AM
Sep 30, 2025	0	8:46	11:47	122 min	08:30 PM	08:30 AM
Sep 29, 2025	0	10:33	12:02	48 min	08:00 PM	08:00 AM
Sep 28, 2025	0	9:45	10:09	10 min	10:00 PM	08:00 AM

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Sep 27, 2025	0	11:25	12:55	30 min	06:30 PM	08:00 AM
Sep 26, 2025	0	10:12	10:50	16 min	09:00 PM	08:00 AM
Sep 25, 2025	0	9:41	11:02	17 min	08:30 PM	07:30 AM
Sep 24, 2025	0	8:47	9:56	23 min	09:30 PM	07:30 AM
Sep 23, 2025	0	9:14	11:17	12 min	09:00 PM	08:00 AM
Sep 22, 2025	0	9:22	11:19	12 min	08:30 PM	07:30 AM
Sep 21, 2025	1	11:33	13:30	15 min	08:30 PM	10:00 AM
Sep 20, 2025	0	8:17	10:27	90 min	09:30 PM	08:00 AM
Sep 19, 2025	0	8:26	9:55	40 min	10:00 PM	08:00 AM
Sep 18, 2025	1	5:56	11:03	291 min	09:00 PM	08:00 AM
Sep 17, 2025	0	9:28	11:57	69 min	09:00 PM	09:00 AM
Sep 14, 2025	2	9:19	11:14	43 min	08:00 PM	08:30 AM
Sep 13, 2025	0	8:30	10:44	47 min	09:00 PM	08:00 AM
Sep 12, 2025	0	8:26	11:12	27 min	08:30 PM	08:00 AM
Sep 11, 2025	0	9:35	10:51	15 min	09:00 PM	08:00 AM
Sep 10, 2025	0	10:44	12:14	31 min	07:00 PM	08:00 AM
Sep 09, 2025	0	10:27	11:12	8 min	09:00 PM	08:00 AM
Sep 08, 2025	1	9:55	11:57	16 min	08:30 PM	08:30 AM