

# RiverSpring Living — 330s 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	2	30:53	41:18	17 min	06:30 PM	07:00 PM
Mar 11, 2026	1	3:36	6:41	43 min	10:00 PM	08:30 AM
Mar 10, 2026	2	5:28	10:37	32 min	07:00 PM	08:30 AM
Mar 09, 2026	4	26:36	35:43	21 min	09:30 PM	02:30 PM
Mar 07, 2026	0	1:03	2:05	62 min	12:30 AM	05:30 AM
Mar 06, 2026	3	7:26	10:12	32 min	09:30 PM	12:30 PM
Mar 05, 2026	3	15:56	22:33	57 min	12:00 PM	01:00 PM
Mar 04, 2026	1	4:07	5:48	15 min	03:00 AM	09:00 AM
Mar 03, 2026	1	5:04	8:13	28 min	10:30 PM	08:30 AM
Mar 02, 2026	0	18:16	26:36	46 min	12:30 PM	08:00 PM
Mar 01, 2026	1	3:12	5:11	33 min	01:00 AM	07:30 AM
Feb 28, 2026	2	37:46	52:24	67 min	09:00 PM	12:00 PM
Feb 25, 2026	1	3:18	4:27	27 min	01:30 AM	06:00 AM
Feb 24, 2026	1	10:30	17:40	29 min	06:00 PM	11:00 PM
Feb 23, 2026	2	11:47	15:26	16 min	09:30 PM	02:30 PM
Feb 22, 2026	1	14:00	17:46	12 min	10:30 PM	07:00 PM
Feb 21, 2026	1	3:57	6:02	24 min	01:00 AM	07:00 AM
Feb 20, 2026	0	3:56	5:52	79 min	04:00 AM	12:30 PM
Feb 19, 2026	1	9:28	17:05	22 min	08:00 PM	12:00 AM
Feb 18, 2026	4	12:43	21:07	27 min	06:00 PM	05:00 PM
Feb 17, 2026	1	3:24	6:31	29 min	12:00 AM	08:00 AM
Feb 16, 2026	1	8:05	13:59	9 min	07:00 PM	01:00 PM
Feb 15, 2026	3	28:13	37:48	12 min	09:30 PM	03:30 PM
Feb 13, 2026	0	8:16	14:03	36 min	04:00 PM	12:00 PM
Feb 12, 2026	2	25:22	36:15	73 min	10:30 PM	02:00 PM
Feb 10, 2026	2	32:53	50:18	13 min	10:00 PM	06:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 07, 2026	3	3:51	6:11	12 min	11:00 PM	06:00 AM
Feb 06, 2026	2	11:52	16:22	37 min	09:30 PM	08:30 PM
Feb 05, 2026	1	11:10	15:26	34 min	01:00 AM	06:30 PM
Feb 03, 2026	2	14:52	23:25	41 min	11:00 AM	11:00 PM
Feb 02, 2026	1	6:21	8:38	17 min	10:30 PM	08:00 AM
Feb 01, 2026	1	7:33	12:29	17 min	03:30 PM	08:00 AM
Jan 31, 2026	1	17:27	27:35	31 min	01:30 AM	09:00 AM
Jan 29, 2026	1	3:00	6:42	39 min	07:30 PM	04:00 AM
Jan 28, 2026	2	12:26	20:36	13 min	05:00 PM	05:00 PM
Jan 27, 2026	1	5:05	8:49	71 min	12:00 AM	01:00 PM
Jan 26, 2026	2	33:08	57:08	152 min	04:30 PM	12:00 PM
Jan 23, 2026	1	3:02	4:51	10 min	12:00 AM	05:30 AM
Jan 22, 2026	2	27:29	37:09	46 min	11:00 PM	08:30 PM
Jan 20, 2026	2	0:59	2:44	26 min	10:00 PM	01:30 AM
Jan 19, 2026	5	25:11	35:34	53 min	12:00 AM	07:30 PM
Jan 17, 2026	2	3:45	7:04	7 min	07:00 PM	05:30 AM
Jan 16, 2026	2	27:56	37:17	36 min	10:00 PM	04:30 PM
Jan 14, 2026	1	4:32	9:22	14 min	08:30 PM	08:30 AM
Jan 13, 2026	2	26:16	36:05	21 min	10:00 PM	05:30 PM
Jan 11, 2026	1	1:07	3:18	23 min	11:00 PM	03:30 AM
Jan 10, 2026	2	10:36	14:18	47 min	10:00 PM	08:00 PM
Jan 09, 2026	2	11:31	15:38	10 min	12:00 AM	06:30 PM
Jan 08, 2026	2	2:03	3:44	14 min	12:00 AM	04:30 AM
Jan 07, 2026	1	26:00	35:47	61 min	12:00 AM	09:30 PM
Jan 05, 2026	2	1:44	2:54	14 min	02:00 AM	05:00 AM
Jan 04, 2026	3	28:04	40:13	65 min	07:00 PM	11:00 PM
Jan 02, 2026	1	10:59	14:33	15 min	10:00 PM	04:00 PM
Jan 01, 2026	2	3:48	8:59	115 min	10:30 PM	04:30 PM
Dec 31, 2025	2	7:44	13:32	34 min	07:00 PM	12:30 PM
Dec 30, 2025	3	33:18	54:16	78 min	08:00 PM	03:00 PM
Dec 27, 2025	1	4:14	5:21	17 min	03:30 AM	09:00 AM
Dec 26, 2025	0	21:16	33:58	28 min	03:00 PM	11:30 PM
Dec 24, 2025	2	8:35	12:44	39 min	11:00 PM	12:30 PM
Dec 23, 2025	2	2:40	6:21	24 min	09:30 PM	05:30 AM
Dec 22, 2025	1	31:06	43:08	43 min	08:30 PM	07:30 PM
Dec 20, 2025	0	0:57	1:46	34 min	12:00 AM	04:30 AM
Dec 19, 2025	2	4:39	9:14	68 min	08:30 PM	06:30 AM
Dec 18, 2025	1	29:44	34:50	17 min	11:30 PM	03:30 PM
Dec 16, 2025	1	6:16	9:53	101 min	09:00 PM	07:30 AM
Dec 15, 2025	0	10:34	15:59	8 min	09:30 PM	04:00 PM
Dec 14, 2025	1	9:37	15:06	54 min	02:30 PM	12:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 13, 2025	1	28:34	34:44	15 min	09:00 PM	12:00 PM
Dec 10, 2025	1	26:17	33:23	39 min	10:00 PM	12:00 AM
Dec 08, 2025	1	7:27	9:34	15 min	08:00 PM	07:00 AM
Dec 07, 2025	4	25:08	33:28	41 min	07:00 PM	02:30 PM
Dec 05, 2025	2	8:09	10:24	10 min	08:30 PM	08:00 AM
Dec 04, 2025	3	5:02	7:25	61 min	03:00 AM	04:30 PM
Dec 03, 2025	2	10:52	16:05	24 min	11:30 AM	11:00 PM
Dec 02, 2025	2	21:49	29:52	130 min	10:30 PM	07:00 AM
Nov 29, 2025	1	14:04	24:58	10 min	12:30 AM	05:30 AM
Nov 27, 2025	0	5:20	9:30	55 min	07:30 PM	07:00 AM
Nov 26, 2025	4	12:59	22:25	51 min	01:00 PM	03:30 PM
Nov 25, 2025	1	4:53	7:27	41 min	09:30 PM	06:30 AM
Nov 24, 2025	1	4:47	10:52	51 min	06:30 PM	07:30 AM
Nov 23, 2025	3	6:27	12:32	39 min	08:00 PM	03:30 PM
Nov 22, 2025	1	11:07	16:42	14 min	10:30 PM	05:30 PM
Nov 21, 2025	1	2:16	3:43	74 min	03:00 AM	09:00 AM
Nov 20, 2025	3	17:55	32:51	62 min	11:30 PM	11:00 PM
Nov 18, 2025	1	4:56	8:30	41 min	07:00 PM	05:30 AM
Nov 17, 2025	1	9:58	13:56	14 min	02:00 PM	06:30 AM
Nov 16, 2025	2	13:13	20:11	99 min	01:30 PM	11:30 AM
Nov 15, 2025	3	2:07	3:39	34 min	12:30 AM	05:00 AM
Nov 14, 2025	2	6:31	8:57	18 min	08:00 PM	05:30 AM
Nov 13, 2025	6	9:42	14:34	41 min	07:00 PM	04:00 PM
Nov 12, 2025	2	6:37	9:24	22 min	06:30 PM	06:30 AM
Nov 11, 2025	1	16:02	22:48	18 min	12:00 PM	03:30 PM
Nov 10, 2025	1	6:46	7:46	14 min	01:30 AM	09:30 AM
Nov 09, 2025	1	6:04	8:32	10 min	07:00 PM	05:30 AM
Nov 08, 2025	2	8:31	10:16	15 min	07:30 PM	07:00 AM
Nov 07, 2025	2	10:47	13:41	26 min	07:00 PM	03:00 PM
Nov 06, 2025	3	10:31	12:59	29 min	10:00 PM	02:30 PM
Nov 05, 2025	4	9:13	11:14	35 min	09:30 PM	07:30 PM
Nov 04, 2025	3	9:50	13:38	67 min	06:00 PM	03:30 PM
Nov 03, 2025	1	8:51	12:40	78 min	06:00 PM	11:00 AM
Nov 02, 2025	3	11:38	14:34	17 min	07:00 PM	12:30 PM
Nov 01, 2025	2	11:29	18:37	21 min	06:30 PM	03:30 PM
Oct 31, 2025	4	6:45	9:37	66 min	11:30 PM	03:30 PM
Oct 30, 2025	5	6:01	13:36	53 min	04:00 PM	11:30 AM
Oct 29, 2025	1	28:22	37:06	11 min	08:00 PM	02:00 PM
Oct 27, 2025	3	3:17	5:15	24 min	10:30 PM	08:00 AM
Oct 26, 2025	4	6:26	11:06	95 min	07:00 PM	04:30 PM
Oct 25, 2025	2	22:43	31:58	60 min	08:30 PM	03:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 23, 2025	1	11:27	15:09	36 min	03:30 PM	12:00 PM
Oct 22, 2025	4	13:01	18:47	38 min	01:00 PM	11:00 AM
Oct 21, 2025	2	7:24	9:12	10 min	11:00 PM	09:00 AM
Oct 20, 2025	3	3:50	6:52	64 min	07:30 PM	07:00 AM
Oct 18, 2025	1	10:21	14:27	29 min	08:00 PM	08:00 PM
Oct 17, 2025	1	0:32	1:03	12 min	02:30 AM	03:30 AM
Oct 16, 2025	0	0:51	2:02	29 min	09:30 PM	12:00 AM
Oct 15, 2025	3	8:15	12:00	49 min	06:30 PM	08:30 PM
Oct 13, 2025	2	12:44	18:54	42 min	06:00 PM	08:00 PM
Oct 12, 2025	3	5:52	8:59	35 min	11:00 PM	02:00 PM
Oct 11, 2025	3	3:02	6:16	16 min	09:00 PM	06:00 AM
Oct 10, 2025	1	21:47	28:49	16 min	02:00 AM	12:30 PM
Oct 08, 2025	0	1:20	2:30	59 min	02:00 AM	07:30 AM
Oct 07, 2025	4	10:42	14:26	33 min	05:00 PM	11:30 PM
Oct 06, 2025	3	10:13	14:37	15 min	08:00 PM	12:30 PM
Oct 05, 2025	1	4:25	7:06	28 min	07:00 PM	07:30 AM
Oct 04, 2025	3	22:33	31:13	14 min	08:30 PM	10:30 AM
Oct 02, 2025	3	4:04	5:39	19 min	10:30 PM	05:00 AM
Oct 01, 2025	1	20:59	32:14	85 min	07:30 PM	08:00 PM
Sep 29, 2025	2	4:03	8:09	35 min	07:00 PM	06:30 AM
Sep 28, 2025	2	7:56	13:53	36 min	06:30 PM	02:00 PM
Sep 27, 2025	3	13:58	20:57	52 min	12:30 PM	04:00 PM
Sep 26, 2025	2	9:29	12:39	15 min	06:30 PM	08:00 AM
Sep 25, 2025	0	1:10	1:44	34 min	03:30 AM	05:00 AM
Sep 24, 2025	5	9:57	17:03	84 min	06:00 PM	10:30 PM
Sep 23, 2025	2	11:41	16:11	40 min	06:00 PM	03:00 PM
Sep 22, 2025	2	12:05	18:57	21 min	12:00 PM	12:00 PM
Sep 21, 2025	3	9:30	11:33	16 min	05:30 PM	07:30 AM
Sep 20, 2025	1	7:55	12:51	50 min	04:00 PM	02:30 PM
Sep 19, 2025	2	8:05	11:31	18 min	08:00 PM	08:00 AM
Sep 18, 2025	2	4:23	8:05	56 min	07:00 PM	05:00 AM
Sep 17, 2025	1	7:38	11:15	23 min	06:00 PM	01:30 PM
Sep 16, 2025	2	7:20	9:49	13 min	06:30 PM	05:30 AM
Sep 15, 2025	1	7:00	9:00	13 min	09:00 PM	07:00 AM
Sep 14, 2025	1	6:57	14:46	41 min	07:00 PM	06:30 PM
Sep 13, 2025	1	9:12	10:39	14 min	06:30 PM	05:30 AM
Sep 12, 2025	3	2:38	6:29	72 min	07:30 PM	03:00 PM
Sep 11, 2025	1	2:02	3:15	22 min	01:00 AM	05:30 AM
Sep 10, 2025	3	13:15	18:12	48 min	05:30 PM	10:30 PM
Sep 09, 2025	1	11:20	15:11	41 min	06:00 PM	11:00 AM
Sep 08, 2025	2	5:38	8:07	39 min	12:00 AM	02:30 PM

