

# RiverSpring Living — 331d 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
Feb 08, 2026	1	8:49	14:22	141 min	06:30 PM	08:30 AM
Feb 07, 2026	0	2:30	7:20	79 min	06:00 AM	01:30 PM
Feb 06, 2026	1	11:54	17:35	13 min	10:30 PM	04:30 PM
Feb 05, 2026	1	2:47	9:30	13 min	05:00 AM	03:00 PM
Feb 04, 2026	1	6:34	16:38	144 min	09:30 PM	12:00 AM
Feb 03, 2026	1	10:35	19:29	180 min	06:00 PM	02:00 PM
Feb 02, 2026	2	6:31	15:51	267 min	04:00 PM	08:30 AM
Feb 01, 2026	1	4:58	13:49	172 min	10:30 PM	12:30 PM
Jan 31, 2026	1	7:40	12:04	154 min	09:30 PM	09:30 AM
Jan 30, 2026	1	6:50	12:22	170 min	09:00 PM	09:30 AM
Jan 28, 2026	1	4:27	9:36	17 min	09:00 PM	07:00 AM
Jan 27, 2026	1	5:49	10:23	133 min	10:30 PM	09:00 AM
Jan 26, 2026	1	4:57	10:52	8 min	08:30 PM	07:30 AM
Jan 25, 2026	1	7:54	13:26	156 min	07:30 PM	09:00 AM
Jan 24, 2026	1	14:56	33:51	91 min	10:00 PM	09:30 AM
Jan 22, 2026	1	7:51	11:37	9 min	09:30 PM	09:00 AM
Jan 21, 2026	0	2:38	6:06	72 min	05:00 AM	11:00 AM
Jan 20, 2026	0	4:11	6:59	86 min	04:00 AM	11:00 AM
Jan 19, 2026	1	6:24	10:51	32 min	01:00 AM	12:00 PM
Jan 18, 2026	1	7:04	16:05	65 min	07:30 PM	11:30 AM
Jan 16, 2026	1	3:17	8:48	111 min	09:30 PM	06:30 AM
Jan 15, 2026	0	5:49	13:56	264 min	08:30 PM	11:00 AM
Jan 14, 2026	3	0:35	10:40	70 min	09:30 PM	08:30 AM
Jan 13, 2026	0	4:06	6:47	38 min	03:00 AM	10:00 AM
Jan 12, 2026	1	9:08	13:22	35 min	09:30 PM	11:00 AM
Jan 11, 2026	0	10:42	16:10	35 min	12:30 PM	05:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 10, 2026	1	7:53	11:21	46 min	10:00 PM	09:30 AM
Jan 09, 2026	0	1:51	5:00	145 min	05:00 AM	10:00 AM
Jan 08, 2026	1	6:05	11:42	77 min	09:30 PM	09:30 AM
Jan 07, 2026	1	5:08	10:32	193 min	10:30 PM	09:00 AM
Jan 06, 2026	0	5:32	9:35	115 min	09:30 PM	07:00 PM
Jan 05, 2026	1	4:45	10:16	80 min	10:00 PM	08:30 AM
Jan 04, 2026	0	5:32	9:44	10 min	11:30 PM	09:00 AM
Jan 03, 2026	1	8:22	17:07	102 min	09:00 PM	02:30 PM
Jan 02, 2026	0	3:32	7:06	39 min	10:00 PM	05:00 AM
Jan 01, 2026	0	2:18	4:45	47 min	05:30 AM	05:30 PM
Dec 31, 2025	0	3:27	6:57	195 min	10:30 PM	10:00 AM
Dec 30, 2025	1	5:53	8:42	9 min	10:30 PM	07:30 AM
Dec 29, 2025	1	8:31	10:28	60 min	09:30 PM	08:00 AM
Dec 28, 2025	3	5:45	8:52	48 min	03:30 AM	05:00 PM
Dec 26, 2025	2	5:01	10:18	18 min	10:30 PM	09:30 AM
Dec 25, 2025	2	6:01	12:54	15 min	07:00 PM	08:00 AM
Dec 24, 2025	1	6:49	10:25	112 min	11:00 PM	09:30 AM
Dec 23, 2025	0	13:03	20:41	0 min	05:30 AM	02:30 AM
Dec 22, 2025	0	1:02	7:35	121 min	08:00 PM	03:30 AM
Dec 20, 2025	0	3:22	4:16	5 min	04:30 AM	09:00 AM
Dec 19, 2025	2	4:43	13:04	321 min	11:00 PM	01:30 PM
Dec 18, 2025	0	5:03	8:26	17 min	08:30 PM	05:00 AM
Dec 17, 2025	0	4:51	6:25	66 min	12:00 AM	06:30 AM
Dec 16, 2025	1	20:05	34:24	43 min	08:30 PM	09:30 AM
Dec 14, 2025	2	13:37	26:31	148 min	02:00 AM	12:00 PM
Dec 12, 2025	0	6:18	8:20	61 min	01:00 AM	09:30 AM
Dec 11, 2025	1	10:01	14:11	100 min	06:00 PM	08:00 AM
Dec 09, 2025	1	10:32	11:46	12 min	10:00 PM	10:00 AM
Dec 08, 2025	0	1:39	3:19	90 min	05:00 AM	08:30 AM
Dec 07, 2025	1	9:04	10:51	63 min	10:00 PM	09:00 AM
Dec 06, 2025	1	9:22	10:45	15 min	10:00 PM	09:00 AM
Dec 05, 2025	1	6:21	9:50	34 min	09:00 PM	08:00 AM
Dec 04, 2025	1	8:44	11:40	20 min	08:30 PM	08:30 AM
Dec 03, 2025	1	6:49	7:41	16 min	01:30 AM	12:30 PM
Dec 02, 2025	1	7:23	12:48	17 min	08:00 PM	09:30 AM
Dec 01, 2025	1	7:48	12:57	18 min	07:00 PM	09:00 AM
Nov 30, 2025	2	4:13	10:16	15 min	09:30 PM	09:00 AM
Nov 29, 2025	1	3:33	6:00	14 min	01:30 AM	08:30 AM
Nov 28, 2025	2	11:13	16:16	105 min	05:00 PM	09:30 AM
Nov 27, 2025	1	5:03	5:53	27 min	11:30 PM	08:00 AM
Nov 26, 2025	1	8:06	10:58	45 min	10:00 PM	10:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 25, 2025	0	1:57	4:29	17 min	08:30 PM	01:00 AM
Nov 24, 2025	1	7:32	9:13	51 min	10:00 PM	07:30 AM
Nov 23, 2025	1	6:47	9:46	27 min	01:00 AM	10:30 AM
Nov 22, 2025	0	5:24	9:42	34 min	10:00 PM	08:30 AM
Nov 21, 2025	1	2:02	3:58	8 min	05:00 AM	09:00 AM
Nov 20, 2025	1	8:27	9:01	27 min	11:30 PM	08:30 AM
Nov 19, 2025	1	5:32	8:34	80 min	01:00 AM	11:00 AM
Nov 18, 2025	1	8:42	10:20	9 min	09:00 PM	08:30 AM
Nov 17, 2025	1	4:07	7:57	36 min	09:00 PM	08:30 AM
Nov 16, 2025	0	3:51	7:47	64 min	09:00 PM	05:00 AM
Nov 15, 2025	1	3:35	4:54	41 min	04:30 AM	09:30 AM
Nov 14, 2025	0	5:02	10:24	34 min	10:00 PM	10:30 PM
Nov 13, 2025	0	4:17	7:41	49 min	10:00 PM	06:00 AM
Nov 12, 2025	1	4:08	6:03	53 min	12:30 AM	11:00 AM
Nov 11, 2025	0	7:17	11:30	11 min	09:00 PM	09:30 AM
Nov 10, 2025	5	4:20	6:26	18 min	11:00 PM	10:30 AM
Nov 09, 2025	1	2:33	3:47	13 min	06:00 AM	10:00 AM
Nov 08, 2025	2	3:58	4:40	12 min	03:30 AM	08:30 AM
Nov 07, 2025	0	1:11	1:27	16 min	02:30 AM	04:00 AM
Nov 06, 2025	1	9:48	11:14	65 min	09:00 PM	08:30 AM
Nov 05, 2025	0	3:46	4:54	30 min	02:00 AM	10:00 AM
Nov 04, 2025	0	1:58	4:04	16 min	03:30 AM	08:00 AM
Nov 03, 2025	1	10:35	15:19	37 min	06:30 PM	08:30 PM
Nov 02, 2025	0	3:01	4:50	101 min	04:00 AM	09:00 AM
Nov 01, 2025	1	6:30	7:56	59 min	11:30 PM	07:30 AM
Oct 31, 2025	0	3:05	6:04	137 min	10:00 PM	06:30 AM
Oct 30, 2025	1	3:50	4:50	30 min	04:00 AM	10:00 AM
Oct 29, 2025	0	8:26	9:44	78 min	07:00 PM	05:00 AM
Oct 28, 2025	4	6:28	8:17	31 min	10:00 PM	09:00 AM
Oct 27, 2025	2	3:41	6:26	7 min	11:00 PM	06:30 AM
Oct 26, 2025	1	5:56	10:01	148 min	11:30 PM	10:30 AM
Oct 25, 2025	0	2:11	2:11	0 min	04:00 AM	06:30 AM
Oct 24, 2025	2	6:24	11:18	133 min	11:00 PM	11:30 PM
Oct 23, 2025	2	6:48	9:05	77 min	10:00 PM	09:00 AM
Oct 22, 2025	3	2:33	6:48	54 min	09:00 PM	07:00 AM
Oct 21, 2025	2	6:22	8:08	36 min	10:30 PM	07:00 AM
Oct 20, 2025	1	7:52	9:02	28 min	11:30 PM	11:00 AM
Oct 19, 2025	3	19:40	21:18	18 min	04:00 AM	03:00 AM
Oct 17, 2025	1	2:48	3:30	42 min	03:30 AM	09:00 PM
Oct 16, 2025	0	0:12	0:19	7 min	08:30 AM	09:00 AM
Oct 15, 2025	1	6:40	9:06	30 min	09:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 14, 2025	2	10:35	11:59	15 min	08:00 PM	09:30 AM
Oct 13, 2025	0	11:44	16:18	163 min	01:00 PM	05:00 AM
Oct 12, 2025	1	7:50	8:24	11 min	10:30 PM	08:30 AM
Oct 11, 2025	2	4:50	10:09	8 min	09:00 PM	08:30 AM
Oct 09, 2025	0	7:15	7:33	9 min	10:00 PM	05:30 AM
Oct 08, 2025	2	6:39	9:03	55 min	10:30 PM	08:30 AM
Oct 07, 2025	1	7:00	8:48	17 min	12:30 AM	09:30 AM
Oct 06, 2025	2	10:48	12:17	19 min	11:00 PM	01:30 PM
Oct 05, 2025	0	8:14	10:01	38 min	08:30 PM	08:30 AM
Oct 04, 2025	0	0:35	0:44	9 min	05:00 AM	06:00 AM
Oct 03, 2025	1	8:21	9:10	21 min	11:00 PM	08:30 AM
Oct 02, 2025	0	7:07	7:59	9 min	09:30 PM	05:30 AM
Sep 27, 2025	0	7:19	7:56	9 min	10:00 PM	06:00 AM
Sep 26, 2025	1	3:00	6:12	27 min	12:00 AM	08:00 AM
Sep 25, 2025	3	4:46	7:54	13 min	12:00 AM	08:30 AM
Sep 24, 2025	0	6:01	8:23	73 min	09:00 PM	05:30 AM
Sep 23, 2025	3	7:20	12:16	43 min	09:00 PM	11:00 AM
Sep 22, 2025	1	6:18	12:30	21 min	08:30 PM	10:00 AM
Sep 21, 2025	1	3:33	7:56	157 min	09:30 PM	08:00 AM
Sep 20, 2025	2	6:06	6:52	10 min	09:00 PM	07:30 AM
Sep 19, 2025	0	11:01	14:48	74 min	12:30 PM	07:00 AM
Sep 18, 2025	0	8:40	9:10	16 min	09:00 PM	06:00 AM
Sep 17, 2025	0	0:23	0:47	16 min	01:30 AM	04:30 AM
Sep 16, 2025	0	4:51	5:56	19 min	12:00 AM	09:30 PM
Sep 15, 2025	0	2:10	8:49	249 min	01:30 AM	09:00 PM
Sep 14, 2025	1	7:33	8:22	43 min	11:30 PM	08:00 AM
Sep 13, 2025	0	0:12	0:21	9 min	04:00 AM	04:00 AM
Sep 12, 2025	3	7:39	8:46	23 min	09:30 PM	08:00 AM
Sep 11, 2025	1	9:20	12:14	12 min	08:30 PM	11:30 AM
Sep 10, 2025	2	6:22	8:08	12 min	10:00 PM	07:30 AM
Sep 09, 2025	1	4:06	5:38	40 min	07:00 PM	07:00 AM
Sep 08, 2025	1	5:32	6:13	5 min	03:00 AM	09:30 AM