

# RiverSpring Living — 331w 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
Dec 13, 2025	1	6:07	14:16	30 min	07:00 PM	09:00 AM
Dec 12, 2025	0	8:39	14:52	81 min	07:00 PM	09:30 AM
Dec 11, 2025	0	3:47	9:17	25 min	08:00 PM	05:00 AM
Dec 10, 2025	1	5:12	14:15	371 min	07:00 PM	09:30 AM
Dec 08, 2025	0	2:50	12:03	139 min	06:30 PM	09:00 AM
Dec 07, 2025	1	4:12	8:38	10 min	12:30 AM	09:30 AM
Dec 06, 2025	0	1:39	6:21	27 min	03:00 AM	09:30 AM
Dec 05, 2025	0	4:15	8:52	134 min	08:30 PM	07:30 AM
Dec 04, 2025	0	1:50	9:22	228 min	06:30 PM	08:30 AM
Dec 03, 2025	2	5:23	10:01	100 min	09:30 PM	08:00 AM
Dec 02, 2025	1	14:15	21:42	98 min	07:30 AM	09:00 AM
Nov 27, 2025	1	4:01	14:20	9 min	06:00 PM	09:00 AM
Nov 26, 2025	0	3:43	8:02	20 min	01:00 AM	09:30 AM
Nov 25, 2025	0	2:12	11:16	255 min	06:30 PM	05:30 AM
Nov 24, 2025	1	8:38	15:19	28 min	04:30 PM	08:00 AM
Nov 23, 2025	4	2:10	12:51	119 min	06:30 PM	08:00 AM
Nov 22, 2025	1	7:13	13:13	58 min	07:00 PM	08:30 AM
Nov 21, 2025	0	4:27	13:11	263 min	06:30 PM	08:00 AM
Nov 20, 2025	1	9:21	14:16	25 min	04:30 PM	08:00 AM
Nov 18, 2025	1	6:43	13:05	226 min	06:30 PM	08:00 AM
Nov 13, 2025	1	5:44	11:20	81 min	06:00 PM	08:00 AM
Nov 12, 2025	1	6:15	13:38	81 min	06:30 PM	08:00 AM
Nov 11, 2025	0	4:29	10:07	23 min	07:00 PM	05:30 AM
Nov 10, 2025	1	4:30	10:21	41 min	07:00 PM	05:30 AM
Nov 09, 2025	0	3:12	10:22	124 min	06:30 PM	04:30 AM
Nov 08, 2025	0	1:17	9:10	353 min	07:00 PM	04:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 07, 2025	1	6:41	14:39	111 min	06:00 PM	09:00 AM
Nov 06, 2025	2	5:39	14:07	15 min	06:00 PM	10:00 AM
Nov 05, 2025	0	4:15	11:16	134 min	06:30 PM	08:00 AM
Nov 04, 2025	1	4:21	12:32	37 min	06:00 PM	07:00 AM
Nov 03, 2025	1	6:52	12:05	36 min	04:30 PM	04:30 AM
Nov 02, 2025	0	3:46	10:30	34 min	06:30 PM	04:00 AM
Nov 01, 2025	0	3:35	12:46	23 min	06:30 PM	08:00 AM
Oct 31, 2025	0	1:09	7:43	90 min	06:00 PM	02:00 AM
Oct 30, 2025	0	3:48	12:59	79 min	06:30 PM	08:00 AM
Oct 29, 2025	2	3:48	10:57	134 min	07:30 PM	08:00 AM
Oct 28, 2025	0	5:08	13:15	187 min	06:30 PM	07:30 AM
Oct 27, 2025	0	9:37	15:38	31 min	04:30 PM	08:30 AM
Oct 26, 2025	0	3:38	10:09	64 min	06:30 PM	04:30 AM
Oct 25, 2025	0	2:58	6:33	8 min	06:30 PM	01:00 AM
Oct 24, 2025	2	4:04	11:15	24 min	06:30 PM	06:00 AM
Oct 23, 2025	0	0:31	4:25	228 min	03:00 AM	07:30 AM
Oct 22, 2025	0	1:41	7:46	41 min	06:00 PM	05:30 AM
Oct 21, 2025	2	4:29	13:03	288 min	06:30 PM	08:30 AM
Oct 20, 2025	2	0:58	6:52	91 min	07:00 PM	02:00 AM
Oct 19, 2025	1	4:08	9:26	61 min	06:30 PM	04:00 AM
Oct 18, 2025	0	2:06	9:14	229 min	08:00 PM	05:30 AM
Oct 17, 2025	0	3:02	9:51	162 min	06:30 PM	08:30 AM
Oct 16, 2025	1	4:47	13:15	17 min	06:30 PM	08:00 AM
Oct 13, 2025	0	7:10	13:17	12 min	06:30 PM	07:30 AM
Oct 12, 2025	0	1:53	9:05	304 min	08:30 PM	08:00 AM
Oct 11, 2025	2	4:00	12:46	15 min	06:30 PM	07:30 AM
Oct 10, 2025	1	8:23	14:23	18 min	06:30 PM	09:00 AM
Oct 09, 2025	1	4:11	12:23	225 min	07:00 PM	07:30 AM
Oct 08, 2025	1	4:29	11:10	112 min	08:00 PM	07:30 AM
Oct 07, 2025	1	6:50	13:24	15 min	06:00 PM	07:30 AM
Oct 06, 2025	0	3:44	10:08	90 min	06:30 PM	04:30 AM
Oct 05, 2025	1	6:50	11:42	15 min	07:30 PM	07:30 AM
Oct 04, 2025	0	3:26	9:18	159 min	06:30 PM	08:00 AM
Oct 03, 2025	0	5:07	10:20	85 min	09:30 PM	07:30 AM
Oct 02, 2025	0	7:01	10:52	19 min	07:30 PM	06:30 AM
Oct 01, 2025	1	4:55	11:10	117 min	08:30 PM	08:00 AM
Sep 30, 2025	1	4:05	10:34	150 min	08:30 PM	07:30 AM
Sep 29, 2025	1	5:24	13:04	58 min	07:00 PM	08:00 AM
Sep 28, 2025	0	6:39	10:14	81 min	07:00 PM	05:00 AM
Sep 27, 2025	1	3:34	11:03	112 min	07:30 PM	06:30 AM
Sep 26, 2025	2	6:38	12:16	51 min	07:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 25, 2025	1	5:28	11:56	177 min	08:00 PM	08:30 AM
Sep 24, 2025	2	4:43	11:05	104 min	09:00 PM	08:30 AM
Sep 23, 2025	1	5:46	14:41	292 min	07:30 PM	01:00 PM
Sep 22, 2025	1	5:52	12:18	174 min	06:30 PM	07:30 AM
Sep 21, 2025	1	3:21	8:17	24 min	07:00 PM	03:30 AM
Sep 20, 2025	2	1:52	10:58	241 min	09:00 PM	08:30 AM
Sep 19, 2025	2	4:48	13:21	85 min	06:00 PM	08:30 AM
Sep 18, 2025	2	4:15	12:17	321 min	06:30 PM	10:00 AM
Sep 17, 2025	2	1:26	5:50	168 min	11:30 PM	08:30 AM
Sep 16, 2025	1	5:57	11:15	15 min	08:30 PM	08:00 AM
Sep 15, 2025	1	3:50	11:52	196 min	07:30 PM	07:30 AM
Sep 14, 2025	1	6:55	13:10	37 min	06:30 PM	08:00 AM
Sep 13, 2025	2	5:38	13:25	18 min	07:00 PM	08:30 AM
Sep 12, 2025	1	6:17	11:28	41 min	06:30 PM	08:00 AM
Sep 11, 2025	1	4:59	13:35	206 min	08:30 PM	10:30 AM
Sep 10, 2025	3	6:15	13:06	125 min	06:30 PM	08:00 AM
Sep 09, 2025	4	1:14	6:53	33 min	08:30 PM	04:00 AM
Sep 08, 2025	0	4:31	8:58	148 min	09:00 PM	06:00 AM