

RiverSpring Living — 332d 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 11, 2026	0	9:32	12:24	20 min	08:30 PM	09:00 AM
Mar 10, 2026	1	6:49	10:13	101 min	10:30 PM	08:30 AM
Mar 09, 2026	0	11:19	15:51	10 min	04:30 PM	10:00 AM
Mar 08, 2026	0	7:55	16:58	273 min	07:30 PM	01:30 PM
Mar 07, 2026	1	9:30	13:06	21 min	09:30 PM	10:30 AM
Mar 06, 2026	2	10:42	15:46	29 min	08:30 PM	12:30 PM
Mar 05, 2026	1	10:23	14:59	44 min	07:00 PM	10:00 AM
Mar 04, 2026	0	5:49	15:21	228 min	07:30 PM	01:30 PM
Mar 03, 2026	2	14:28	20:56	49 min	07:30 PM	05:30 PM
Mar 02, 2026	0	6:24	12:25	187 min	10:30 PM	11:00 AM
Mar 01, 2026	1	12:52	18:13	85 min	08:30 PM	03:30 PM
Feb 28, 2026	2	7:18	10:12	13 min	04:00 AM	02:30 PM
Feb 27, 2026	1	26:01	35:05	18 min	08:30 PM	08:00 AM
Feb 25, 2026	2	3:42	9:28	107 min	09:00 PM	07:00 AM
Feb 24, 2026	1	9:37	15:27	95 min	07:30 PM	04:00 PM
Feb 23, 2026	2	10:19	18:11	127 min	10:30 PM	05:00 PM
Feb 22, 2026	1	7:23	9:58	92 min	10:30 PM	08:30 AM
Feb 21, 2026	2	11:51	17:27	131 min	09:30 PM	05:00 PM
Feb 20, 2026	1	3:59	9:11	18 min	11:00 PM	08:30 AM
Feb 19, 2026	1	11:09	16:50	114 min	11:30 PM	05:00 PM
Feb 18, 2026	1	12:28	17:59	43 min	09:00 PM	03:00 PM
Feb 17, 2026	1	8:10	14:05	83 min	09:30 PM	01:00 PM
Feb 16, 2026	0	4:20	8:28	179 min	12:00 AM	08:30 AM
Feb 15, 2026	0	3:53	8:34	16 min	11:30 PM	08:00 AM
Feb 14, 2026	2	11:23	17:07	67 min	09:30 PM	05:00 PM
Feb 13, 2026	1	11:05	16:11	135 min	07:30 PM	01:30 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 12, 2026	3	10:22	16:24	64 min	07:30 PM	01:30 PM
Feb 11, 2026	1	12:31	17:49	161 min	07:00 PM	01:00 PM
Feb 10, 2026	0	7:43	14:15	320 min	08:30 PM	10:30 AM
Feb 09, 2026	1	9:54	15:34	234 min	09:00 PM	05:30 PM
Feb 08, 2026	1	11:37	17:37	143 min	08:30 PM	04:00 PM
Feb 07, 2026	2	16:20	20:54	27 min	08:00 PM	05:30 PM
Feb 06, 2026	1	8:00	12:55	154 min	08:00 PM	09:00 AM
Feb 05, 2026	1	8:11	13:14	144 min	08:30 PM	10:00 AM
Feb 04, 2026	1	10:28	16:03	20 min	09:30 PM	01:30 PM
Feb 03, 2026	1	6:53	12:53	221 min	09:00 PM	10:30 AM
Feb 02, 2026	2	10:31	18:06	285 min	09:00 PM	05:30 PM
Feb 01, 2026	0	7:55	15:34	90 min	12:00 AM	06:00 PM
Jan 31, 2026	0	9:30	13:41	36 min	12:30 AM	02:00 PM
Jan 30, 2026	1	9:24	13:27	27 min	09:00 PM	10:30 AM
Jan 29, 2026	1	10:19	19:06	28 min	08:00 PM	04:00 PM
Jan 28, 2026	0	7:03	13:26	55 min	08:30 PM	10:30 AM
Jan 27, 2026	3	13:47	19:49	103 min	07:30 PM	05:30 PM
Jan 26, 2026	2	8:01	12:58	69 min	02:30 AM	05:30 PM
Jan 25, 2026	1	11:58	20:00	85 min	09:00 PM	10:00 PM
Jan 24, 2026	1	12:36	17:28	46 min	07:30 PM	03:30 PM
Jan 23, 2026	0	9:36	15:06	35 min	08:30 PM	01:00 PM
Jan 22, 2026	1	9:04	12:44	144 min	08:30 PM	09:30 AM
Jan 21, 2026	2	9:19	14:04	61 min	08:30 PM	11:30 AM
Jan 20, 2026	1	4:55	6:36	43 min	06:00 AM	12:30 PM
Jan 19, 2026	1	9:28	16:53	67 min	08:00 PM	10:00 PM
Jan 18, 2026	3	7:37	13:22	136 min	12:00 AM	04:00 PM
Jan 17, 2026	2	13:33	17:25	71 min	09:00 PM	04:30 PM
Jan 16, 2026	3	7:07	13:34	192 min	10:30 PM	12:30 PM
Jan 15, 2026	2	7:29	10:16	62 min	11:30 PM	10:00 AM
Jan 14, 2026	1	11:01	15:39	46 min	08:30 PM	12:30 PM
Jan 13, 2026	2	9:20	12:24	86 min	11:30 PM	01:00 PM
Jan 12, 2026	2	5:06	8:49	63 min	11:00 PM	10:30 AM
Jan 11, 2026	1	10:56	13:59	47 min	08:00 PM	10:00 AM
Jan 10, 2026	1	14:01	18:43	37 min	09:30 PM	05:00 PM
Jan 09, 2026	2	8:29	11:35	80 min	12:00 AM	12:30 PM
Jan 08, 2026	1	7:43	12:30	117 min	08:30 PM	09:00 AM
Jan 07, 2026	1	10:58	15:19	31 min	09:00 PM	01:00 PM
Jan 06, 2026	0	9:29	15:06	42 min	09:30 PM	01:00 PM
Jan 05, 2026	1	5:25	11:19	27 min	09:30 PM	09:30 AM
Jan 04, 2026	1	9:20	15:13	29 min	10:30 PM	02:30 PM
Jan 03, 2026	3	12:08	20:53	145 min	08:30 PM	06:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 02, 2026	0	5:39	12:42	42 min	08:00 PM	09:30 AM
Jan 01, 2026	1	6:50	12:10	159 min	11:30 PM	11:30 AM
Dec 31, 2025	1	21:16	36:00	90 min	01:00 AM	03:30 PM
Dec 29, 2025	1	12:03	20:08	102 min	08:30 PM	05:30 PM
Dec 28, 2025	2	10:56	16:04	63 min	07:30 PM	12:00 PM
Dec 27, 2025	0	5:19	12:52	78 min	08:30 PM	10:00 AM
Dec 26, 2025	1	9:35	19:12	172 min	02:30 PM	10:00 AM
Dec 25, 2025	2	9:17	14:36	222 min	07:00 PM	12:00 PM
Dec 24, 2025	1	8:14	14:34	150 min	06:30 PM	09:30 AM
Dec 23, 2025	0	8:51	13:21	68 min	06:30 PM	08:30 AM
Dec 22, 2025	1	8:29	12:06	26 min	09:00 PM	10:00 AM
Dec 21, 2025	1	11:56	18:01	65 min	10:30 PM	05:30 PM
Dec 20, 2025	1	5:38	16:41	215 min	05:30 PM	11:30 AM
Dec 19, 2025	0	9:00	12:25	25 min	09:00 PM	09:30 AM
Dec 18, 2025	1	8:36	12:31	129 min	08:30 PM	09:00 AM
Dec 17, 2025	0	8:25	12:00	104 min	10:00 PM	10:00 AM
Dec 16, 2025	1	8:15	14:51	58 min	10:00 PM	01:30 PM
Dec 15, 2025	0	5:11	8:03	120 min	01:30 AM	09:30 AM
Dec 14, 2025	0	0:59	2:15	52 min	02:00 PM	11:00 PM
Dec 09, 2025	0	20:11	34:22	28 min	10:00 PM	09:30 AM
Dec 07, 2025	0	4:00	8:53	60 min	01:00 AM	09:30 AM
Dec 06, 2025	1	10:46	22:59	51 min	02:30 PM	06:00 PM
Dec 05, 2025	0	1:09	6:43	278 min	12:00 AM	07:00 AM
Dec 04, 2025	4	8:29	16:21	16 min	06:30 PM	01:00 PM
Dec 03, 2025	2	8:57	14:03	26 min	10:30 PM	01:00 PM
Dec 02, 2025	0	14:24	23:50	57 min	04:00 PM	05:30 PM
Dec 01, 2025	1	11:32	16:19	31 min	05:00 PM	10:30 AM
Nov 30, 2025	1	5:33	10:17	146 min	01:00 AM	01:00 PM
Nov 29, 2025	0	9:12	14:31	23 min	09:00 PM	12:30 PM
Nov 28, 2025	1	11:35	18:56	33 min	08:30 PM	04:00 PM
Nov 27, 2025	2	29:45	39:15	28 min	07:30 PM	12:30 PM
Nov 25, 2025	1	6:41	11:42	43 min	08:30 PM	08:30 AM
Nov 24, 2025	1	5:40	8:53	40 min	05:00 AM	05:30 PM
Nov 23, 2025	1	11:26	19:17	192 min	09:00 PM	05:00 PM
Nov 22, 2025	2	10:48	20:46	31 min	06:30 PM	06:00 PM
Nov 21, 2025	2	5:00	12:01	176 min	01:00 AM	02:00 PM
Nov 20, 2025	0	9:10	16:08	140 min	11:00 PM	03:00 PM
Nov 19, 2025	1	25:40	42:05	49 min	08:30 PM	05:30 PM
Nov 17, 2025	1	11:11	18:09	30 min	08:30 PM	04:00 PM
Nov 16, 2025	0	10:22	17:37	17 min	10:30 PM	05:30 PM
Nov 15, 2025	1	6:01	8:50	53 min	12:00 AM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 14, 2025	1	14:47	21:29	100 min	08:00 PM	10:00 PM
Nov 13, 2025	1	14:08	20:37	216 min	04:30 PM	05:00 PM
Nov 12, 2025	2	9:04	14:19	64 min	09:30 PM	01:00 PM
Nov 11, 2025	1	6:21	9:30	16 min	11:00 PM	09:00 AM
Nov 10, 2025	1	7:33	12:14	52 min	01:00 AM	04:30 PM
Nov 09, 2025	2	9:45	15:07	142 min	12:30 AM	04:30 PM
Nov 08, 2025	1	21:23	36:08	82 min	11:00 PM	10:00 PM
Nov 06, 2025	2	25:02	40:13	63 min	07:30 PM	07:00 PM
Nov 04, 2025	2	9:58	16:22	63 min	08:30 PM	04:00 PM
Nov 03, 2025	4	23:46	39:04	41 min	08:00 PM	05:00 PM
Nov 01, 2025	1	21:13	31:07	27 min	11:30 PM	09:30 AM
Oct 30, 2025	0	11:25	15:29	42 min	06:30 PM	11:00 AM
Oct 29, 2025	1	12:36	16:42	22 min	07:30 PM	12:30 PM
Oct 28, 2025	1	7:18	10:18	63 min	11:00 PM	09:30 AM
Oct 27, 2025	0	4:05	9:09	174 min	08:00 PM	08:30 PM
Oct 26, 2025	5	10:13	15:54	98 min	07:30 PM	05:00 PM
Oct 25, 2025	3	14:41	20:18	158 min	08:00 PM	05:00 PM
Oct 24, 2025	0	1:19	8:01	81 min	10:00 PM	05:00 PM
Oct 23, 2025	1	32:14	54:58	68 min	04:00 AM	04:30 PM
Oct 20, 2025	2	5:55	13:51	71 min	10:00 PM	10:00 PM
Oct 19, 2025	1	6:23	11:11	58 min	09:30 PM	09:00 AM
Oct 18, 2025	1	9:16	13:24	98 min	09:30 PM	11:00 AM
Oct 17, 2025	0	4:45	6:54	64 min	04:00 AM	12:30 PM
Oct 16, 2025	1	10:50	15:12	121 min	07:30 PM	02:30 PM
Oct 14, 2025	0	4:23	7:46	22 min	09:00 PM	05:00 AM
Oct 13, 2025	2	3:47	12:00	39 min	10:00 PM	03:30 PM
Oct 12, 2025	2	9:14	15:23	112 min	09:00 PM	01:00 PM
Oct 11, 2025	1	9:48	15:14	66 min	08:30 PM	01:00 PM
Oct 10, 2025	1	13:34	20:54	67 min	07:00 PM	05:00 PM
Oct 09, 2025	1	6:28	11:15	27 min	09:00 PM	08:30 AM
Oct 08, 2025	2	7:46	15:23	168 min	08:30 PM	01:00 PM
Oct 07, 2025	2	21:03	32:38	162 min	12:30 AM	10:30 AM
Oct 05, 2025	2	17:42	30:24	15 min	10:30 PM	08:30 AM
Oct 03, 2025	1	8:28	16:19	42 min	12:00 AM	05:00 PM
Oct 02, 2025	1	10:13	18:43	45 min	10:00 PM	06:00 PM
Oct 01, 2025	0	12:43	19:22	153 min	08:00 PM	05:00 PM
Sep 30, 2025	2	7:33	13:04	115 min	08:00 PM	09:30 AM
Sep 29, 2025	0	7:14	10:49	48 min	07:00 AM	06:00 PM
Sep 28, 2025	4	6:59	14:38	77 min	11:30 PM	03:30 PM
Sep 27, 2025	1	13:11	20:17	51 min	06:30 PM	04:30 PM
Sep 26, 2025	1	8:37	12:26	30 min	09:00 PM	09:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 25, 2025	1	6:14	9:28	69 min	11:30 PM	09:00 AM
Sep 24, 2025	1	1:02	6:28	50 min	11:00 PM	06:30 AM
Sep 23, 2025	0	10:52	13:00	17 min	09:00 PM	10:00 AM
Sep 22, 2025	2	11:49	17:30	55 min	11:00 PM	05:00 PM
Sep 21, 2025	1	7:47	13:16	39 min	07:30 PM	09:30 AM
Sep 20, 2025	1	9:57	13:49	30 min	07:00 PM	09:00 AM
Sep 19, 2025	1	6:20	10:06	80 min	10:30 PM	09:00 AM
Sep 18, 2025	0	3:44	9:04	155 min	12:30 AM	09:30 AM
Sep 17, 2025	2	21:56	33:14	213 min	08:00 PM	09:00 AM
Sep 15, 2025	0	5:51	10:58	60 min	12:00 AM	12:30 PM
Sep 14, 2025	1	3:50	8:32	51 min	03:30 AM	01:00 PM
Sep 13, 2025	0	11:00	18:54	92 min	08:30 PM	04:30 PM
Sep 12, 2025	1	7:40	11:55	131 min	08:30 PM	08:30 AM
Sep 11, 2025	3	32:06	56:16	84 min	08:00 PM	05:00 PM
Sep 08, 2025	2	10:31	18:58	145 min	08:00 PM	05:00 PM