

# RiverSpring Living — 332w 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
Jan 14, 2026	0	0:15	0:40	25 min	06:00 PM	06:30 PM
Jan 04, 2026	0	11:48	19:44	269 min	11:30 AM	07:00 AM
Jan 03, 2026	0	12:16	17:55	316 min	02:00 PM	08:00 AM
Jan 02, 2026	0	12:59	19:29	156 min	01:00 PM	08:30 AM
Jan 01, 2026	0	6:51	12:14	214 min	01:00 PM	07:00 AM
Dec 31, 2025	0	11:14	12:15	54 min	09:00 PM	09:30 AM
Dec 30, 2025	2	10:29	11:25	55 min	09:00 PM	09:00 AM
Dec 29, 2025	0	16:34	20:34	237 min	12:30 PM	09:00 AM
Dec 28, 2025	1	12:54	17:25	201 min	04:30 PM	10:00 AM
Dec 27, 2025	1	6:27	13:25	104 min	01:30 PM	03:00 AM
Dec 26, 2025	2	7:47	9:30	31 min	09:30 PM	09:30 AM
Dec 25, 2025	1	13:22	17:09	179 min	04:30 PM	09:30 AM
Dec 24, 2025	0	12:39	18:46	169 min	02:30 PM	09:30 AM
Dec 23, 2025	1	11:43	12:07	23 min	09:00 PM	09:00 AM
Dec 22, 2025	1	8:57	14:44	124 min	01:30 PM	05:30 AM
Dec 21, 2025	0	11:15	17:46	358 min	03:30 PM	09:30 AM
Dec 20, 2025	0	11:49	16:57	181 min	03:00 PM	08:00 AM
Dec 19, 2025	3	11:36	18:50	254 min	01:00 PM	09:30 AM
Dec 18, 2025	0	12:18	19:08	162 min	02:00 PM	09:00 AM
Dec 17, 2025	0	16:26	21:48	202 min	01:00 PM	11:00 AM
Dec 16, 2025	0	8:16	15:12	248 min	01:00 PM	08:00 AM
Dec 15, 2025	1	9:26	15:09	218 min	03:00 PM	08:30 AM
Dec 14, 2025	1	12:40	20:20	362 min	02:30 PM	11:30 AM
Dec 13, 2025	0	11:40	17:45	357 min	04:00 PM	10:00 AM
Dec 12, 2025	2	10:57	17:06	273 min	03:00 PM	09:30 AM
Dec 11, 2025	0	13:20	19:27	228 min	02:00 PM	09:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 10, 2025	0	12:29	15:54	177 min	05:30 PM	09:30 AM
Dec 09, 2025	3	14:13	19:34	291 min	01:30 PM	11:30 AM
Dec 08, 2025	1	10:35	17:33	150 min	02:00 PM	09:00 AM
Dec 07, 2025	1	11:52	19:10	160 min	01:30 PM	09:30 AM
Dec 06, 2025	1	9:15	9:26	11 min	12:30 AM	10:00 AM
Dec 05, 2025	1	12:03	13:37	27 min	09:30 PM	12:00 PM
Dec 04, 2025	1	15:26	18:03	65 min	08:00 PM	05:30 PM
Dec 03, 2025	0	14:56	19:45	166 min	01:00 PM	09:00 AM
Dec 02, 2025	0	14:35	19:46	261 min	02:00 PM	10:00 AM
Dec 01, 2025	0	11:10	12:10	42 min	09:00 PM	09:30 AM
Nov 30, 2025	2	14:15	18:43	153 min	01:30 PM	09:00 AM
Nov 29, 2025	2	25:26	38:05	269 min	03:30 PM	09:30 AM
Nov 27, 2025	1	10:56	15:14	107 min	05:30 PM	09:00 AM
Nov 26, 2025	2	6:56	7:48	24 min	09:30 PM	07:00 AM
Nov 25, 2025	0	13:18	14:34	14 min	06:00 PM	09:00 AM
Nov 24, 2025	1	9:09	14:30	311 min	05:00 PM	08:30 AM
Nov 23, 2025	1	12:45	19:32	153 min	12:30 PM	08:00 AM
Nov 22, 2025	2	15:01	17:51	105 min	02:30 PM	08:30 AM
Nov 21, 2025	2	15:16	20:20	276 min	11:00 AM	08:30 AM
Nov 20, 2025	0	13:08	20:54	197 min	11:30 AM	08:30 AM
Nov 19, 2025	0	13:54	18:34	174 min	01:30 PM	08:30 AM
Nov 18, 2025	1	11:57	17:29	269 min	11:30 AM	05:00 AM
Nov 17, 2025	0	12:13	12:39	16 min	07:30 PM	08:00 AM
Nov 16, 2025	0	12:06	14:37	90 min	02:30 PM	08:30 AM
Nov 15, 2025	0	10:43	19:51	152 min	12:00 PM	09:00 AM
Nov 14, 2025	3	4:26	6:34	62 min	09:30 PM	05:30 AM
Nov 13, 2025	0	11:13	20:53	119 min	11:30 AM	08:00 AM
Nov 12, 2025	1	8:34	17:22	178 min	02:00 PM	08:30 AM
Nov 11, 2025	0	11:50	12:25	24 min	07:30 PM	08:00 AM
Nov 10, 2025	1	7:42	9:15	92 min	10:00 PM	08:00 AM
Nov 09, 2025	2	8:42	9:17	24 min	09:30 PM	08:00 AM
Nov 08, 2025	0	12:22	19:11	116 min	01:00 PM	08:00 AM
Nov 07, 2025	1	13:06	16:14	154 min	05:30 PM	10:00 AM
Nov 06, 2025	0	6:08	15:19	200 min	11:30 AM	03:00 AM
Nov 05, 2025	0	10:50	17:52	196 min	02:00 PM	08:00 AM
Nov 04, 2025	0	10:04	10:48	29 min	09:30 PM	08:00 AM
Nov 03, 2025	1	10:52	11:29	12 min	08:00 PM	08:00 AM
Nov 02, 2025	0	13:58	16:07	117 min	06:30 PM	09:30 AM
Nov 01, 2025	0	11:59	15:55	183 min	06:00 PM	10:00 AM
Oct 31, 2025	0	15:08	18:46	139 min	02:00 PM	09:00 AM
Oct 30, 2025	0	9:43	10:30	22 min	09:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 29, 2025	0	10:49	11:19	17 min	08:00 PM	07:30 AM
Oct 28, 2025	1	8:45	13:43	219 min	05:30 PM	08:00 AM
Oct 27, 2025	2	10:33	11:14	26 min	09:30 PM	09:30 AM
Oct 26, 2025	1	9:23	11:00	36 min	09:30 PM	08:30 AM
Oct 25, 2025	2	10:23	11:30	7 min	08:00 PM	09:00 AM
Oct 24, 2025	0	9:31	10:14	25 min	10:00 PM	08:30 AM
Oct 23, 2025	0	9:13	12:04	147 min	08:00 PM	08:00 AM
Oct 22, 2025	0	12:35	13:18	13 min	07:00 PM	08:30 AM
Oct 21, 2025	0	8:51	10:12	27 min	09:00 PM	07:00 AM
Oct 20, 2025	0	14:16	21:33	185 min	12:30 PM	10:00 AM
Oct 19, 2025	0	11:41	16:09	221 min	05:30 PM	10:00 AM
Oct 18, 2025	1	9:50	10:49	31 min	06:30 PM	09:30 AM
Oct 12, 2025	0	12:59	14:06	54 min	06:30 PM	08:30 AM
Oct 11, 2025	0	13:54	14:35	19 min	06:00 PM	09:00 AM
Oct 10, 2025	0	17:51	23:44	278 min	11:00 AM	12:30 PM
Oct 09, 2025	0	12:11	15:57	173 min	04:00 PM	08:00 AM
Oct 08, 2025	0	14:24	20:28	337 min	11:30 AM	08:00 AM
Oct 07, 2025	0	10:51	11:42	21 min	08:00 PM	08:00 AM
Oct 06, 2025	0	13:06	13:39	24 min	07:00 PM	09:00 AM
Oct 05, 2025	0	13:22	13:50	9 min	07:00 PM	09:00 AM
Oct 04, 2025	0	13:57	20:14	222 min	12:00 PM	08:30 AM
Oct 03, 2025	0	13:06	18:29	214 min	02:30 PM	09:00 AM
Oct 02, 2025	0	15:24	22:17	249 min	10:30 AM	09:00 AM
Oct 01, 2025	1	9:51	18:29	497 min	12:30 PM	08:00 AM
Sep 30, 2025	0	12:14	21:28	535 min	10:30 AM	08:00 AM
Sep 29, 2025	2	3:02	3:38	8 min	02:00 AM	07:30 AM
Sep 28, 2025	1	16:47	18:37	71 min	07:00 PM	11:30 PM
Sep 27, 2025	0	10:52	11:33	31 min	08:30 PM	08:00 AM
Sep 26, 2025	0	11:30	12:12	24 min	09:00 PM	09:00 AM
Sep 25, 2025	1	11:23	16:33	140 min	02:00 PM	08:30 AM
Sep 24, 2025	1	10:19	14:58	174 min	03:30 PM	10:00 AM
Sep 23, 2025	2	10:26	19:02	208 min	11:00 AM	09:00 AM
Sep 22, 2025	0	14:47	19:12	132 min	01:00 PM	08:30 AM
Sep 21, 2025	2	8:29	9:47	35 min	09:00 PM	08:00 AM
Sep 20, 2025	1	10:47	15:36	124 min	01:00 PM	07:00 AM
Sep 19, 2025	1	14:36	22:05	116 min	11:30 AM	09:30 AM
Sep 18, 2025	3	10:30	17:29	144 min	12:00 PM	09:00 AM
Sep 17, 2025	1	8:31	13:10	260 min	03:00 PM	06:30 AM
Sep 16, 2025	0	16:38	22:42	220 min	11:00 AM	10:00 AM
Sep 15, 2025	1	14:25	16:21	88 min	04:00 PM	08:30 AM
Sep 14, 2025	0	38:26	59:43	159 min	04:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 11, 2025	1	82:07	105:36	39 min	08:00 PM	10:30 AM

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