

# RiverSpring Living — 333d 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 28, 2025	0	8:16	9:39	77 min	10:30 PM	08:00 AM
Dec 27, 2025	1	6:36	7:32	55 min	12:00 AM	08:00 AM
Dec 26, 2025	1	7:39	9:02	32 min	10:30 PM	08:00 AM
Dec 25, 2025	2	4:25	6:07	43 min	11:30 PM	06:00 AM
Dec 24, 2025	0	6:55	7:09	14 min	01:00 AM	08:00 AM
Dec 23, 2025	0	8:46	9:06	20 min	10:00 PM	07:00 AM
Dec 22, 2025	1	6:29	7:07	38 min	12:30 AM	08:00 AM
Dec 21, 2025	1	7:39	9:08	87 min	10:30 PM	07:30 AM
Dec 20, 2025	3	8:59	10:01	62 min	11:00 PM	09:30 AM
Dec 19, 2025	1	9:21	10:37	70 min	09:00 PM	07:30 AM
Dec 18, 2025	1	8:17	10:19	117 min	10:00 PM	02:00 PM
Dec 17, 2025	0	9:14	10:26	66 min	09:30 PM	08:00 AM
Dec 16, 2025	1	9:15	10:51	49 min	08:30 PM	07:30 AM
Dec 15, 2025	1	8:12	9:39	22 min	10:00 PM	08:00 AM
Dec 14, 2025	1	8:47	10:50	106 min	09:00 PM	08:00 AM
Dec 13, 2025	1	9:02	10:49	65 min	09:00 PM	08:00 AM
Dec 12, 2025	1	9:24	12:38	39 min	07:00 PM	08:00 AM
Dec 11, 2025	1	9:01	10:31	72 min	09:00 PM	07:30 AM
Dec 10, 2025	0	8:10	9:40	70 min	10:00 PM	07:30 AM
Dec 09, 2025	1	8:34	10:48	65 min	09:00 PM	06:00 PM
Dec 08, 2025	1	8:39	10:25	41 min	09:00 PM	07:30 AM
Dec 07, 2025	1	10:03	10:43	40 min	08:30 PM	07:30 AM
Dec 06, 2025	1	9:00	9:44	33 min	10:00 PM	07:30 AM
Dec 05, 2025	1	13:37	14:49	16 min	10:00 PM	02:00 PM
Dec 02, 2025	2	9:23	11:41	68 min	07:30 PM	07:30 AM
Dec 01, 2025	1	9:45	10:59	45 min	08:30 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 30, 2025	2	9:09	12:12	71 min	07:00 PM	07:30 AM
Nov 29, 2025	1	8:59	10:14	23 min	09:30 PM	08:00 AM
Nov 28, 2025	1	9:02	9:51	36 min	09:30 PM	07:30 AM
Nov 27, 2025	1	15:42	17:10	60 min	11:30 PM	04:30 PM
Nov 17, 2025	1	9:20	10:23	63 min	09:00 PM	07:30 AM
Nov 16, 2025	1	9:03	9:31	28 min	10:00 PM	07:30 AM
Nov 15, 2025	2	8:45	10:51	39 min	07:30 PM	08:00 AM
Nov 14, 2025	1	9:23	10:10	46 min	09:00 PM	07:30 AM
Nov 13, 2025	1	7:41	9:44	120 min	09:30 PM	07:30 AM
Nov 12, 2025	1	8:41	9:11	20 min	10:30 PM	07:30 AM
Nov 11, 2025	1	9:05	9:22	17 min	10:30 PM	08:00 AM
Nov 10, 2025	1	8:49	9:33	33 min	10:00 PM	07:30 AM
Nov 09, 2025	2	6:42	7:17	33 min	12:00 AM	07:30 AM
Nov 08, 2025	1	8:17	9:35	78 min	10:00 PM	07:30 AM
Nov 07, 2025	1	10:05	10:58	43 min	08:30 PM	07:30 AM
Nov 06, 2025	1	9:23	10:32	53 min	09:00 PM	07:30 AM
Nov 05, 2025	1	9:08	10:57	108 min	08:30 PM	07:30 AM
Nov 04, 2025	1	9:49	10:23	34 min	09:00 PM	07:30 AM
Nov 03, 2025	1	9:09	10:04	53 min	09:00 PM	07:30 AM
Nov 02, 2025	3	9:43	12:16	39 min	09:00 PM	08:30 AM
Nov 01, 2025	2	11:02	11:22	20 min	09:30 PM	09:00 AM
Oct 31, 2025	2	9:01	9:58	50 min	10:30 PM	08:30 AM
Oct 30, 2025	1	8:14	9:54	93 min	10:00 PM	12:30 PM
Oct 29, 2025	0	8:40	10:04	63 min	09:30 PM	07:30 AM
Oct 28, 2025	0	9:31	10:18	18 min	09:30 PM	08:30 AM
Oct 27, 2025	1	8:06	10:04	53 min	10:00 PM	08:00 AM
Oct 26, 2025	1	4:14	4:35	15 min	12:30 AM	05:30 AM
Oct 25, 2025	1	9:48	11:48	98 min	11:00 PM	11:00 AM
Oct 24, 2025	0	1:59	3:25	50 min	08:00 AM	11:00 AM
Oct 23, 2025	1	9:54	11:29	95 min	07:30 PM	07:00 AM
Oct 22, 2025	1	7:10	8:29	26 min	10:30 PM	07:00 AM
Oct 21, 2025	1	9:24	10:46	68 min	08:30 PM	07:30 AM
Oct 20, 2025	1	9:31	10:32	55 min	09:00 PM	07:30 AM
Oct 19, 2025	1	9:55	10:27	24 min	09:00 PM	07:30 AM
Oct 18, 2025	1	8:28	9:16	17 min	10:00 PM	07:30 AM
Oct 17, 2025	1	6:15	9:57	89 min	09:30 PM	08:00 AM
Oct 16, 2025	0	8:37	10:16	81 min	09:00 PM	07:30 AM
Oct 15, 2025	3	9:44	11:12	66 min	10:00 PM	09:30 AM
Oct 14, 2025	1	7:49	8:51	39 min	11:30 PM	08:30 AM
Oct 13, 2025	1	7:54	9:05	50 min	10:00 PM	07:30 AM
Oct 12, 2025	1	8:14	8:41	19 min	11:00 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 11, 2025	0	9:28	10:34	43 min	09:00 PM	07:30 AM
Oct 10, 2025	3	10:15	11:22	23 min	08:30 PM	08:30 AM
Oct 09, 2025	1	6:11	6:59	28 min	10:30 PM	05:30 AM
Oct 08, 2025	0	9:01	10:59	17 min	08:30 PM	07:30 AM
Oct 07, 2025	2	6:26	8:29	56 min	09:30 PM	06:30 AM
Oct 06, 2025	1	9:17	10:36	51 min	09:00 PM	08:00 AM
Oct 05, 2025	0	9:12	9:36	18 min	10:00 PM	07:30 AM
Oct 04, 2025	2	8:35	9:28	47 min	10:30 PM	08:00 AM
Oct 03, 2025	2	2:43	4:15	62 min	12:30 AM	05:00 AM
Oct 02, 2025	0	8:52	9:52	29 min	09:00 PM	07:00 AM
Oct 01, 2025	1	8:25	9:16	24 min	10:00 PM	07:30 AM
Sep 30, 2025	1	10:09	11:13	38 min	09:00 PM	08:30 AM
Sep 29, 2025	0	9:50	10:38	48 min	09:00 PM	07:30 AM
Sep 28, 2025	0	8:21	9:12	51 min	09:30 PM	06:30 AM
Sep 27, 2025	1	9:07	10:54	37 min	08:30 PM	07:30 AM
Sep 26, 2025	1	9:02	9:54	38 min	09:30 PM	08:00 AM
Sep 25, 2025	1	10:03	12:13	98 min	09:00 PM	02:00 PM
Sep 24, 2025	0	7:20	8:12	52 min	09:30 PM	05:30 AM
Sep 23, 2025	1	7:38	9:03	58 min	10:00 PM	07:00 AM
Sep 22, 2025	0	10:44	12:20	32 min	08:00 PM	08:30 AM
Sep 21, 2025	1	7:22	8:59	63 min	10:30 PM	07:30 AM
Sep 20, 2025	0	7:51	9:08	33 min	10:30 PM	07:30 AM
Sep 19, 2025	1	8:08	9:56	65 min	10:30 PM	09:00 AM
Sep 18, 2025	0	7:43	9:34	54 min	09:30 PM	07:00 AM
Sep 17, 2025	0	9:42	10:49	61 min	09:00 PM	07:30 AM
Sep 16, 2025	0	8:54	10:18	53 min	09:00 PM	07:30 AM
Sep 15, 2025	0	10:58	12:28	84 min	08:00 PM	08:30 AM
Sep 14, 2025	1	5:44	10:01	33 min	09:30 PM	08:00 AM
Sep 13, 2025	1	8:38	9:51	73 min	09:30 PM	07:30 AM
Sep 12, 2025	1	9:40	11:36	51 min	09:00 PM	09:00 AM
Sep 11, 2025	0	7:35	7:56	21 min	11:30 PM	07:30 AM
Sep 10, 2025	0	7:26	8:17	30 min	11:00 PM	07:30 AM
Sep 09, 2025	0	9:21	10:37	52 min	10:00 PM	08:30 AM
Sep 08, 2025	1	8:32	10:26	81 min	09:30 PM	08:30 AM