

# RiverSpring Living — 333w 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 21, 2025	0	24:31	24:45	9 min	07:00 PM	08:00 PM
Dec 20, 2025	3	17:05	17:52	32 min	08:00 PM	04:30 PM
Dec 19, 2025	1	36:32	37:19	11 min	08:00 PM	10:00 AM
Dec 17, 2025	0	10:48	11:06	18 min	09:00 PM	08:00 AM
Dec 16, 2025	2	9:59	10:29	10 min	08:30 PM	08:00 AM
Dec 15, 2025	0	10:17	11:29	26 min	08:00 PM	08:00 AM
Dec 14, 2025	1	12:14	12:40	8 min	07:00 PM	08:00 AM
Dec 13, 2025	0	11:12	11:21	9 min	09:00 PM	08:00 AM
Dec 12, 2025	0	9:08	9:25	17 min	08:30 PM	06:00 AM
Dec 11, 2025	0	9:17	9:27	10 min	07:30 PM	05:00 AM
Dec 10, 2025	0	11:06	11:15	9 min	08:30 PM	08:00 AM
Dec 09, 2025	0	12:38	13:02	24 min	07:00 PM	08:00 AM
Dec 08, 2025	1	12:04	12:27	21 min	08:00 PM	08:30 AM
Dec 07, 2025	3	10:32	10:56	10 min	07:30 PM	07:00 AM
Dec 06, 2025	0	19:18	19:34	16 min	12:00 PM	07:30 AM
Dec 05, 2025	0	14:39	14:58	15 min	03:00 PM	06:00 AM
Dec 04, 2025	0	10:24	10:33	9 min	07:30 PM	06:00 AM
Dec 03, 2025	1	9:05	9:39	33 min	10:00 PM	07:30 AM
Dec 02, 2025	2	11:12	11:44	13 min	07:30 PM	08:00 AM
Dec 01, 2025	0	10:30	10:48	13 min	07:30 PM	06:30 AM
Nov 30, 2025	0	10:24	10:42	18 min	07:30 PM	06:00 AM
Nov 29, 2025	0	11:39	11:53	14 min	08:30 PM	08:00 AM
Nov 28, 2025	0	11:09	11:30	21 min	08:30 PM	08:00 AM
Nov 27, 2025	0	13:46	14:02	16 min	08:30 PM	10:30 AM
Nov 26, 2025	0	10:52	11:10	11 min	09:30 PM	08:30 AM
Nov 25, 2025	1	12:18	12:31	13 min	07:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 24, 2025	0	9:04	9:25	19 min	10:00 PM	07:30 AM
Nov 23, 2025	0	11:28	11:44	15 min	08:00 PM	07:30 AM
Nov 22, 2025	1	11:44	11:55	11 min	08:00 PM	08:00 AM
Nov 21, 2025	0	10:36	10:59	23 min	09:30 PM	08:30 AM
Nov 20, 2025	0	9:20	10:04	44 min	09:30 PM	07:30 AM
Nov 19, 2025	0	9:53	10:02	9 min	08:30 PM	06:30 AM
Nov 18, 2025	1	11:44	12:02	17 min	07:30 PM	07:30 AM
Nov 17, 2025	0	9:50	10:09	12 min	07:30 PM	06:00 AM
Nov 16, 2025	0	11:53	13:16	45 min	07:30 PM	08:30 AM
Nov 15, 2025	0	9:14	9:35	21 min	07:00 PM	04:30 AM
Nov 14, 2025	0	10:57	11:15	18 min	08:30 PM	07:30 AM
Nov 13, 2025	0	11:03	11:14	10 min	08:30 PM	07:30 AM
Nov 12, 2025	1	10:58	11:18	18 min	08:30 PM	08:00 AM
Nov 11, 2025	1	12:46	13:24	37 min	08:30 PM	04:30 PM
Nov 10, 2025	1	9:37	9:51	12 min	09:30 PM	07:30 AM
Nov 09, 2025	0	9:54	10:09	14 min	09:30 PM	07:30 AM
Nov 08, 2025	1	11:23	11:45	21 min	08:00 PM	07:30 AM
Nov 07, 2025	1	10:36	11:22	42 min	08:30 PM	08:00 AM
Nov 06, 2025	1	10:55	11:15	17 min	08:30 PM	07:30 AM
Nov 05, 2025	1	9:47	10:05	16 min	09:30 PM	07:30 AM
Nov 04, 2025	0	10:24	10:48	24 min	09:00 PM	07:30 AM
Nov 03, 2025	0	11:53	12:18	25 min	07:00 PM	07:30 AM
Nov 02, 2025	1	12:16	12:49	23 min	07:30 PM	07:30 AM
Nov 01, 2025	0	9:45	10:14	29 min	07:00 PM	05:30 AM
Oct 31, 2025	0	10:25	10:47	22 min	08:30 PM	07:30 AM
Oct 30, 2025	0	10:31	10:56	25 min	08:30 PM	07:00 AM
Oct 29, 2025	0	9:10	9:28	18 min	08:30 PM	06:00 AM
Oct 28, 2025	0	12:22	12:46	23 min	07:00 PM	08:00 AM
Oct 27, 2025	0	11:17	12:08	32 min	07:00 PM	07:30 AM
Oct 26, 2025	0	9:05	9:28	23 min	07:30 PM	05:00 AM
Oct 25, 2025	0	12:30	12:52	22 min	07:00 PM	08:00 AM
Oct 24, 2025	0	10:08	10:52	44 min	07:30 PM	06:30 AM
Oct 23, 2025	1	11:51	12:12	19 min	07:30 PM	07:30 AM
Oct 22, 2025	1	10:16	10:33	16 min	09:00 PM	07:30 AM
Oct 21, 2025	1	10:32	11:02	20 min	08:00 PM	07:00 AM
Oct 20, 2025	0	12:01	12:21	20 min	07:30 PM	08:00 AM
Oct 19, 2025	1	11:38	11:55	17 min	08:00 PM	08:00 AM
Oct 18, 2025	1	12:33	13:09	16 min	06:30 PM	08:00 AM
Oct 17, 2025	0	11:31	11:54	23 min	07:30 PM	07:30 AM
Oct 16, 2025	0	11:17	11:43	26 min	08:00 PM	07:30 AM
Oct 15, 2025	0	9:45	11:13	88 min	07:30 PM	06:30 AM

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Oct 14, 2025	0	9:49	10:14	24 min	09:00 PM	07:30 AM
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Oct 12, 2025	0	11:08	11:29	21 min	08:30 PM	08:00 AM
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Oct 06, 2025	0	12:43	13:03	20 min	07:00 PM	08:00 AM
Oct 05, 2025	2	11:04	11:52	15 min	09:00 PM	11:00 AM
Oct 04, 2025	1	10:53	11:29	20 min	10:00 PM	09:30 AM
Oct 03, 2025	0	9:17	10:14	42 min	09:30 PM	08:00 AM
Oct 02, 2025	0	11:55	12:07	12 min	08:00 PM	08:00 AM
Oct 01, 2025	1	9:55	10:11	16 min	09:30 PM	07:30 AM
Sep 30, 2025	2	10:56	11:15	9 min	09:00 PM	08:30 AM
Sep 29, 2025	1	11:18	11:32	13 min	08:30 PM	08:30 AM
Sep 28, 2025	1	3:29	9:53	22 min	09:00 PM	07:00 AM
Sep 27, 2025	1	28:27	30:02	15 min	09:30 PM	07:30 AM
Sep 25, 2025	3	29:51	34:15	35 min	09:00 PM	10:00 AM
Sep 23, 2025	1	12:29	13:05	21 min	07:00 PM	08:30 AM
Sep 22, 2025	0	11:25	11:45	13 min	09:00 PM	08:30 AM
Sep 21, 2025	0	7:57	9:53	47 min	09:00 PM	07:00 AM
Sep 20, 2025	1	8:33	9:38	18 min	08:30 PM	07:00 AM
Sep 19, 2025	1	8:48	10:06	78 min	08:30 PM	11:30 AM
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Sep 17, 2025	0	4:45	9:15	35 min	09:00 PM	06:00 AM
Sep 16, 2025	0	11:11	11:30	11 min	09:00 PM	08:30 AM
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Sep 11, 2025	0	10:37	11:06	23 min	09:00 PM	08:30 AM
Sep 10, 2025	1	15:26	15:39	13 min	08:30 PM	12:30 PM
Sep 09, 2025	0	12:32	12:38	6 min	09:00 PM	10:00 AM
Sep 08, 2025	0	15:14	17:20	49 min	03:00 PM	08:30 AM