

RiverSpring Living — 334d 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 13, 2026	1	223:25	249:01	73 min	01:00 PM	09:30 AM
Mar 09, 2026	1	144:39	165:54	73 min	01:00 PM	06:00 PM
Mar 02, 2026	0	12:49	13:54	37 min	06:30 PM	08:00 AM
Mar 01, 2026	0	4:26	5:06	40 min	04:00 AM	09:00 AM
Feb 28, 2026	1	8:11	11:27	76 min	08:30 AM	09:00 PM
Feb 27, 2026	1	22:38	25:41	147 min	04:30 PM	12:00 AM
Feb 26, 2026	0	23:10	28:04	253 min	05:00 AM	11:00 AM
Feb 24, 2026	1	29:18	45:13	420 min	07:00 PM	10:30 PM
Feb 22, 2026	0	8:23	9:25	18 min	07:30 PM	05:00 AM
Feb 21, 2026	0	16:54	20:41	40 min	08:00 PM	04:30 PM
Feb 20, 2026	0	2:55	3:23	17 min	05:00 AM	08:00 AM
Feb 19, 2026	1	21:50	22:22	17 min	09:30 PM	08:00 PM
Feb 18, 2026	1	16:32	21:57	276 min	08:30 PM	06:30 PM
Feb 17, 2026	0	12:11	13:34	70 min	06:30 PM	01:00 PM
Feb 16, 2026	0	9:04	10:56	98 min	09:00 PM	08:00 AM
Feb 14, 2026	0	8:35	10:04	89 min	07:30 PM	05:30 AM
Feb 13, 2026	1	5:45	9:27	110 min	08:30 PM	06:00 AM
Feb 12, 2026	1	4:23	10:23	280 min	07:30 PM	06:00 AM
Feb 11, 2026	0	9:14	13:38	185 min	07:00 PM	08:30 AM
Feb 10, 2026	1	11:11	16:58	228 min	08:00 PM	01:00 PM
Feb 09, 2026	0	10:51	11:39	27 min	08:30 PM	08:30 AM
Feb 08, 2026	0	10:16	12:22	126 min	06:00 PM	03:00 PM
Feb 07, 2026	0	8:59	11:56	65 min	08:30 PM	08:30 AM
Feb 06, 2026	0	9:13	14:19	298 min	06:00 PM	08:00 AM
Feb 05, 2026	0	16:12	22:14	49 min	04:00 PM	02:00 PM
Feb 04, 2026	0	9:37	12:10	35 min	09:00 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 03, 2026	2	12:54	17:38	93 min	05:30 PM	11:30 AM
Feb 02, 2026	3	10:14	18:26	444 min	03:30 PM	10:00 AM
Feb 01, 2026	0	5:33	11:15	149 min	10:00 PM	09:00 AM
Dec 25, 2025	1	4:27	13:41	296 min	06:00 PM	08:00 AM
Dec 24, 2025	0	8:42	11:26	126 min	09:00 PM	08:30 AM
Dec 23, 2025	1	2:53	11:12	97 min	06:30 PM	06:00 AM
Dec 22, 2025	1	8:42	11:15	81 min	08:30 PM	08:00 AM
Dec 21, 2025	0	1:47	3:50	88 min	05:30 AM	09:30 AM
Dec 14, 2025	1	7:40	11:49	115 min	08:30 PM	08:30 AM
Dec 13, 2025	1	6:04	13:15	50 min	07:00 PM	08:30 AM
Dec 12, 2025	2	3:41	9:43	60 min	10:30 PM	08:30 AM
Dec 11, 2025	1	6:31	12:43	181 min	06:30 PM	08:30 AM
Dec 10, 2025	1	5:55	12:20	146 min	08:00 PM	08:30 AM
Dec 09, 2025	1	10:43	13:23	99 min	07:00 PM	08:30 AM
Dec 08, 2025	1	3:35	11:20	163 min	08:30 PM	08:00 AM
Dec 07, 2025	1	6:50	13:07	190 min	07:00 PM	08:00 AM
Dec 06, 2025	1	9:34	12:40	28 min	07:30 PM	08:30 AM
Dec 05, 2025	1	25:26	37:31	137 min	06:30 PM	08:30 AM
Dec 03, 2025	1	7:14	10:27	122 min	09:30 PM	08:00 AM
Dec 02, 2025	1	5:51	12:27	174 min	08:00 PM	08:30 AM
Dec 01, 2025	1	8:34	13:55	59 min	06:30 PM	08:30 AM
Nov 30, 2025	1	6:04	13:15	196 min	06:30 PM	08:00 AM
Nov 29, 2025	1	6:17	11:59	233 min	08:30 PM	08:30 AM
Nov 28, 2025	0	10:16	11:49	32 min	11:30 PM	11:30 AM
Nov 27, 2025	1	5:43	10:43	46 min	10:00 PM	09:00 AM
Nov 26, 2025	1	4:51	9:27	106 min	10:00 PM	08:00 AM
Nov 25, 2025	1	3:30	12:02	138 min	08:00 PM	08:00 AM
Nov 24, 2025	1	3:59	11:00	203 min	09:30 PM	09:00 AM
Nov 23, 2025	1	8:02	11:58	148 min	08:30 PM	08:30 AM
Nov 22, 2025	1	6:49	12:31	122 min	08:30 PM	09:00 AM
Nov 21, 2025	1	8:36	12:19	117 min	08:30 PM	09:00 AM
Nov 20, 2025	1	8:48	12:11	106 min	08:30 PM	09:00 AM
Nov 19, 2025	1	9:36	12:06	64 min	08:30 PM	09:00 AM
Nov 18, 2025	1	3:52	13:21	163 min	07:00 PM	08:30 AM
Nov 17, 2025	1	6:52	12:23	144 min	08:00 PM	08:30 AM
Nov 16, 2025	1	8:35	11:49	112 min	08:00 PM	07:30 AM
Nov 15, 2025	0	5:28	10:15	125 min	10:00 PM	08:00 AM
Nov 14, 2025	1	9:30	11:00	27 min	09:00 PM	08:30 AM
Nov 13, 2025	1	3:30	12:07	155 min	08:30 PM	09:00 AM
Nov 12, 2025	1	6:45	10:36	33 min	10:00 PM	08:30 AM
Nov 11, 2025	1	4:48	12:26	52 min	07:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 10, 2025	0	5:28	8:22	34 min	12:00 AM	08:30 AM
Nov 09, 2025	1	8:11	10:31	100 min	09:00 PM	08:00 AM
Nov 08, 2025	1	7:56	12:08	89 min	08:00 PM	08:30 AM
Nov 07, 2025	0	4:44	9:21	107 min	08:30 PM	08:30 AM
Nov 06, 2025	1	8:58	12:10	127 min	08:30 PM	08:30 AM
Nov 05, 2025	1	11:54	14:05	50 min	06:00 PM	08:30 AM
Nov 04, 2025	1	8:06	13:02	78 min	06:30 PM	08:30 AM
Nov 03, 2025	0	9:04	12:21	139 min	06:00 PM	06:30 AM
Nov 02, 2025	2	6:19	13:06	118 min	07:30 PM	08:30 AM
Nov 01, 2025	0	6:26	13:49	271 min	06:30 PM	08:30 AM
Oct 31, 2025	0	8:20	10:50	45 min	07:00 PM	06:00 AM
Oct 30, 2025	1	3:50	9:58	58 min	10:30 PM	08:30 AM
Oct 29, 2025	1	6:45	14:34	230 min	06:30 PM	09:00 AM
Oct 28, 2025	1	2:58	4:02	11 min	04:00 AM	08:30 AM
Oct 27, 2025	0	5:14	8:30	9 min	12:00 AM	08:30 AM
Oct 26, 2025	1	10:03	11:51	42 min	09:00 PM	09:00 AM
Oct 25, 2025	1	9:41	13:53	71 min	06:30 PM	08:30 AM
Oct 24, 2025	1	3:46	9:56	61 min	08:00 PM	07:30 AM
Oct 23, 2025	1	4:14	11:51	133 min	07:00 PM	08:30 AM
Oct 22, 2025	1	13:32	14:17	29 min	07:00 PM	09:00 AM
Oct 21, 2025	0	0:40	3:22	64 min	05:00 AM	08:00 AM
Oct 20, 2025	1	6:30	8:48	51 min	11:30 PM	08:30 AM
Oct 19, 2025	1	9:07	13:14	58 min	07:30 PM	08:30 AM
Oct 18, 2025	1	9:35	14:51	125 min	06:30 PM	09:30 AM
Oct 17, 2025	1	8:58	9:26	10 min	10:30 PM	08:00 AM
Oct 16, 2025	0	7:03	10:55	46 min	07:00 PM	06:00 AM
Oct 15, 2025	1	6:04	13:40	178 min	07:00 PM	09:00 AM
Oct 14, 2025	1	7:14	11:28	40 min	08:30 PM	08:30 AM
Oct 13, 2025	1	7:30	13:13	108 min	07:00 PM	08:00 AM
Oct 12, 2025	1	5:02	13:04	104 min	07:00 PM	08:00 AM
Oct 11, 2025	2	5:44	11:48	138 min	07:30 PM	08:30 AM
Oct 10, 2025	1	5:52	11:42	161 min	07:00 PM	07:30 AM
Oct 09, 2025	0	3:02	4:33	41 min	05:00 AM	09:30 AM
Oct 08, 2025	0	4:34	10:42	192 min	08:00 PM	06:30 AM
Oct 07, 2025	0	4:58	12:00	58 min	08:30 PM	08:30 AM
Oct 06, 2025	1	3:43	11:41	62 min	08:30 PM	08:30 AM
Oct 05, 2025	0	4:54	10:41	33 min	08:30 PM	07:00 AM
Oct 04, 2025	0	6:10	10:46	129 min	07:00 PM	06:00 AM
Oct 03, 2025	1	8:14	12:02	54 min	08:30 PM	09:00 AM
Oct 02, 2025	1	6:18	7:58	14 min	12:30 AM	08:30 AM
Oct 01, 2025	1	12:43	22:31	20 min	09:00 PM	08:30 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 30, 2025	1	5:25	9:35	22 min	11:00 PM	09:00 AM
Sep 29, 2025	2	10:03	12:46	72 min	08:30 PM	07:30 PM
Sep 28, 2025	1	7:37	11:49	115 min	08:30 PM	08:30 AM
Sep 27, 2025	1	8:04	11:04	38 min	09:30 PM	08:30 AM
Sep 26, 2025	1	9:59	13:25	47 min	07:30 PM	09:00 AM
Sep 25, 2025	1	4:23	9:18	60 min	10:30 PM	03:30 PM
Sep 24, 2025	0	2:13	3:21	9 min	05:00 AM	08:30 AM
Sep 23, 2025	1	5:27	12:32	64 min	01:30 AM	11:30 PM
Sep 22, 2025	0	7:47	10:07	93 min	09:00 PM	07:30 AM
Sep 21, 2025	0	7:10	9:20	24 min	12:00 AM	09:00 AM
Sep 20, 2025	0	3:47	5:27	24 min	03:00 AM	08:30 AM
Sep 19, 2025	1	5:06	9:33	31 min	11:30 PM	09:30 PM
Sep 18, 2025	1	11:22	11:57	23 min	02:00 AM	02:00 PM
Sep 17, 2025	1	9:39	10:51	49 min	09:00 PM	08:00 AM
Sep 16, 2025	1	7:55	13:00	63 min	06:30 PM	08:30 AM
Sep 15, 2025	0	3:49	5:57	9 min	03:30 AM	09:00 AM
Sep 14, 2025	0	8:57	11:35	105 min	09:30 PM	11:30 PM
Sep 13, 2025	0	5:18	10:03	166 min	07:30 PM	07:30 AM
Sep 12, 2025	0	9:32	12:55	27 min	09:00 PM	09:30 AM
Sep 11, 2025	2	5:09	11:49	87 min	08:00 PM	09:30 AM
Sep 10, 2025	0	10:27	12:10	59 min	09:00 PM	09:00 AM
Sep 09, 2025	0	7:16	11:35	39 min	09:30 PM	09:00 AM
Sep 08, 2025	1	9:55	12:35	39 min	09:30 PM	12:00 PM