

RiverSpring Living — 334w 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
Feb 12, 2026	1	4:36	6:21	50 min	06:00 PM	01:00 AM
Feb 11, 2026	1	36:03	41:17	31 min	11:00 AM	08:30 AM
Feb 09, 2026	0	8:06	8:58	41 min	08:00 PM	05:00 AM
Feb 08, 2026	1	7:20	8:52	25 min	08:00 PM	05:00 AM
Feb 07, 2026	1	10:25	11:13	18 min	07:30 PM	08:30 AM
Feb 06, 2026	0	10:23	11:44	74 min	08:00 PM	07:30 AM
Feb 05, 2026	0	9:45	10:20	28 min	09:30 PM	08:00 AM
Feb 04, 2026	1	11:41	12:22	16 min	08:30 PM	09:30 AM
Feb 03, 2026	1	11:27	12:51	53 min	08:00 PM	09:30 AM
Feb 02, 2026	0	8:36	11:29	173 min	07:00 PM	10:00 AM
Feb 01, 2026	1	9:28	10:10	36 min	09:00 PM	07:00 AM
Jan 31, 2026	0	11:38	11:56	12 min	09:30 PM	09:30 AM
Jan 30, 2026	1	12:29	13:11	18 min	08:00 PM	09:30 AM
Jan 29, 2026	0	9:19	10:33	62 min	09:30 PM	08:00 AM
Jan 28, 2026	1	9:41	13:23	189 min	08:00 PM	09:30 AM
Jan 27, 2026	2	10:47	13:09	69 min	08:30 PM	10:00 AM
Jan 26, 2026	0	9:08	9:26	18 min	07:30 PM	05:00 AM
Jan 25, 2026	0	11:43	11:55	11 min	08:00 PM	08:00 AM
Jan 24, 2026	2	7:53	10:43	81 min	08:00 PM	08:30 AM
Jan 23, 2026	2	14:23	14:57	21 min	05:00 PM	02:30 PM
Jan 22, 2026	1	11:28	12:38	17 min	07:30 PM	08:30 AM
Jan 21, 2026	0	0:31	7:28	187 min	08:30 PM	04:00 AM
Jan 20, 2026	0	8:41	12:02	167 min	07:00 PM	07:00 AM
Jan 19, 2026	0	9:18	10:52	77 min	09:00 PM	08:00 AM
Jan 18, 2026	2	11:32	12:53	61 min	09:00 PM	10:00 AM
Jan 17, 2026	1	5:33	9:44	127 min	10:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 16, 2026	0	10:11	11:11	56 min	09:00 PM	08:00 AM
Jan 15, 2026	0	7:22	8:23	39 min	11:30 PM	08:00 AM
Jan 14, 2026	0	7:06	11:10	234 min	09:00 PM	08:00 AM
Jan 13, 2026	1	10:52	12:06	59 min	09:00 PM	09:30 AM
Jan 12, 2026	0	7:22	7:57	33 min	12:00 AM	08:00 AM
Jan 11, 2026	0	12:19	13:57	98 min	07:30 PM	09:30 AM
Jan 10, 2026	0	8:36	10:07	85 min	10:00 PM	08:00 AM
Jan 09, 2026	1	11:37	13:51	134 min	06:30 PM	08:30 AM
Jan 08, 2026	0	9:53	10:37	38 min	10:00 PM	08:30 AM
Jan 07, 2026	0	9:58	11:21	72 min	09:00 PM	08:30 AM
Jan 06, 2026	0	10:22	11:08	46 min	09:30 PM	08:30 AM
Jan 05, 2026	0	8:47	10:49	98 min	09:00 PM	08:00 AM
Jan 04, 2026	0	10:21	11:29	39 min	09:00 PM	08:30 AM
Jan 03, 2026	0	9:01	10:21	62 min	09:30 PM	07:30 AM
Jan 02, 2026	0	9:46	10:39	47 min	09:00 PM	07:30 AM
Jan 01, 2026	0	9:11	10:36	85 min	09:30 PM	08:00 AM
Dec 31, 2025	1	9:43	11:25	88 min	09:30 PM	09:00 AM
Dec 30, 2025	0	8:33	10:03	78 min	09:30 PM	08:00 AM
Dec 29, 2025	0	9:52	10:50	51 min	09:00 PM	08:00 AM
Dec 28, 2025	0	8:27	9:50	65 min	07:30 PM	05:30 AM
Dec 27, 2025	1	9:49	11:07	15 min	08:00 PM	08:00 AM
Dec 26, 2025	0	8:08	10:48	159 min	10:00 PM	08:30 AM
Dec 25, 2025	0	9:30	10:49	79 min	09:00 PM	07:30 AM
Dec 24, 2025	0	7:37	11:07	206 min	09:30 PM	09:00 AM
Dec 23, 2025	0	9:53	11:07	74 min	09:30 PM	08:30 AM
Dec 22, 2025	0	6:16	10:26	18 min	10:00 PM	08:30 AM
Dec 21, 2025	0	10:45	12:58	126 min	09:30 PM	10:30 AM
Dec 20, 2025	0	11:13	11:59	46 min	09:00 PM	09:00 AM
Dec 19, 2025	0	6:54	9:13	139 min	09:30 PM	06:30 AM
Dec 18, 2025	0	10:46	11:24	31 min	10:00 PM	09:30 AM
Dec 17, 2025	0	7:39	9:10	61 min	10:00 PM	07:00 AM
Dec 16, 2025	0	10:29	11:34	65 min	09:30 PM	09:00 AM
Dec 15, 2025	0	8:33	10:26	104 min	08:00 PM	06:30 AM
Dec 14, 2025	1	11:38	12:29	32 min	08:00 PM	09:00 AM
Dec 13, 2025	0	10:09	11:19	63 min	09:30 PM	09:00 AM
Dec 12, 2025	0	11:11	11:54	43 min	09:00 PM	09:00 AM
Dec 11, 2025	0	11:50	12:47	38 min	06:30 PM	07:30 AM
Dec 10, 2025	2	8:24	10:46	106 min	09:00 PM	08:30 AM
Dec 09, 2025	1	9:45	11:14	62 min	09:00 PM	09:00 AM
Dec 08, 2025	0	11:10	12:44	46 min	09:30 PM	10:00 AM
Dec 07, 2025	0	11:20	11:54	15 min	08:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 06, 2025	0	10:14	11:21	65 min	09:00 PM	08:30 AM
Dec 05, 2025	0	11:09	12:32	82 min	07:30 PM	08:00 AM
Dec 04, 2025	0	11:15	14:13	132 min	08:00 PM	10:00 AM
Dec 03, 2025	0	9:28	10:44	75 min	10:00 PM	08:30 AM
Dec 02, 2025	0	8:39	12:28	199 min	08:00 PM	08:30 AM
Dec 01, 2025	0	12:38	13:12	34 min	07:30 PM	09:00 AM
Nov 30, 2025	0	9:43	10:53	70 min	07:30 PM	06:30 AM
Nov 29, 2025	0	10:43	12:09	22 min	08:30 PM	08:30 AM
Nov 28, 2025	0	10:52	11:30	26 min	09:30 PM	09:00 AM
Nov 27, 2025	0	11:25	12:59	60 min	09:00 PM	10:00 AM
Nov 26, 2025	0	9:57	11:11	51 min	09:00 PM	08:00 AM
Nov 25, 2025	0	10:41	12:40	119 min	07:30 PM	08:30 AM
Nov 24, 2025	0	8:22	11:00	107 min	09:30 PM	08:30 AM
Nov 23, 2025	0	9:10	10:49	84 min	09:30 PM	08:30 AM
Nov 22, 2025	0	9:58	10:43	39 min	09:00 PM	07:30 AM
Nov 21, 2025	0	10:16	11:32	55 min	09:00 PM	09:00 AM
Nov 20, 2025	0	9:46	11:18	81 min	09:30 PM	08:30 AM
Nov 19, 2025	0	10:22	11:26	49 min	09:00 PM	08:30 AM
Nov 18, 2025	0	8:27	9:07	40 min	09:00 PM	06:30 AM
Nov 17, 2025	0	10:16	10:59	43 min	08:00 PM	07:00 AM
Nov 16, 2025	0	7:29	9:22	113 min	08:00 PM	05:30 AM
Nov 15, 2025	0	9:43	10:47	64 min	10:00 PM	08:30 AM
Nov 14, 2025	0	9:49	11:07	70 min	09:30 PM	08:30 AM
Nov 13, 2025	0	10:51	12:00	30 min	09:00 PM	09:00 AM
Nov 12, 2025	0	10:03	11:16	73 min	09:30 PM	09:00 AM
Nov 11, 2025	0	11:20	14:12	17 min	06:30 PM	08:30 AM
Nov 10, 2025	0	10:38	11:19	41 min	09:30 PM	08:30 AM
Nov 09, 2025	1	8:35	10:39	123 min	10:00 PM	08:30 AM
Nov 08, 2025	0	7:49	9:00	71 min	09:00 PM	06:00 AM
Nov 07, 2025	0	9:59	11:36	70 min	09:00 PM	09:00 AM
Nov 06, 2025	0	11:06	11:47	31 min	09:00 PM	08:30 AM
Nov 05, 2025	1	8:19	10:11	98 min	10:00 PM	08:30 AM
Nov 04, 2025	0	10:48	11:29	35 min	09:00 PM	08:30 AM
Nov 03, 2025	2	10:41	12:42	78 min	07:30 PM	08:30 AM
Nov 02, 2025	1	10:10	11:14	64 min	08:00 PM	06:30 AM
Nov 01, 2025	0	8:42	10:26	104 min	10:00 PM	08:30 AM
Oct 31, 2025	0	9:08	11:43	51 min	09:00 PM	09:00 AM
Oct 30, 2025	0	10:24	11:52	82 min	08:30 PM	08:30 AM
Oct 29, 2025	0	10:48	11:31	43 min	09:00 PM	08:30 AM
Oct 28, 2025	0	8:35	10:34	98 min	07:30 PM	06:00 AM
Oct 27, 2025	0	10:07	10:30	16 min	09:00 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 26, 2025	0	8:18	10:27	129 min	08:30 PM	07:00 AM
Oct 25, 2025	0	7:48	9:35	107 min	07:00 PM	04:30 AM
Oct 24, 2025	0	12:42	13:31	16 min	06:00 PM	08:00 AM
Oct 23, 2025	0	10:16	12:01	97 min	07:30 PM	07:30 AM
Oct 22, 2025	0	13:31	14:18	45 min	06:30 PM	09:00 AM
Oct 21, 2025	1	8:30	13:06	270 min	07:00 PM	08:30 AM
Oct 20, 2025	0	11:45	13:39	91 min	07:00 PM	09:00 AM
Oct 19, 2025	1	11:13	12:35	60 min	07:30 PM	08:30 AM
Oct 18, 2025	1	11:37	12:47	60 min	09:00 PM	09:30 AM
Oct 17, 2025	2	9:55	11:25	44 min	07:30 PM	07:30 AM
Oct 16, 2025	0	7:30	10:04	154 min	07:00 PM	05:30 AM
Oct 15, 2025	0	9:33	11:07	93 min	07:30 PM	06:30 AM
Oct 14, 2025	0	1:02	7:18	218 min	11:30 PM	09:00 AM
Oct 13, 2025	0	10:49	11:36	47 min	09:00 PM	08:30 AM
Oct 12, 2025	0	10:52	11:47	49 min	09:00 PM	09:00 AM
Oct 11, 2025	0	13:53	15:11	16 min	04:00 PM	07:30 AM
Oct 10, 2025	0	11:54	13:49	115 min	07:30 PM	12:30 PM
Oct 09, 2025	1	10:05	12:52	77 min	08:00 PM	09:00 AM
Oct 08, 2025	1	9:17	12:01	136 min	08:30 PM	08:30 AM
Oct 07, 2025	1	9:01	11:16	122 min	08:30 PM	08:00 AM
Oct 06, 2025	0	10:31	11:38	67 min	08:30 PM	08:30 AM
Oct 05, 2025	0	11:39	12:33	54 min	08:30 PM	09:00 AM
Oct 04, 2025	0	8:07	9:03	40 min	12:00 AM	09:00 AM
Oct 03, 2025	1	11:08	11:53	15 min	08:30 PM	08:30 AM
Oct 02, 2025	0	8:00	9:33	93 min	08:00 PM	05:30 AM
Oct 01, 2025	0	10:17	11:27	64 min	09:00 PM	08:30 AM
Sep 30, 2025	1	13:24	14:35	71 min	06:30 PM	09:00 AM
Sep 29, 2025	0	8:42	10:55	83 min	07:00 PM	06:00 AM
Sep 28, 2025	0	9:34	10:22	41 min	08:30 PM	07:00 AM
Sep 27, 2025	1	9:04	11:53	160 min	07:00 PM	07:00 AM
Sep 26, 2025	0	10:25	11:27	55 min	07:00 PM	06:30 AM
Sep 25, 2025	0	11:17	14:31	155 min	06:30 PM	09:00 AM
Sep 24, 2025	0	11:50	12:44	54 min	06:30 PM	07:00 AM
Sep 23, 2025	1	8:16	12:32	82 min	08:00 PM	09:00 AM
Sep 22, 2025	0	13:35	14:22	40 min	06:30 PM	09:00 AM
Sep 21, 2025	0	12:02	13:46	66 min	06:30 PM	08:30 AM
Sep 20, 2025	3	11:26	12:35	57 min	08:30 PM	09:30 AM
Sep 19, 2025	2	14:50	15:21	31 min	06:30 PM	10:00 AM
Sep 18, 2025	0	12:16	13:25	37 min	06:30 PM	08:00 AM
Sep 17, 2025	2	12:58	14:18	17 min	06:30 PM	09:30 AM
Sep 16, 2025	0	13:05	15:44	60 min	06:30 PM	10:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 15, 2025	1	7:48	11:13	74 min	08:00 PM	07:30 AM
Sep 14, 2025	0	11:04	12:32	80 min	09:00 PM	09:30 AM
Sep 13, 2025	0	8:45	9:41	39 min	09:00 PM	06:30 AM
Sep 12, 2025	1	9:04	14:10	42 min	06:30 PM	09:30 AM
Sep 11, 2025	0	8:08	9:46	77 min	08:00 PM	06:00 AM
Sep 10, 2025	0	10:19	10:55	30 min	08:30 PM	07:30 AM
Sep 09, 2025	0	6:56	9:24	47 min	09:00 PM	06:00 AM
Sep 08, 2025	0	7:13	9:12	26 min	07:30 PM	04:30 AM