

# RiverSpring Living — 327d 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	0	15:03	18:36	120 min	02:30 PM	09:00 AM
Mar 12, 2026	1	13:55	19:09	121 min	01:00 PM	08:30 AM
Mar 11, 2026	1	12:59	13:22	18 min	08:00 PM	09:30 AM
Mar 10, 2026	2	13:50	17:23	198 min	04:00 PM	09:30 AM
Mar 09, 2026	1	11:54	13:39	37 min	07:00 PM	10:00 AM
Mar 08, 2026	2	12:11	15:43	203 min	04:30 PM	10:00 AM
Mar 07, 2026	2	8:57	13:08	149 min	03:30 PM	06:00 AM
Mar 06, 2026	1	8:36	11:46	169 min	04:00 PM	08:30 AM
Mar 05, 2026	1	14:18	14:48	30 min	06:30 PM	09:30 AM
Mar 04, 2026	2	7:14	12:34	121 min	09:00 PM	10:00 AM
Mar 03, 2026	0	13:48	19:35	135 min	11:30 AM	09:30 AM
Mar 02, 2026	1	9:42	13:02	140 min	03:00 PM	06:00 AM
Mar 01, 2026	1	12:50	13:08	17 min	07:30 PM	08:30 AM
Feb 28, 2026	2	9:28	11:32	18 min	08:00 PM	08:30 AM
Feb 27, 2026	0	14:16	14:42	26 min	07:00 PM	09:30 AM
Feb 26, 2026	1	12:49	16:16	193 min	03:30 PM	08:00 AM
Feb 25, 2026	1	14:57	19:11	104 min	02:00 PM	09:00 AM
Feb 24, 2026	1	13:36	17:21	94 min	03:30 PM	09:30 AM
Feb 23, 2026	0	11:54	13:21	79 min	06:30 PM	09:00 AM
Feb 22, 2026	1	16:38	21:52	192 min	02:30 PM	01:00 PM
Feb 21, 2026	1	14:17	18:25	157 min	01:00 PM	09:00 AM
Feb 20, 2026	0	9:38	10:05	26 min	08:00 PM	09:00 AM
Feb 19, 2026	1	10:18	11:50	31 min	07:00 PM	09:00 AM
Feb 18, 2026	0	14:29	17:39	171 min	04:00 PM	09:30 AM
Feb 17, 2026	1	11:17	12:00	37 min	06:30 PM	07:00 AM
Feb 16, 2026	0	13:27	17:12	206 min	02:30 PM	10:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 15, 2026	1	12:45	13:00	15 min	07:00 PM	08:00 AM
Feb 14, 2026	1	9:40	11:04	38 min	08:00 PM	08:30 AM
Feb 13, 2026	0	13:20	13:59	25 min	07:00 PM	09:00 AM
Feb 12, 2026	2	11:23	11:46	22 min	07:30 PM	07:30 AM
Feb 11, 2026	0	11:29	12:55	80 min	08:30 PM	09:30 AM
Feb 10, 2026	1	13:40	14:43	63 min	06:00 PM	09:00 AM
Feb 09, 2026	0	11:28	12:05	31 min	08:00 PM	10:30 AM
Feb 08, 2026	1	8:46	11:18	22 min	05:30 PM	05:00 AM
Feb 07, 2026	0	16:32	17:57	71 min	03:30 PM	09:30 AM
Feb 06, 2026	0	14:40	15:13	33 min	08:00 PM	11:00 AM
Feb 05, 2026	1	13:11	16:41	163 min	04:00 PM	09:00 AM
Feb 04, 2026	0	14:15	18:00	209 min	03:30 PM	09:30 AM
Feb 03, 2026	1	11:04	12:08	51 min	07:30 PM	10:30 AM
Feb 02, 2026	2	10:12	11:14	31 min	07:00 PM	07:30 AM
Feb 01, 2026	0	13:49	19:54	312 min	01:30 PM	09:30 AM
Jan 31, 2026	1	15:02	17:19	105 min	05:00 PM	10:30 AM
Jan 30, 2026	0	17:14	20:39	131 min	02:30 PM	11:00 AM
Jan 29, 2026	1	10:32	12:32	120 min	07:00 PM	08:00 AM
Jan 28, 2026	1	15:38	19:29	144 min	01:00 PM	09:00 AM
Jan 27, 2026	0	16:09	18:43	117 min	03:30 PM	10:00 AM
Jan 26, 2026	0	16:19	20:46	227 min	12:30 PM	09:30 AM
Jan 25, 2026	0	13:40	20:01	338 min	12:30 PM	08:30 AM
Jan 24, 2026	2	10:21	12:19	92 min	09:30 PM	10:30 AM
Jan 23, 2026	1	11:13	12:45	40 min	07:00 PM	08:30 AM
Jan 22, 2026	1	11:33	13:25	26 min	07:00 PM	09:00 AM
Jan 21, 2026	0	13:38	14:13	27 min	07:30 PM	10:00 AM
Jan 20, 2026	0	14:43	19:21	180 min	01:30 PM	09:00 AM
Jan 19, 2026	3	13:49	14:30	25 min	07:00 PM	10:00 AM
Jan 18, 2026	0	13:54	19:20	177 min	01:30 PM	09:00 AM
Jan 17, 2026	0	12:36	13:07	20 min	07:30 PM	09:00 AM
Jan 16, 2026	0	11:20	12:31	41 min	08:00 PM	08:30 AM
Jan 15, 2026	0	12:25	12:46	21 min	08:30 PM	09:30 AM
Jan 14, 2026	0	15:07	19:03	192 min	02:30 PM	09:30 AM
Jan 13, 2026	1	13:39	14:39	28 min	08:00 PM	11:00 AM
Jan 12, 2026	1	11:46	13:31	33 min	07:00 PM	08:30 AM
Jan 11, 2026	1	11:57	12:29	20 min	07:30 PM	08:00 AM
Jan 10, 2026	0	17:49	20:48	125 min	12:30 PM	09:00 AM
Jan 09, 2026	0	11:45	14:37	160 min	05:00 PM	07:30 AM
Jan 08, 2026	0	12:00	12:33	20 min	08:30 PM	09:00 AM
Jan 07, 2026	0	12:51	16:10	182 min	05:00 PM	09:00 AM
Jan 06, 2026	0	12:51	14:05	68 min	07:00 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 05, 2026	1	13:05	13:21	16 min	07:30 PM	09:00 AM
Jan 04, 2026	1	11:09	12:15	66 min	09:00 PM	09:00 AM
Jan 03, 2026	2	9:26	9:54	23 min	07:30 PM	06:00 AM
Jan 02, 2026	2	11:45	16:46	219 min	01:30 PM	06:30 AM
Jan 01, 2026	0	12:36	15:43	187 min	05:30 PM	09:30 AM
Dec 31, 2025	1	11:31	12:44	28 min	07:00 PM	09:30 AM
Dec 30, 2025	1	15:27	18:23	130 min	03:30 PM	10:00 AM
Dec 29, 2025	1	12:00	15:51	190 min	03:30 PM	07:30 AM
Dec 28, 2025	2	13:29	13:49	19 min	07:30 PM	10:00 AM
Dec 27, 2025	1	14:20	19:47	120 min	01:30 PM	10:30 AM
Dec 26, 2025	1	13:29	14:54	85 min	06:00 PM	09:00 AM
Dec 25, 2025	1	14:24	14:53	29 min	06:30 PM	09:30 AM
Dec 24, 2025	1	13:38	16:16	143 min	04:00 PM	08:30 AM
Dec 23, 2025	2	12:53	15:46	149 min	04:00 PM	09:00 AM
Dec 22, 2025	1	14:13	14:30	16 min	06:30 PM	09:00 AM
Dec 21, 2025	0	13:07	13:44	30 min	07:30 PM	09:30 AM
Dec 20, 2025	2	10:44	11:14	26 min	08:00 PM	08:00 AM
Dec 19, 2025	1	16:50	19:51	181 min	01:30 PM	09:30 AM
Dec 18, 2025	1	13:53	18:43	204 min	03:00 PM	10:00 AM
Dec 17, 2025	2	9:58	13:13	138 min	04:30 PM	09:30 AM
Dec 16, 2025	2	13:45	19:46	127 min	01:30 PM	09:30 AM
Dec 15, 2025	1	13:13	16:18	170 min	03:30 PM	08:30 AM
Dec 14, 2025	1	11:08	15:25	173 min	01:00 PM	04:30 AM
Dec 13, 2025	1	16:06	19:46	163 min	12:30 PM	08:30 AM
Dec 12, 2025	1	13:14	14:13	23 min	06:30 PM	09:30 AM
Dec 11, 2025	1	12:34	12:58	24 min	08:30 PM	09:30 AM
Dec 10, 2025	0	13:58	19:39	249 min	01:00 PM	09:00 AM
Dec 09, 2025	0	12:51	13:32	41 min	08:00 PM	09:30 AM
Dec 08, 2025	2	12:28	13:54	25 min	06:30 PM	09:30 AM
Dec 07, 2025	0	11:29	12:05	22 min	08:30 PM	08:30 AM
Dec 06, 2025	0	5:00	5:33	33 min	07:30 PM	01:00 AM
Dec 05, 2025	1	10:59	11:38	34 min	06:30 PM	06:00 AM
Dec 04, 2025	0	14:15	14:45	29 min	06:30 PM	09:30 AM
Dec 03, 2025	0	13:46	14:21	22 min	07:00 PM	09:00 AM
Dec 02, 2025	1	13:27	14:19	25 min	06:30 PM	09:30 AM
Dec 01, 2025	3	12:20	13:11	34 min	06:30 PM	08:30 AM
Nov 30, 2025	1	8:14	9:07	39 min	07:30 PM	09:00 AM
Nov 29, 2025	0	2:35	4:29	89 min	05:30 AM	10:00 AM
Nov 28, 2025	1	13:01	14:14	50 min	06:30 PM	12:00 AM
Nov 27, 2025	3	26:05	29:55	10 min	12:30 AM	08:30 AM
Nov 25, 2025	1	6:19	9:13	27 min	06:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 23, 2025	1	11:49	13:35	26 min	06:00 PM	09:30 AM
Nov 22, 2025	2	14:18	18:47	197 min	01:30 PM	11:00 AM
Nov 21, 2025	2	10:05	14:15	23 min	06:30 PM	09:30 AM
Nov 20, 2025	1	6:00	7:52	32 min	06:30 PM	08:30 AM
Nov 19, 2025	1	11:47	13:28	16 min	07:30 PM	09:30 AM
Nov 18, 2025	0	5:33	6:17	30 min	06:00 PM	12:30 AM
Nov 17, 2025	0	14:31	15:02	23 min	06:00 PM	09:00 AM
Nov 16, 2025	0	10:07	12:18	131 min	08:00 PM	10:00 AM
Nov 15, 2025	0	10:02	10:24	22 min	06:30 PM	05:00 AM
Nov 14, 2025	1	15:51	16:09	18 min	06:30 PM	10:30 AM
Nov 13, 2025	2	10:54	12:08	21 min	06:00 PM	07:30 AM
Nov 12, 2025	1	13:52	18:19	261 min	02:30 PM	09:00 AM
Nov 11, 2025	0	9:49	10:40	26 min	06:00 PM	04:30 AM
Nov 10, 2025	1	10:43	11:14	27 min	06:30 PM	06:00 AM
Nov 09, 2025	0	7:45	13:30	16 min	06:30 PM	08:00 AM
Nov 08, 2025	0	14:08	14:37	21 min	06:30 PM	09:00 AM
Nov 07, 2025	1	9:26	10:05	25 min	06:30 PM	05:00 AM
Nov 06, 2025	1	0:43	0:45	0 min	02:00 AM	03:00 AM
Nov 05, 2025	0	7:38	15:44	460 min	07:00 PM	12:00 AM
Nov 04, 2025	0	14:14	16:34	120 min	04:30 PM	09:30 AM
Nov 03, 2025	0	14:43	19:18	191 min	01:30 PM	08:30 AM
Nov 02, 2025	0	13:36	18:33	205 min	02:00 PM	08:30 AM
Nov 01, 2025	1	15:08	19:20	150 min	02:00 PM	09:30 AM
Oct 31, 2025	1	10:50	13:12	23 min	06:30 PM	08:00 AM
Oct 30, 2025	1	12:30	17:49	102 min	01:30 PM	08:00 AM
Oct 29, 2025	1	13:25	13:53	18 min	06:00 PM	08:00 AM
Oct 28, 2025	3	11:40	12:04	24 min	06:30 PM	08:00 AM
Oct 27, 2025	3	10:45	16:01	257 min	03:00 PM	09:00 AM
Oct 26, 2025	0	11:32	13:48	130 min	05:00 PM	06:30 AM
Oct 25, 2025	2	10:52	11:20	24 min	06:00 PM	06:00 AM
Oct 24, 2025	3	13:52	16:16	67 min	05:30 PM	10:30 AM
Oct 23, 2025	0	9:10	9:45	35 min	06:00 PM	04:00 AM
Oct 22, 2025	0	7:50	13:25	326 min	06:00 PM	08:30 AM
Oct 21, 2025	0	6:28	6:58	30 min	06:30 PM	01:30 AM
Oct 20, 2025	1	5:54	6:39	35 min	06:30 PM	01:30 AM
Oct 19, 2025	0	10:15	10:46	23 min	07:00 PM	09:00 AM
Oct 18, 2025	0	32:48	36:16	0 min	01:30 PM	09:00 AM
Oct 15, 2025	0	14:57	15:35	28 min	06:30 PM	10:00 AM
Oct 14, 2025	1	7:59	11:00	129 min	03:30 PM	03:00 AM
Oct 13, 2025	1	5:41	9:47	39 min	07:00 PM	08:30 AM
Oct 12, 2025	1	16:29	19:00	140 min	10:00 AM	05:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 11, 2025	0	12:35	13:29	30 min	06:30 PM	08:00 AM
Oct 10, 2025	1	12:10	19:51	327 min	01:00 PM	09:30 AM
Oct 09, 2025	0	16:30	19:27	95 min	12:30 PM	08:00 AM
Oct 08, 2025	0	14:52	19:00	180 min	01:30 PM	08:30 AM
Oct 07, 2025	0	14:11	14:38	20 min	07:00 PM	09:30 AM
Oct 06, 2025	0	8:44	10:17	37 min	07:00 PM	08:30 AM
Oct 05, 2025	0	13:11	18:30	306 min	02:30 PM	09:00 AM
Oct 04, 2025	1	16:01	19:44	138 min	02:00 PM	10:00 AM
Oct 03, 2025	1	13:42	19:57	193 min	12:00 PM	09:00 AM
Oct 02, 2025	1	13:22	19:13	230 min	12:00 PM	07:30 AM
Oct 01, 2025	0	11:13	12:10	50 min	06:30 PM	07:00 AM
Sep 30, 2025	0	14:42	18:14	137 min	02:00 PM	08:30 AM
Sep 29, 2025	0	11:37	19:14	126 min	11:00 AM	08:30 AM
Sep 28, 2025	0	16:30	21:00	260 min	11:00 AM	08:00 AM
Sep 27, 2025	0	8:46	12:48	204 min	06:30 PM	07:30 AM
Sep 26, 2025	0	11:28	14:55	192 min	06:30 PM	09:30 AM
Sep 25, 2025	0	11:22	12:59	43 min	06:00 PM	07:00 AM
Sep 24, 2025	2	28:40	43:03	129 min	11:30 AM	08:30 AM
Sep 22, 2025	1	14:23	15:01	31 min	06:30 PM	09:30 AM
Sep 21, 2025	0	5:38	14:47	124 min	06:30 PM	09:00 AM
Sep 20, 2025	1	12:58	18:12	115 min	01:30 PM	08:00 AM
Sep 19, 2025	0	14:27	17:48	81 min	02:30 PM	08:30 AM
Sep 18, 2025	0	13:20	14:00	31 min	06:00 PM	08:00 AM
Sep 17, 2025	0	13:17	13:55	25 min	06:30 PM	08:30 AM
Sep 16, 2025	0	12:45	13:39	34 min	06:30 PM	08:00 AM
Sep 15, 2025	0	12:02	12:43	27 min	08:30 PM	09:00 AM
Sep 14, 2025	0	17:52	19:57	33 min	07:30 PM	03:30 PM
Sep 13, 2025	0	11:01	12:16	33 min	06:30 PM	08:00 AM