

RiverSpring Living — 327w 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	11:02	11:23	21 min	09:30 PM	09:00 AM
Mar 12, 2026	0	8:11	8:52	41 min	09:00 PM	09:00 AM
Mar 11, 2026	0	9:59	10:33	32 min	10:00 PM	09:00 AM
Mar 10, 2026	3	10:18	11:40	44 min	09:00 PM	09:00 AM
Mar 09, 2026	1	11:44	12:42	33 min	08:00 PM	02:00 PM
Mar 08, 2026	1	11:26	12:02	36 min	09:00 PM	10:00 AM
Mar 07, 2026	2	12:15	12:42	23 min	09:30 PM	10:00 AM
Mar 06, 2026	1	10:17	10:48	29 min	10:30 PM	09:30 AM
Mar 05, 2026	0	11:19	11:38	19 min	09:30 PM	09:00 AM
Mar 04, 2026	3	28:46	30:22	42 min	10:00 PM	09:30 AM
Mar 02, 2026	0	13:11	13:27	16 min	06:30 PM	08:00 AM
Mar 01, 2026	3	32:43	33:55	15 min	08:00 PM	08:30 AM
Feb 27, 2026	0	11:36	12:27	23 min	08:00 PM	08:30 AM
Feb 26, 2026	0	10:39	11:02	23 min	09:00 PM	08:00 AM
Feb 25, 2026	0	20:44	21:19	35 min	11:30 AM	09:00 AM
Feb 24, 2026	2	12:32	13:05	18 min	07:00 PM	08:30 AM
Feb 23, 2026	2	33:59	35:22	32 min	08:00 PM	08:30 AM
Feb 21, 2026	0	1:11	1:42	31 min	12:00 AM	07:30 AM
Feb 20, 2026	0	23:02	23:44	25 min	09:00 PM	09:30 PM
Feb 19, 2026	2	14:09	14:50	32 min	08:00 PM	11:30 AM
Feb 18, 2026	1	23:03	24:52	35 min	05:00 AM	10:00 AM
Feb 16, 2026	1	14:31	15:24	52 min	09:00 PM	10:30 PM
Feb 15, 2026	2	26:25	33:17	19 min	05:00 PM	06:30 AM
Feb 13, 2026	2	31:06	33:13	59 min	09:00 PM	07:30 AM
Feb 11, 2026	0	8:20	8:58	38 min	11:00 PM	08:00 AM
Feb 10, 2026	2	11:33	12:09	25 min	09:30 PM	10:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 09, 2026	0	11:44	12:00	16 min	09:30 PM	09:30 AM
Feb 08, 2026	0	9:52	10:12	20 min	08:30 PM	06:30 AM
Feb 07, 2026	0	10:53	11:35	23 min	09:00 PM	09:30 AM
Feb 06, 2026	1	12:18	12:50	32 min	08:30 PM	09:30 AM
Feb 05, 2026	0	11:15	11:32	17 min	09:30 PM	09:00 AM
Feb 04, 2026	1	12:05	12:40	17 min	08:00 PM	10:00 AM
Feb 03, 2026	0	7:17	7:52	26 min	09:00 PM	05:00 AM
Feb 02, 2026	0	12:00	12:42	16 min	05:00 PM	07:30 AM
Feb 01, 2026	0	10:19	11:18	59 min	08:30 PM	08:00 AM
Jan 31, 2026	0	6:19	7:22	63 min	10:00 PM	05:30 AM
Jan 30, 2026	1	10:09	11:01	12 min	11:00 PM	12:30 PM
Jan 29, 2026	0	11:46	12:44	46 min	10:30 PM	02:00 PM
Jan 28, 2026	1	10:14	10:58	43 min	10:00 PM	03:00 PM
Jan 27, 2026	0	8:46	10:09	28 min	10:30 PM	11:00 AM
Jan 26, 2026	1	12:20	12:50	6 min	11:00 PM	12:00 PM
Jan 25, 2026	0	11:08	11:35	27 min	09:30 PM	09:00 AM
Jan 24, 2026	0	10:44	11:36	46 min	10:30 PM	10:00 AM
Jan 23, 2026	2	12:19	13:08	49 min	07:00 PM	08:30 AM
Jan 22, 2026	2	25:23	26:56	16 min	10:30 AM	03:00 PM
Jan 21, 2026	0	6:22	8:27	123 min	09:30 PM	06:00 AM
Jan 20, 2026	1	10:17	13:08	117 min	08:00 PM	10:30 AM
Jan 19, 2026	0	19:41	20:34	52 min	11:00 AM	07:30 AM
Jan 18, 2026	1	7:30	8:14	44 min	10:00 PM	08:30 AM
Jan 17, 2026	1	8:29	9:06	25 min	08:30 PM	06:00 AM
Jan 16, 2026	3	24:28	29:41	54 min	10:00 PM	09:00 AM
Jan 14, 2026	1	15:55	16:51	25 min	02:00 PM	08:00 AM
Jan 13, 2026	0	12:29	13:10	41 min	08:30 PM	09:30 AM
Jan 12, 2026	0	12:16	12:37	21 min	08:30 PM	09:00 AM
Jan 11, 2026	0	10:50	11:41	40 min	09:00 PM	08:30 AM
Jan 10, 2026	0	6:41	7:17	36 min	10:00 PM	05:30 AM
Jan 09, 2026	0	15:09	16:31	62 min	11:30 AM	09:00 AM
Jan 08, 2026	1	8:07	8:43	30 min	10:30 PM	07:00 AM
Jan 07, 2026	1	21:28	22:10	27 min	10:30 AM	09:00 AM
Jan 06, 2026	1	1:57	2:44	19 min	04:30 AM	08:00 AM
Jan 05, 2026	1	12:08	13:22	64 min	01:30 PM	11:30 PM
Jan 04, 2026	4	28:34	30:14	63 min	09:00 PM	10:00 AM
Jan 02, 2026	3	20:06	20:23	17 min	12:30 PM	09:30 AM
Jan 01, 2026	1	8:56	10:48	97 min	11:00 PM	10:00 AM
Dec 31, 2025	0	5:57	6:21	24 min	08:30 PM	03:00 AM
Dec 30, 2025	2	10:30	12:24	68 min	09:30 PM	10:00 AM
Dec 29, 2025	2	9:51	10:13	22 min	10:30 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 28, 2025	1	9:12	10:03	38 min	10:30 PM	08:30 AM
Dec 27, 2025	2	15:38	18:12	59 min	11:00 AM	09:00 AM
Dec 26, 2025	0	2:21	2:56	35 min	09:30 PM	12:30 AM
Dec 25, 2025	0	8:36	9:49	42 min	09:00 PM	07:00 AM
Dec 24, 2025	1	6:09	6:53	34 min	12:00 AM	07:00 AM
Dec 23, 2025	2	9:04	13:22	16 min	05:30 PM	08:30 AM
Dec 22, 2025	0	5:20	6:31	71 min	09:00 PM	06:00 AM
Dec 21, 2025	2	6:48	8:00	16 min	07:30 PM	06:30 AM
Dec 20, 2025	1	13:15	14:45	28 min	09:00 AM	01:00 AM
Dec 19, 2025	0	10:12	11:11	33 min	06:30 PM	06:00 AM
Dec 18, 2025	0	9:32	10:15	41 min	10:00 PM	08:00 AM
Dec 17, 2025	0	12:22	13:00	22 min	09:00 PM	10:00 AM
Dec 16, 2025	0	8:38	9:03	25 min	10:00 PM	07:00 AM
Dec 15, 2025	4	11:26	12:31	43 min	08:30 PM	10:00 AM
Dec 14, 2025	1	11:37	12:06	11 min	09:30 PM	10:30 AM
Dec 13, 2025	0	7:26	8:59	93 min	10:00 PM	09:30 AM
Dec 12, 2025	0	4:33	4:56	23 min	09:30 PM	02:30 AM
Dec 11, 2025	1	10:21	11:03	23 min	09:30 PM	08:30 AM
Dec 10, 2025	2	9:18	10:25	25 min	09:00 PM	08:00 AM
Dec 09, 2025	1	3:11	3:38	22 min	05:00 AM	09:00 AM
Dec 08, 2025	0	3:42	3:58	7 min	02:00 AM	06:00 AM
Dec 07, 2025	1	20:19	20:52	32 min	10:30 PM	10:30 PM
Dec 06, 2025	0	6:50	7:45	54 min	10:00 PM	09:30 AM
Dec 05, 2025	0	2:36	3:16	31 min	05:30 AM	09:00 AM
Dec 04, 2025	1	11:00	12:54	111 min	09:30 PM	09:00 PM
Dec 03, 2025	0	9:18	10:05	47 min	09:00 PM	11:00 AM
Dec 02, 2025	0	7:16	7:49	32 min	12:30 AM	08:30 AM
Dec 01, 2025	1	13:57	14:44	41 min	05:30 AM	08:30 PM
Nov 30, 2025	3	29:06	32:53	46 min	11:30 PM	08:00 PM
Nov 28, 2025	1	8:04	9:00	19 min	03:00 PM	12:30 AM
Nov 27, 2025	1	10:19	11:10	36 min	09:30 PM	09:00 AM
Nov 26, 2025	1	1:40	2:27	42 min	05:30 AM	08:00 AM
Nov 25, 2025	0	10:15	12:39	143 min	10:00 PM	10:30 PM
Nov 24, 2025	3	8:21	10:21	40 min	09:00 PM	10:00 AM
Nov 23, 2025	0	12:54	13:36	16 min	06:00 PM	07:30 AM
Nov 22, 2025	3	21:24	23:44	7 min	05:30 AM	07:30 AM
Nov 21, 2025	0	0:19	1:14	55 min	11:30 PM	01:00 AM
Nov 20, 2025	3	8:05	10:10	60 min	10:00 PM	09:00 AM
Nov 19, 2025	1	9:40	10:37	57 min	10:00 PM	09:00 AM
Nov 18, 2025	0	5:49	8:13	83 min	10:00 PM	11:00 AM
Nov 17, 2025	1	8:08	10:22	112 min	06:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 16, 2025	2	11:19	12:30	39 min	08:00 PM	09:00 AM
Nov 15, 2025	1	32:54	35:35	49 min	02:30 PM	02:00 PM
Nov 13, 2025	1	17:17	20:27	3 min	06:30 AM	07:30 AM
Nov 09, 2025	0	7:54	8:12	17 min	10:30 PM	06:30 AM
Nov 08, 2025	0	9:28	10:01	29 min	09:30 PM	07:30 AM
Nov 07, 2025	2	31:35	32:51	19 min	09:30 PM	08:30 AM
Nov 05, 2025	0	13:20	13:50	21 min	07:00 PM	09:00 AM
Nov 04, 2025	0	11:41	11:58	16 min	09:30 PM	09:30 AM
Nov 03, 2025	1	10:42	11:32	25 min	08:30 PM	08:30 AM
Nov 02, 2025	2	11:18	12:14	19 min	05:30 PM	05:30 AM
Nov 01, 2025	3	9:41	10:06	12 min	11:00 PM	09:30 AM
Oct 31, 2025	4	52:19	53:34	12 min	10:30 PM	09:00 AM
Oct 28, 2025	0	10:46	11:11	24 min	09:30 PM	08:30 AM
Oct 27, 2025	1	19:04	19:42	14 min	12:00 PM	08:00 AM
Oct 26, 2025	3	39:46	41:11	16 min	11:30 AM	09:30 AM
Oct 24, 2025	1	5:47	6:32	7 min	10:30 PM	06:30 AM
Oct 23, 2025	0	7:53	8:20	27 min	10:00 PM	09:30 AM
Oct 22, 2025	0	8:42	9:10	28 min	09:30 PM	06:30 AM
Oct 21, 2025	0	11:17	11:32	15 min	07:00 PM	06:30 AM
Oct 20, 2025	0	11:14	12:19	21 min	08:30 PM	11:30 AM
Oct 19, 2025	1	14:21	14:48	14 min	05:30 PM	08:30 AM
Oct 18, 2025	0	11:37	12:49	25 min	10:00 PM	12:00 PM
Oct 17, 2025	1	29:31	31:14	28 min	09:30 PM	08:00 AM
Oct 15, 2025	0	9:46	11:00	74 min	09:30 PM	08:30 AM
Oct 14, 2025	0	11:54	12:04	10 min	09:00 PM	09:30 AM
Oct 13, 2025	1	13:57	14:29	32 min	06:30 PM	09:00 AM
Oct 12, 2025	4	16:57	19:00	17 min	11:30 AM	09:30 AM
Oct 11, 2025	0	7:19	8:15	56 min	07:30 PM	07:00 AM
Oct 10, 2025	2	16:25	18:42	20 min	02:00 PM	09:00 AM
Oct 09, 2025	1	17:38	18:17	17 min	02:30 PM	09:00 AM
Oct 08, 2025	1	9:46	10:22	19 min	10:00 PM	09:00 AM
Oct 07, 2025	1	12:15	12:35	16 min	09:00 PM	09:30 AM
Oct 06, 2025	1	13:10	13:54	19 min	08:00 PM	10:30 AM
Oct 05, 2025	2	11:03	11:39	19 min	08:00 PM	09:30 AM
Oct 04, 2025	0	5:17	5:38	21 min	05:30 AM	11:00 AM
Oct 03, 2025	2	9:07	9:58	49 min	10:30 PM	08:30 AM
Oct 02, 2025	0	4:24	7:05	148 min	09:00 PM	08:00 AM
Oct 01, 2025	1	8:37	8:55	18 min	12:00 AM	09:00 AM
Sep 30, 2025	0	9:28	11:40	15 min	09:30 PM	09:00 AM
Sep 29, 2025	0	9:26	10:20	26 min	10:00 PM	09:30 AM
Sep 28, 2025	0	7:55	10:07	114 min	11:30 PM	04:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 27, 2025	0	7:21	9:55	59 min	10:00 PM	08:00 AM
Sep 26, 2025	0	8:38	9:28	16 min	10:30 PM	08:00 AM
Sep 25, 2025	2	10:50	12:02	52 min	09:30 PM	09:30 AM
Sep 24, 2025	0	6:14	9:11	83 min	10:00 PM	07:30 AM
Sep 23, 2025	0	7:11	11:10	155 min	09:00 PM	08:30 AM
Sep 22, 2025	0	10:42	11:23	17 min	10:00 PM	09:00 AM
Sep 21, 2025	0	7:23	9:33	38 min	09:30 PM	08:00 AM
Sep 20, 2025	0	8:22	11:07	61 min	09:00 PM	08:00 AM
Sep 19, 2025	0	7:33	10:00	35 min	10:00 PM	08:00 AM
Sep 18, 2025	0	9:17	10:33	33 min	09:00 PM	08:00 AM
Sep 16, 2025	0	7:39	9:34	96 min	09:30 PM	07:00 AM
Sep 15, 2025	1	11:07	11:30	23 min	02:00 AM	01:30 PM
Sep 14, 2025	1	11:16	13:20	66 min	09:30 PM	11:30 PM
Sep 13, 2025	1	8:08	9:32	61 min	10:00 PM	07:30 AM
Sep 12, 2025	0	7:14	9:51	25 min	09:00 PM	07:00 AM
Sep 11, 2025	0	8:40	10:54	64 min	08:30 PM	07:30 AM
Sep 10, 2025	1	5:42	9:01	38 min	10:30 PM	08:00 AM
Sep 09, 2025	0	8:33	9:38	30 min	10:30 PM	08:30 AM