

RiverWoods Durham — 1104 RWD

Date range: 2025-04-16 to 2026-03-16

Sleep Metrics (2025-04-16 to 2026-03-16)



Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Mar 13, 2026	1	11:41	13:08	42 min	08:30 PM	11:30 AM
Mar 12, 2026	1	13:05	14:59	59 min	08:30 PM	12:00 PM
Mar 11, 2026	1	21:18	26:54	48 min	04:30 AM	09:30 AM
Mar 09, 2026	1	14:45	15:23	23 min	10:30 PM	02:00 PM
Mar 08, 2026	1	6:32	7:41	39 min	09:00 PM	06:00 AM
Mar 07, 2026	1	14:13	15:33	25 min	02:30 AM	06:00 PM
Mar 06, 2026	1	14:25	15:58	89 min	10:00 PM	11:30 PM
Mar 05, 2026	1	12:10	12:47	29 min	08:30 PM	09:00 AM
Mar 04, 2026	0	8:52	9:46	19 min	09:30 PM	07:30 AM
Mar 03, 2026	0	11:51	13:27	28 min	09:00 PM	10:30 AM
Mar 02, 2026	0	14:46	15:45	28 min	02:00 AM	05:30 PM
Feb 28, 2026	0	7:00	7:37	22 min	03:30 AM	11:00 AM
Feb 27, 2026	0	11:56	12:51	18 min	10:00 PM	10:30 AM
Feb 26, 2026	1	13:57	15:10	22 min	08:00 PM	11:00 AM
Feb 24, 2026	0	12:14	13:46	26 min	08:00 PM	10:00 AM
Feb 23, 2026	0	9:54	10:34	24 min	08:30 PM	07:00 AM
Feb 22, 2026	0	10:52	11:30	17 min	10:30 PM	10:00 AM
Feb 21, 2026	1	14:00	14:45	19 min	08:30 PM	11:30 AM
Feb 20, 2026	0	10:14	11:25	34 min	05:00 AM	04:30 PM
Feb 19, 2026	1	12:14	12:33	10 min	09:30 PM	10:30 AM
Feb 18, 2026	2	33:40	36:50	24 min	08:00 PM	09:00 AM
Feb 16, 2026	0	9:00	9:40	25 min	12:30 AM	10:00 AM
Feb 15, 2026	1	12:57	18:17	17 min	09:30 PM	04:00 PM
Feb 14, 2026	0	10:53	11:49	12 min	10:30 PM	10:00 AM
Feb 13, 2026	2	15:43	19:09	57 min	09:00 PM	05:00 PM
Feb 12, 2026	0	11:18	12:03	33 min	07:00 PM	07:00 AM
Feb 11, 2026	1	8:37	8:49	12 min	01:00 AM	10:00 AM
Feb 10, 2026	0	12:10	13:03	21 min	09:30 PM	10:30 AM
Feb 09, 2026	2	9:09	9:45	22 min	09:30 PM	07:30 AM
Feb 08, 2026	0	3:50	4:20	16 min	06:00 AM	10:00 AM
Feb 07, 2026	1	13:43	14:37	34 min	08:00 PM	11:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 06, 2026	0	8:55	9:29	15 min	09:00 PM	06:30 AM
Feb 05, 2026	2	10:09	12:56	31 min	07:30 PM	09:30 AM
Feb 04, 2026	1	13:20	14:26	33 min	07:30 PM	10:00 AM
Feb 03, 2026	1	12:24	12:59	19 min	08:30 PM	09:30 AM
Feb 02, 2026	1	10:19	10:51	14 min	09:00 PM	09:00 AM
Feb 01, 2026	0	13:10	13:52	28 min	08:30 PM	10:30 AM
Jan 31, 2026	0	6:14	6:35	10 min	02:00 AM	09:30 AM
Jan 30, 2026	0	32:58	36:50	25 min	08:30 PM	11:00 AM
Jan 28, 2026	0	8:52	9:33	20 min	08:30 PM	06:00 AM
Jan 27, 2026	0	11:02	13:22	19 min	07:00 PM	08:30 AM
Jan 26, 2026	2	12:13	13:52	27 min	08:30 PM	10:30 AM
Jan 25, 2026	1	9:17	11:19	26 min	10:30 PM	10:00 AM
Jan 24, 2026	1	31:49	34:31	42 min	08:00 PM	07:30 AM
Jan 22, 2026	0	33:04	35:40	25 min	10:00 PM	11:30 AM
Jan 20, 2026	0	4:08	4:48	13 min	06:00 AM	11:00 AM
Jan 18, 2026	2	27:28	29:32	18 min	10:00 PM	04:30 AM
Jan 15, 2026	0	12:47	14:09	22 min	08:30 PM	10:30 AM
Jan 14, 2026	1	15:45	16:54	20 min	09:00 PM	02:00 PM
Jan 13, 2026	1	10:30	11:33	17 min	08:30 PM	08:00 AM
Jan 12, 2026	0	19:10	20:42	15 min	07:30 PM	04:30 PM
Jan 11, 2026	0	9:48	11:50	31 min	10:00 PM	10:30 AM
Jan 10, 2026	2	13:10	14:58	29 min	07:30 PM	11:00 AM
Jan 09, 2026	0	12:06	13:56	24 min	08:30 PM	10:30 AM
Jan 08, 2026	0	4:39	4:58	13 min	04:00 AM	09:00 AM
Jan 06, 2026	1	13:43	14:21	22 min	08:30 PM	11:00 AM
Jan 05, 2026	0	17:48	18:51	20 min	08:00 PM	03:00 PM
Jan 04, 2026	1	19:48	20:46	17 min	08:00 PM	05:00 PM
Jan 03, 2026	0	9:14	11:50	146 min	11:30 PM	11:00 AM
Jan 02, 2026	0	19:03	21:23	48 min	07:30 PM	05:00 PM
Dec 31, 2025	1	10:10	11:01	17 min	09:30 PM	08:30 AM
Dec 30, 2025	1	12:33	12:58	11 min	10:00 PM	11:30 AM
Dec 29, 2025	0	13:39	14:04	14 min	09:00 PM	11:00 AM
Dec 28, 2025	1	16:15	18:02	19 min	09:00 PM	03:00 PM
Dec 27, 2025	2	14:50	19:17	21 min	09:00 PM	05:00 PM
Dec 26, 2025	1	12:44	13:31	14 min	08:30 PM	10:30 AM
Dec 25, 2025	1	13:05	13:44	19 min	08:30 PM	10:00 AM
Dec 24, 2025	2	31:37	37:30	26 min	10:00 PM	02:30 PM
Dec 22, 2025	2	13:24	14:38	14 min	10:00 PM	12:30 PM
Dec 21, 2025	0	6:58	7:33	20 min	01:00 AM	09:30 AM
Dec 20, 2025	0	9:06	9:54	29 min	08:00 PM	06:00 AM
Dec 19, 2025	1	12:41	13:59	17 min	08:30 PM	11:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 18, 2025	0	18:32	20:15	37 min	08:00 PM	04:30 PM
Dec 17, 2025	1	9:56	11:20	19 min	08:30 PM	08:00 AM
Dec 16, 2025	0	15:18	16:16	20 min	08:00 PM	12:00 PM
Dec 15, 2025	2	21:22	23:31	36 min	07:00 AM	08:00 AM
Dec 13, 2025	0	9:27	10:15	28 min	08:30 PM	07:00 AM
Dec 12, 2025	0	10:46	11:35	12 min	09:00 PM	08:30 AM
Dec 11, 2025	2	6:47	8:03	7 min	11:30 PM	10:30 AM
Dec 10, 2025	1	5:00	6:54	7 min	02:30 AM	10:00 AM
Dec 09, 2025	0	15:51	19:22	145 min	08:00 PM	10:30 PM
Dec 08, 2025	1	8:11	9:44	26 min	07:30 PM	05:30 AM
Dec 07, 2025	0	13:09	14:00	20 min	08:00 PM	10:00 AM
Dec 06, 2025	0	9:07	10:02	13 min	09:00 PM	08:30 AM
Dec 05, 2025	1	13:35	18:39	31 min	08:30 PM	04:00 PM
Dec 04, 2025	1	11:32	12:17	21 min	10:00 PM	10:30 AM
Dec 03, 2025	1	20:27	22:39	27 min	08:30 PM	07:30 PM
Dec 02, 2025	1	4:47	6:06	43 min	09:30 PM	05:00 AM
Dec 01, 2025	1	10:43	11:56	7 min	02:00 AM	02:00 PM
Nov 30, 2025	1	12:44	16:57	222 min	10:30 PM	09:30 PM
Nov 29, 2025	0	10:27	12:00	31 min	08:00 PM	08:00 AM
Nov 27, 2025	0	7:24	8:16	21 min	11:00 PM	07:30 AM
Nov 26, 2025	0	0:18	0:35	17 min	03:00 AM	03:30 AM
Nov 25, 2025	3	16:11	18:32	36 min	08:00 PM	10:30 PM
Nov 24, 2025	0	6:32	7:35	37 min	08:30 PM	08:00 AM
Nov 23, 2025	0	5:23	5:55	26 min	08:30 PM	10:30 AM
Nov 22, 2025	2	13:00	13:39	14 min	08:00 PM	10:00 AM
Nov 21, 2025	0	14:31	16:15	12 min	10:00 PM	03:30 PM
Nov 20, 2025	1	12:49	13:31	11 min	10:00 PM	12:00 PM
Nov 19, 2025	0	7:10	7:41	20 min	10:00 PM	05:30 AM
Nov 18, 2025	0	13:19	14:00	27 min	08:30 PM	10:30 AM
Nov 17, 2025	0	13:59	14:56	19 min	09:00 PM	12:30 PM
Nov 16, 2025	1	13:29	15:38	14 min	11:00 PM	03:00 PM
Nov 15, 2025	0	9:09	9:30	14 min	09:30 PM	07:00 AM
Nov 14, 2025	0	11:46	12:01	15 min	09:30 PM	09:30 AM
Nov 13, 2025	0	10:58	12:10	22 min	08:30 PM	09:00 AM
Nov 12, 2025	0	11:21	11:53	26 min	08:30 PM	08:30 AM
Nov 11, 2025	1	11:14	11:56	28 min	11:00 PM	11:00 AM
Nov 10, 2025	0	17:29	18:55	15 min	07:30 PM	02:30 PM
Nov 09, 2025	1	11:10	11:49	14 min	09:00 PM	09:00 AM
Nov 08, 2025	1	12:36	13:29	11 min	08:00 PM	10:00 AM
Nov 07, 2025	1	10:41	11:56	19 min	10:00 PM	10:30 AM
Nov 06, 2025	1	18:02	22:07	85 min	01:00 PM	11:00 AM

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Nov 05, 2025	0	11:05	11:42	24 min	08:00 PM	08:00 AM
Nov 04, 2025	0	11:10	11:56	14 min	10:30 PM	10:00 AM
Nov 03, 2025	0	11:27	12:39	29 min	08:00 PM	08:30 AM
Nov 02, 2025	0	10:24	10:39	15 min	09:30 PM	07:00 AM
Nov 01, 2025	0	9:29	10:17	19 min	12:00 AM	10:00 AM
Oct 31, 2025	0	19:50	20:39	14 min	09:00 PM	05:30 PM
Oct 30, 2025	0	8:44	9:17	31 min	09:30 PM	06:30 AM
Oct 29, 2025	0	10:34	11:18	19 min	08:00 PM	07:30 AM
Oct 28, 2025	0	10:58	11:44	17 min	10:30 PM	10:00 AM
Oct 27, 2025	0	11:49	12:15	13 min	11:30 PM	12:00 PM
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Oct 23, 2025	1	12:13	13:27	15 min	07:00 PM	09:00 AM
Oct 22, 2025	0	2:20	2:28	7 min	08:00 AM	10:30 AM
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Oct 20, 2025	0	1:30	2:18	48 min	08:30 AM	11:00 AM
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Oct 14, 2025	1	12:00	12:49	10 min	09:30 PM	10:00 AM
Oct 13, 2025	1	9:06	10:33	42 min	09:30 PM	08:00 AM
Oct 12, 2025	1	13:16	14:05	14 min	08:00 PM	10:00 AM
Oct 11, 2025	0	9:47	10:33	22 min	10:30 PM	09:00 AM
Oct 10, 2025	1	10:56	12:20	15 min	10:00 PM	10:30 AM
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Sep 27, 2025	1	17:02	18:17	13 min	08:30 PM	02:30 PM
Sep 26, 2025	1	11:50	14:36	13 min	09:00 PM	01:00 PM
Sep 25, 2025	1	10:02	10:28	17 min	11:30 PM	10:00 AM

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Sep 24, 2025	0	10:57	12:26	64 min	07:30 PM	08:00 AM
Sep 23, 2025	2	10:24	11:49	10 min	09:00 PM	10:00 AM
Sep 22, 2025	2	9:23	12:30	39 min	07:30 PM	02:00 PM
Sep 21, 2025	1	16:02	20:27	37 min	07:30 PM	05:30 PM
Sep 20, 2025	1	32:05	35:05	12 min	09:00 PM	09:00 AM
Sep 18, 2025	1	12:21	13:49	45 min	08:30 PM	10:30 AM
Sep 17, 2025	0	8:43	9:49	24 min	08:00 PM	07:30 AM
Sep 16, 2025	1	17:33	19:14	12 min	09:30 PM	05:30 PM
Sep 15, 2025	1	6:20	7:36	24 min	07:30 PM	06:00 AM
Sep 14, 2025	2	50:58	55:45	12 min	11:30 PM	09:30 AM
Sep 11, 2025	2	16:19	18:23	14 min	08:00 PM	05:00 PM
Sep 10, 2025	0	10:17	12:44	39 min	08:30 PM	11:00 AM
Sep 09, 2025	1	11:12	12:07	24 min	10:00 PM	10:30 AM
Sep 08, 2025	1	33:34	38:09	14 min	09:30 PM	12:30 PM
Sep 06, 2025	1	13:53	14:52	11 min	09:00 PM	12:00 PM
Sep 05, 2025	1	8:53	9:59	23 min	11:00 PM	09:00 AM
Sep 04, 2025	1	9:01	11:36	50 min	09:30 PM	07:30 PM
Sep 02, 2025	1	8:10	8:46	17 min	01:30 AM	10:30 AM
Sep 01, 2025	4	11:58	14:18	49 min	10:00 PM	10:30 PM
Aug 31, 2025	0	13:08	14:44	29 min	08:30 PM	12:00 PM
Aug 30, 2025	2	37:15	40:36	16 min	09:30 PM	03:00 PM
Aug 28, 2025	2	12:26	13:08	21 min	09:00 PM	10:00 AM
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Aug 26, 2025	0	10:18	11:55	22 min	09:00 PM	09:00 AM
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Aug 24, 2025	3	15:15	17:31	11 min	08:30 PM	03:00 PM
Aug 23, 2025	0	0:48	1:04	16 min	08:30 AM	09:30 AM
Aug 22, 2025	1	20:03	23:21	21 min	09:30 PM	11:30 PM
Aug 21, 2025	1	10:53	12:24	19 min	09:30 PM	11:00 AM
Aug 20, 2025	2	12:49	14:01	25 min	07:00 PM	10:00 AM
Aug 19, 2025	0	9:42	10:26	15 min	08:30 PM	07:00 AM
Aug 18, 2025	1	12:33	14:20	35 min	08:30 PM	11:00 AM
Aug 17, 2025	1	16:55	18:55	47 min	10:00 PM	05:00 PM
Aug 16, 2025	2	11:51	13:14	20 min	11:00 PM	01:30 PM
Aug 15, 2025	0	2:12	3:54	35 min	10:30 PM	08:00 AM
Aug 14, 2025	1	10:07	10:37	30 min	10:00 PM	09:00 AM
Aug 13, 2025	0	9:47	11:02	24 min	12:00 AM	11:00 AM
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Aug 11, 2025	1	10:11	10:27	14 min	09:00 PM	07:30 AM
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Aug 09, 2025	1	19:08	19:40	15 min	09:30 PM	05:30 PM

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Aug 08, 2025	1	29:48	34:38	17 min	09:00 PM	09:30 AM
Aug 06, 2025	0	12:37	13:39	20 min	09:30 PM	11:00 AM
Aug 05, 2025	2	13:38	14:37	28 min	07:30 PM	10:30 AM
Aug 04, 2025	2	2:31	2:50	19 min	05:30 AM	08:30 AM
Aug 02, 2025	1	0:56	1:08	12 min	07:30 PM	08:30 PM

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