

RiverWoods Durham — 1105 RWD

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

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



Baseline Period

2025-04-16 to 2025-05-13



Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 27, 2025	0	5:57	11:37	211 min	07:00 PM	06:30 AM
Oct 26, 2025	0	13:44	19:13	140 min	12:30 PM	07:30 AM
Oct 25, 2025	0	4:38	11:00	205 min	07:00 PM	06:00 AM
Oct 24, 2025	0	2:39	12:47	506 min	07:00 PM	07:30 AM
Oct 23, 2025	0	7:39	10:46	120 min	08:30 PM	07:00 AM
Oct 22, 2025	0	11:06	14:02	49 min	07:30 PM	10:00 AM
Oct 21, 2025	1	6:48	15:04	164 min	07:30 PM	11:00 AM
Oct 20, 2025	1	4:14	12:10	296 min	07:00 PM	07:00 AM
Oct 19, 2025	0	4:46	9:17	174 min	09:00 PM	06:00 AM
Oct 18, 2025	0	0:34	10:28	99 min	07:30 PM	06:00 AM
Oct 17, 2025	0	7:13	14:56	194 min	07:00 PM	10:00 AM
Oct 16, 2025	0	1:44	13:35	130 min	08:30 PM	10:00 AM
Oct 15, 2025	0	4:50	12:03	280 min	07:30 PM	07:30 AM
Oct 14, 2025	0	17:24	23:01	127 min	12:30 PM	11:30 AM
Oct 13, 2025	0	8:09	11:39	76 min	08:30 PM	08:00 AM
Oct 12, 2025	0	3:33	12:00	112 min	08:00 PM	08:00 AM
Oct 11, 2025	0	6:44	10:26	68 min	07:30 PM	06:00 AM
Oct 10, 2025	0	6:54	9:47	61 min	08:30 PM	06:00 AM
Oct 09, 2025	0	9:35	17:16	146 min	01:30 PM	07:00 AM
Oct 08, 2025	0	5:26	12:10	295 min	06:30 PM	06:30 AM
Oct 07, 2025	0	5:06	12:31	173 min	07:00 PM	07:30 AM
Oct 06, 2025	0	7:06	9:35	112 min	08:30 PM	06:00 AM
Oct 05, 2025	0	6:39	12:04	167 min	07:30 PM	07:30 AM
Oct 04, 2025	0	7:56	12:09	45 min	06:30 PM	06:30 AM
Oct 03, 2025	0	6:43	11:45	73 min	09:30 PM	09:30 AM
Oct 02, 2025	0	7:15	10:32	140 min	10:00 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 01, 2025	0	5:16	10:48	63 min	07:30 PM	06:00 AM
Sep 30, 2025	1	6:59	13:45	121 min	05:30 PM	07:30 AM
Sep 29, 2025	0	6:00	10:32	143 min	07:30 PM	06:00 AM
Sep 28, 2025	0	5:32	11:28	221 min	07:30 PM	07:00 AM
Sep 27, 2025	0	19:36	32:46	299 min	06:30 PM	05:00 AM
Sep 25, 2025	0	6:12	12:19	319 min	09:00 PM	09:30 AM
Sep 24, 2025	0	5:09	9:17	146 min	09:00 PM	06:00 AM
Sep 23, 2025	0	4:38	10:53	326 min	07:00 PM	06:00 AM
Sep 22, 2025	0	6:32	10:44	223 min	07:30 PM	06:00 AM
Sep 21, 2025	0	5:21	10:31	61 min	09:00 PM	07:30 AM
Sep 20, 2025	0	8:00	14:00	104 min	08:30 PM	10:30 AM
Sep 19, 2025	0	10:42	14:29	89 min	07:30 PM	10:00 AM
Sep 18, 2025	0	7:52	10:43	98 min	09:00 PM	08:00 AM
Sep 17, 2025	0	6:18	11:10	216 min	08:30 PM	07:30 AM
Sep 16, 2025	0	5:29	12:39	306 min	09:30 PM	10:00 AM
Sep 15, 2025	0	11:29	15:57	100 min	08:30 PM	12:30 PM
Sep 14, 2025	0	12:52	14:48	59 min	08:30 PM	11:00 AM
Sep 13, 2025	1	12:46	20:19	123 min	02:30 PM	10:30 AM
Sep 12, 2025	0	10:50	16:00	141 min	04:30 PM	11:30 AM
Sep 11, 2025	0	4:19	9:51	194 min	09:00 PM	06:30 AM
Sep 10, 2025	0	12:59	21:09	124 min	03:00 PM	12:00 PM
Sep 09, 2025	0	5:42	9:26	81 min	09:00 PM	06:30 AM
Sep 08, 2025	0	18:55	31:05	102 min	08:30 PM	04:00 AM
Sep 06, 2025	0	8:03	11:41	111 min	09:00 PM	08:30 AM
Sep 05, 2025	0	10:51	14:14	157 min	07:30 PM	09:30 AM
Sep 04, 2025	0	6:09	8:54	127 min	09:00 PM	06:00 AM
Sep 03, 2025	0	7:54	12:41	118 min	08:00 PM	09:00 AM
Sep 02, 2025	1	6:50	12:48	178 min	06:30 PM	08:00 AM
Sep 01, 2025	0	5:16	10:22	174 min	07:00 PM	05:30 AM
Aug 31, 2025	0	5:54	11:44	315 min	07:30 PM	02:00 PM
Aug 30, 2025	0	11:52	15:28	51 min	08:00 PM	11:30 AM
Aug 29, 2025	0	9:53	14:06	62 min	08:00 PM	10:30 AM
Aug 28, 2025	0	11:15	14:24	136 min	07:00 PM	09:30 AM
Aug 27, 2025	2	11:31	14:54	101 min	06:30 PM	10:00 AM
Aug 26, 2025	0	7:26	12:03	219 min	07:00 PM	07:00 AM
Aug 25, 2025	0	13:40	15:08	36 min	07:00 PM	10:00 AM
Aug 24, 2025	0	10:56	12:10	22 min	10:00 PM	10:00 AM
Aug 23, 2025	1	13:55	15:29	2 min	05:30 PM	11:00 AM
Aug 22, 2025	1	16:46	21:49	111 min	12:00 PM	10:00 AM
Aug 21, 2025	0	14:08	16:08	96 min	03:30 PM	08:00 AM
Aug 20, 2025	0	0:10	0:34	24 min	12:00 PM	12:30 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Aug 19, 2025	0	0:14	1:36	82 min	12:00 PM	01:30 PM
Aug 14, 2025	0	7:25	10:53	202 min	08:00 PM	06:30 AM
Aug 13, 2025	1	19:36	23:43	25 min	10:00 AM	10:00 AM
Aug 12, 2025	0	7:30	11:00	210 min	07:00 PM	06:00 AM
Aug 11, 2025	0	8:10	11:51	159 min	08:00 PM	08:00 AM
Aug 10, 2025	0	12:08	14:17	60 min	07:00 PM	09:30 AM
Aug 09, 2025	0	7:18	10:13	168 min	08:00 PM	06:00 AM
Aug 08, 2025	0	9:33	11:52	105 min	07:30 PM	07:30 AM
Aug 07, 2025	0	6:34	10:14	80 min	09:00 PM	07:00 AM
Aug 06, 2025	0	4:42	10:28	82 min	08:00 PM	06:30 AM
Aug 05, 2025	0	8:23	9:34	57 min	08:30 PM	06:00 AM
Aug 04, 2025	1	8:07	15:30	120 min	08:00 PM	12:00 PM
Aug 03, 2025	0	12:10	13:07	30 min	08:30 PM	09:30 AM
Aug 02, 2025	0	6:29	9:59	170 min	08:00 PM	06:00 AM
Aug 01, 2025	0	7:08	10:19	183 min	07:30 PM	06:00 AM
Jul 31, 2025	0	5:57	9:21	191 min	09:00 PM	06:00 AM
Jul 30, 2025	2	10:32	13:51	190 min	07:00 PM	09:00 AM
Jul 29, 2025	0	6:05	10:48	9 min	07:00 PM	06:00 AM
Jul 28, 2025	0	6:30	9:10	129 min	09:00 PM	06:00 AM
Jul 27, 2025	0	7:01	9:53	165 min	08:00 PM	06:00 AM
Jul 26, 2025	0	10:20	12:59	66 min	09:00 PM	10:00 AM
Jul 25, 2025	1	16:55	20:15	17 min	10:30 AM	07:30 AM
Jul 24, 2025	1	3:18	11:00	409 min	07:00 PM	06:00 AM
Jul 23, 2025	0	6:25	10:32	239 min	08:00 PM	06:30 AM
Jul 22, 2025	0	6:07	9:09	143 min	10:30 PM	07:30 AM
Jul 21, 2025	1	6:45	14:36	71 min	08:00 PM	11:00 AM
Jul 20, 2025	1	8:24	12:23	91 min	09:00 PM	11:00 AM
Jul 19, 2025	0	6:35	12:00	237 min	09:00 PM	09:00 AM
Jul 18, 2025	0	7:32	11:53	243 min	10:30 PM	10:30 AM
Jul 17, 2025	0	9:51	12:47	169 min	10:00 PM	11:00 AM
Jul 16, 2025	0	5:01	9:13	176 min	09:00 PM	06:00 AM
Jul 15, 2025	0	8:27	9:16	27 min	01:00 AM	10:00 AM
Jul 14, 2025	1	7:58	13:34	249 min	07:30 PM	09:00 AM
Jul 13, 2025	2	9:44	15:31	243 min	08:30 PM	12:30 PM
Jul 12, 2025	0	5:18	9:45	261 min	08:30 PM	06:00 AM
Jul 11, 2025	0	7:18	11:29	185 min	10:30 PM	10:00 AM
Jul 10, 2025	1	9:03	12:53	117 min	10:30 PM	11:30 AM
Jul 09, 2025	0	9:00	11:33	75 min	08:30 PM	10:00 AM
Jul 08, 2025	0	7:14	10:44	104 min	10:30 PM	09:00 AM
Jul 07, 2025	0	5:47	9:21	207 min	08:00 PM	05:30 AM
Jul 06, 2025	0	6:45	10:53	86 min	07:30 PM	06:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jul 05, 2025	0	6:55	10:16	166 min	02:00 AM	12:30 PM
Jul 04, 2025	0	8:39	11:30	157 min	10:00 PM	09:30 AM
Jul 03, 2025	4	6:48	13:10	324 min	07:00 PM	11:30 AM
Jul 02, 2025	0	10:04	12:01	50 min	09:00 PM	09:00 AM
Jul 01, 2025	0	9:05	12:34	196 min	08:30 PM	04:00 PM
Jun 30, 2025	1	9:55	12:00	64 min	10:00 PM	10:00 AM
Jun 29, 2025	0	6:36	11:06	154 min	07:00 PM	06:00 AM
Jun 28, 2025	1	8:53	11:48	110 min	09:30 PM	09:30 AM
Jun 27, 2025	0	5:37	8:01	117 min	09:30 PM	05:30 AM
Jun 26, 2025	1	9:07	11:57	99 min	10:00 PM	10:00 AM
Jun 25, 2025	0	5:41	9:07	111 min	07:30 PM	04:30 AM
Jun 24, 2025	1	13:15	16:22	116 min	09:00 PM	01:30 PM
Jun 23, 2025	2	2:18	12:24	328 min	07:30 PM	08:30 AM
Jun 22, 2025	0	7:20	11:05	214 min	07:30 PM	06:30 AM
Jun 21, 2025	1	10:06	15:03	193 min	08:30 PM	12:00 PM
Jun 20, 2025	0	10:18	12:44	66 min	09:30 PM	10:30 AM
Jun 19, 2025	1	15:49	16:06	11 min	02:00 AM	06:00 PM
Jun 18, 2025	0	10:16	11:40	12 min	09:30 PM	09:00 AM
Jun 17, 2025	2	6:00	11:33	138 min	07:30 PM	07:30 AM
Jun 16, 2025	0	10:03	15:13	195 min	08:00 PM	11:00 AM
Jun 15, 2025	1	12:56	18:08	77 min	07:00 PM	01:30 PM
Jun 14, 2025	0	8:28	10:00	92 min	10:30 PM	08:30 AM
Jun 13, 2025	0	8:29	11:39	174 min	08:00 PM	07:30 AM
Jun 12, 2025	0	6:45	10:50	168 min	08:30 PM	07:30 AM
Jun 11, 2025	1	10:58	13:39	67 min	08:00 PM	10:00 AM
Jun 10, 2025	0	5:16	9:58	276 min	10:00 PM	08:00 AM
Jun 09, 2025	0	7:44	8:55	44 min	12:00 AM	09:00 AM
Jun 08, 2025	1	5:41	8:14	142 min	03:00 AM	11:00 AM
Jun 07, 2025	0	7:37	9:58	131 min	10:00 PM	08:00 AM
Jun 06, 2025	0	6:20	9:47	127 min	08:30 PM	06:00 AM
Jun 05, 2025	0	8:34	11:49	165 min	08:30 PM	08:30 AM
Jun 04, 2025	0	8:27	10:01	83 min	10:30 PM	08:30 AM
Jun 03, 2025	0	1:36	10:31	351 min	10:00 PM	10:30 AM
Jun 02, 2025	0	4:32	9:02	234 min	08:30 PM	06:00 AM
Jun 01, 2025	1	5:58	8:22	135 min	10:30 PM	07:00 AM
May 31, 2025	0	6:01	9:32	191 min	09:00 PM	06:30 AM
May 30, 2025	0	5:30	9:55	225 min	08:30 PM	06:30 AM
May 29, 2025	0	8:00	10:39	125 min	09:30 PM	08:00 AM
May 28, 2025	0	7:03	9:08	118 min	09:30 PM	07:00 AM
May 27, 2025	0	4:58	10:38	297 min	09:00 PM	07:30 AM
May 26, 2025	0	6:02	8:19	89 min	11:00 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
May 25, 2025	0	8:06	16:30	29 min	06:00 PM	10:30 AM
May 24, 2025	0	11:30	21:09	166 min	01:30 PM	11:00 AM
May 23, 2025	1	9:09	10:06	43 min	11:00 PM	09:00 AM
May 22, 2025	1	7:36	10:31	59 min	10:30 PM	09:00 AM
May 21, 2025	1	6:57	11:35	171 min	09:00 PM	09:00 AM
May 13, 2025	0	2:31	10:50	461 min	07:00 PM	05:30 AM
May 12, 2025	0	5:42	8:29	167 min	10:00 PM	06:30 AM
May 11, 2025	1	4:59	13:15	446 min	06:00 PM	10:30 AM
May 10, 2025	0	7:59	11:13	35 min	10:00 PM	09:30 AM
May 09, 2025	0	5:08	9:48	184 min	08:30 PM	06:30 AM
May 08, 2025	1	7:45	11:52	70 min	10:30 PM	10:30 AM
May 07, 2025	0	9:08	11:57	130 min	10:00 PM	10:00 AM
May 06, 2025	1	9:56	11:34	61 min	10:30 PM	10:30 AM
May 05, 2025	0	4:46	9:13	43 min	10:30 PM	07:30 AM
May 04, 2025	0	5:44	10:55	270 min	06:00 PM	05:00 AM
May 03, 2025	0	9:02	11:57	86 min	10:30 PM	10:30 AM
May 02, 2025	1	5:09	10:11	167 min	07:30 PM	06:30 PM
May 01, 2025	0	10:01	12:23	39 min	07:30 PM	08:00 AM
Apr 30, 2025	1	10:33	11:45	55 min	09:00 PM	09:00 AM
Apr 29, 2025	1	5:02	9:08	12 min	07:30 PM	05:00 AM
Apr 28, 2025	1	9:15	11:25	19 min	08:30 PM	08:00 AM
Apr 27, 2025	0	6:23	11:47	34 min	08:00 PM	08:00 AM
Apr 26, 2025	0	9:59	13:40	117 min	09:00 PM	11:00 AM
Apr 25, 2025	0	8:38	11:58	160 min	08:30 PM	09:00 AM
Apr 24, 2025	1	9:52	13:01	180 min	09:00 PM	10:30 AM
Apr 23, 2025	0	5:53	11:26	31 min	09:00 PM	08:30 AM
Apr 22, 2025	1	13:41	14:49	13 min	08:00 PM	11:00 AM
Apr 21, 2025	0	6:28	6:35	7 min	02:00 AM	08:30 AM
Apr 20, 2025	0	4:48	9:24	73 min	08:00 PM	05:30 AM
Apr 19, 2025	0	4:16	13:31	267 min	09:30 PM	11:00 AM
Apr 18, 2025	1	12:56	15:19	21 min	09:00 PM	12:30 PM
Apr 17, 2025	0	9:49	11:36	35 min	09:30 PM	09:00 AM
Apr 16, 2025	1	7:01	13:03	14 min	07:30 PM	09:00 AM