

RiverWoods Durham — 1106 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
May 09, 2025	4	31:24	35:39	27 min	06:00 PM	10:00 AM
May 07, 2025	2	92:28	104:05	18 min	01:30 PM	04:00 PM
May 02, 2025	2	138:40	169:31	0 min	03:30 AM	10:30 AM
Apr 18, 2025	3	50:41	61:33	41 min	12:30 PM	10:30 AM