

# RiverWoods Durham — 1107 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	0	12:47	13:58	67 min	11:00 PM	04:30 PM
Mar 12, 2026	0	10:48	12:08	80 min	12:00 AM	05:00 PM
Mar 11, 2026	1	13:22	13:52	30 min	08:30 PM	10:30 AM
Mar 10, 2026	1	12:40	13:49	69 min	10:30 PM	04:00 PM
Mar 09, 2026	2	14:03	15:15	39 min	08:00 PM	03:30 PM
Mar 08, 2026	1	7:53	9:10	68 min	10:30 PM	01:30 PM
Mar 07, 2026	1	9:31	10:28	19 min	11:00 PM	09:30 AM
Mar 06, 2026	0	9:51	11:49	118 min	09:30 PM	09:00 AM
Mar 05, 2026	0	9:22	10:57	61 min	11:00 PM	05:00 PM
Mar 04, 2026	5	8:32	12:01	192 min	10:00 PM	08:30 PM
Mar 03, 2026	2	11:37	12:40	57 min	10:00 PM	02:30 PM
Mar 02, 2026	1	12:55	14:24	61 min	10:00 PM	04:00 PM
Mar 01, 2026	1	12:55	13:40	45 min	09:00 PM	05:00 PM
Feb 28, 2026	0	12:43	14:11	60 min	09:00 PM	04:30 PM
Feb 27, 2026	0	8:50	10:38	80 min	10:00 PM	09:00 AM
Feb 26, 2026	2	13:13	14:44	82 min	10:30 PM	05:00 PM
Feb 25, 2026	1	11:03	11:55	16 min	10:30 PM	10:30 AM
Feb 24, 2026	1	9:25	12:50	37 min	10:00 PM	03:30 PM
Feb 23, 2026	1	16:11	17:10	50 min	09:00 PM	04:30 PM
Feb 22, 2026	0	8:08	8:30	14 min	12:00 AM	08:30 AM
Feb 21, 2026	0	11:29	12:57	88 min	11:00 PM	04:30 PM
Feb 20, 2026	2	12:49	13:31	42 min	11:30 PM	05:00 PM
Feb 19, 2026	1	9:51	10:29	26 min	10:00 PM	09:00 AM
Feb 18, 2026	1	6:41	9:56	60 min	11:00 PM	09:00 AM
Feb 17, 2026	2	8:20	13:45	266 min	10:30 PM	04:30 PM
Feb 16, 2026	0	4:10	6:20	130 min	02:30 AM	09:00 AM
Feb 15, 2026	2	14:04	16:13	129 min	10:00 PM	12:00 AM
Feb 14, 2026	1	7:39	13:59	331 min	11:00 PM	04:30 PM
Feb 13, 2026	0	10:21	10:44	23 min	10:30 PM	09:30 AM
Feb 12, 2026	2	7:42	11:10	160 min	08:30 PM	08:30 AM
Feb 11, 2026	1	11:22	11:49	27 min	10:30 PM	10:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 10, 2026	1	10:07	11:51	74 min	10:00 PM	02:30 PM
Feb 09, 2026	1	10:14	12:16	84 min	09:00 PM	09:00 AM
Feb 08, 2026	0	9:33	9:49	16 min	10:30 PM	08:30 AM
Feb 07, 2026	1	11:30	14:25	132 min	08:30 PM	04:00 PM
Feb 06, 2026	0	10:31	11:43	28 min	10:00 PM	05:00 PM
Feb 05, 2026	1	9:51	10:15	24 min	10:00 PM	08:30 AM
Feb 04, 2026	1	8:35	11:20	160 min	11:30 PM	04:30 PM
Feb 03, 2026	1	10:53	12:16	81 min	09:30 PM	10:00 AM
Feb 02, 2026	1	8:53	10:09	75 min	12:00 AM	10:00 AM
Feb 01, 2026	1	11:17	12:22	59 min	09:30 PM	03:30 PM
Jan 31, 2026	0	13:15	14:20	36 min	10:30 PM	04:30 PM
Jan 30, 2026	1	12:18	13:58	68 min	11:00 PM	05:00 PM
Jan 29, 2026	0	9:40	11:49	129 min	10:30 PM	10:30 AM
Jan 28, 2026	1	9:39	14:08	109 min	11:00 PM	05:00 PM
Jan 27, 2026	1	10:04	11:18	46 min	11:00 PM	02:30 PM
Jan 26, 2026	0	10:45	11:24	39 min	11:00 PM	06:30 PM
Jan 25, 2026	2	7:50	11:37	195 min	11:00 PM	05:00 PM
Jan 24, 2026	1	13:00	13:48	46 min	10:00 PM	04:30 PM
Jan 23, 2026	0	7:22	7:47	25 min	01:00 AM	09:00 AM
Jan 22, 2026	1	12:03	12:41	38 min	11:00 PM	03:00 PM
Jan 21, 2026	1	9:39	12:01	118 min	10:30 PM	04:30 PM
Jan 20, 2026	1	10:04	10:37	33 min	11:00 PM	09:30 AM
Jan 19, 2026	0	7:44	8:28	44 min	12:00 AM	11:00 AM
Jan 18, 2026	0	7:22	8:04	26 min	11:30 PM	08:00 AM
Jan 17, 2026	1	9:47	13:47	186 min	08:30 PM	10:30 AM
Jan 16, 2026	0	7:47	9:37	73 min	10:30 PM	08:00 AM
Jan 15, 2026	1	7:57	8:55	40 min	09:30 PM	10:30 AM
Jan 14, 2026	1	9:05	11:08	55 min	09:30 PM	08:30 AM
Jan 13, 2026	0	11:10	11:49	31 min	10:30 PM	10:00 AM
Jan 12, 2026	0	10:34	12:00	35 min	10:00 PM	10:00 AM
Jan 11, 2026	1	10:33	12:16	52 min	11:00 PM	05:00 PM
Jan 10, 2026	1	10:54	12:23	50 min	10:30 PM	11:00 AM
Jan 09, 2026	1	11:05	14:19	141 min	07:30 PM	10:00 AM
Jan 08, 2026	1	8:12	10:14	115 min	10:00 PM	08:30 AM
Jan 07, 2026	0	8:40	10:56	102 min	10:30 PM	09:30 AM
Jan 06, 2026	1	9:27	13:04	41 min	09:00 PM	10:00 AM
Jan 05, 2026	1	9:02	10:18	19 min	11:00 PM	09:30 AM
Jan 04, 2026	1	6:44	9:28	164 min	11:00 PM	08:30 AM
Jan 03, 2026	1	8:56	11:11	134 min	10:30 PM	09:30 AM
Jan 02, 2026	1	12:15	14:09	75 min	10:00 PM	04:30 PM
Jan 01, 2026	1	10:59	15:32	33 min	01:00 PM	09:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Dec 31, 2025	0	10:12	11:44	71 min	10:30 PM	10:00 AM
Dec 30, 2025	1	10:01	10:58	32 min	11:30 PM	10:30 AM
Dec 29, 2025	2	11:13	11:52	19 min	11:00 PM	11:00 AM
Dec 28, 2025	0	8:08	9:16	42 min	11:00 PM	08:00 AM
Dec 27, 2025	1	10:01	12:13	47 min	11:30 PM	04:30 PM
Dec 26, 2025	0	12:12	17:12	143 min	08:00 PM	04:30 PM
Dec 25, 2025	1	9:42	12:19	136 min	10:30 PM	06:00 PM
Dec 24, 2025	1	11:39	13:28	63 min	11:00 PM	04:30 PM
Dec 23, 2025	0	7:59	8:38	14 min	01:00 AM	09:30 AM
Dec 22, 2025	1	7:25	14:34	107 min	08:00 PM	06:00 PM
Dec 21, 2025	0	9:15	10:52	49 min	10:30 PM	09:30 AM
Dec 20, 2025	1	11:17	12:22	53 min	10:30 PM	11:00 AM
Dec 19, 2025	1	9:42	14:07	149 min	08:30 PM	11:00 AM
Dec 18, 2025	1	7:48	11:11	196 min	10:30 PM	10:00 AM
Dec 17, 2025	1	7:51	11:37	106 min	11:00 PM	11:00 AM
Dec 16, 2025	1	6:29	11:11	215 min	10:30 PM	10:00 AM
Dec 15, 2025	1	6:03	10:17	87 min	11:30 PM	10:00 AM
Dec 14, 2025	1	7:27	10:53	199 min	10:30 PM	01:30 PM
Dec 13, 2025	1	6:46	10:11	197 min	10:30 PM	09:00 AM
Dec 12, 2025	0	9:11	12:13	115 min	10:00 PM	05:00 PM
Dec 11, 2025	1	7:44	13:43	305 min	08:00 PM	11:00 AM
Dec 10, 2025	1	8:57	13:10	18 min	09:00 PM	10:30 AM
Dec 09, 2025	0	4:17	6:47	143 min	03:30 AM	10:30 AM
Dec 08, 2025	0	9:32	11:04	51 min	10:30 PM	09:30 AM
Dec 07, 2025	0	3:50	8:10	192 min	12:00 AM	08:00 AM
Dec 06, 2025	1	7:09	8:10	20 min	12:00 AM	08:30 AM
Dec 05, 2025	0	7:57	12:18	249 min	10:30 PM	02:30 PM
Dec 04, 2025	1	7:28	9:23	58 min	11:30 PM	09:30 AM
Dec 03, 2025	0	10:14	11:40	74 min	10:00 PM	10:00 AM
Dec 02, 2025	1	7:57	11:28	149 min	11:00 PM	11:00 AM
Dec 01, 2025	1	11:49	13:47	51 min	11:00 PM	04:30 PM
Nov 30, 2025	2	6:26	10:35	226 min	10:30 PM	05:30 PM
Nov 29, 2025	2	7:05	13:08	162 min	01:00 AM	05:00 PM
Nov 28, 2025	0	6:51	10:54	179 min	11:30 PM	04:30 PM
Nov 27, 2025	0	7:51	11:36	191 min	12:30 AM	05:30 PM
Nov 26, 2025	0	9:24	12:44	106 min	11:00 PM	03:00 PM
Nov 25, 2025	1	7:52	11:00	158 min	11:00 PM	10:00 AM
Nov 24, 2025	0	5:31	10:49	198 min	10:30 PM	09:30 AM
Nov 23, 2025	0	8:31	11:35	93 min	11:30 PM	04:00 PM
Nov 22, 2025	0	5:58	7:23	75 min	11:30 PM	10:30 AM
Nov 21, 2025	1	8:57	10:41	53 min	11:00 PM	10:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 20, 2025	1	7:05	9:41	14 min	12:00 AM	10:00 AM
Nov 19, 2025	1	9:35	11:35	46 min	10:00 PM	09:30 AM
Nov 18, 2025	0	11:03	12:19	11 min	09:30 PM	10:00 AM
Nov 17, 2025	1	6:43	10:35	76 min	11:00 PM	09:30 AM
Nov 16, 2025	0	9:41	15:16	88 min	09:00 PM	05:00 PM
Nov 15, 2025	0	8:57	13:12	111 min	09:30 PM	10:30 AM
Nov 14, 2025	1	9:19	14:59	248 min	10:30 PM	03:00 PM
Nov 13, 2025	1	5:36	12:43	133 min	08:30 PM	09:30 AM
Nov 12, 2025	0	7:39	12:08	246 min	10:00 PM	10:00 AM
Nov 11, 2025	0	0:49	6:33	344 min	03:30 AM	10:00 AM
Nov 10, 2025	2	8:12	11:56	61 min	10:30 PM	10:30 AM
Nov 09, 2025	1	7:49	14:06	349 min	09:30 PM	04:30 PM
Nov 08, 2025	1	8:36	11:33	85 min	10:30 PM	05:00 PM
Nov 07, 2025	1	10:03	11:52	52 min	10:30 PM	10:30 AM
Nov 06, 2025	1	4:41	10:55	351 min	11:30 PM	04:00 PM
Nov 05, 2025	1	5:29	10:42	299 min	11:00 PM	09:30 AM
Nov 04, 2025	1	8:12	11:28	77 min	10:00 PM	09:30 AM
Nov 03, 2025	0	7:47	11:19	73 min	10:30 PM	05:00 PM
Nov 02, 2025	0	4:54	7:59	179 min	01:00 AM	09:00 AM
Nov 01, 2025	1	8:20	14:04	185 min	10:00 PM	03:00 PM
Oct 31, 2025	0	9:48	12:13	69 min	09:00 PM	09:30 AM
Oct 30, 2025	2	9:08	15:11	142 min	09:30 PM	03:00 PM
Oct 29, 2025	1	8:55	11:16	21 min	10:30 PM	09:30 AM
Oct 28, 2025	1	8:36	11:23	35 min	10:30 PM	12:30 PM
Oct 27, 2025	1	9:07	14:24	105 min	10:00 PM	02:30 PM
Oct 26, 2025	0	7:13	8:58	72 min	11:30 PM	08:30 AM
Oct 25, 2025	0	10:41	13:54	175 min	11:00 PM	04:30 PM
Oct 24, 2025	0	10:39	13:23	119 min	09:00 PM	10:00 AM