

RiverWoods Durham — 1108.1 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	8:59	10:20	18 min	09:30 PM	08:00 AM
Mar 12, 2026	0	8:07	11:19	93 min	09:00 PM	01:30 PM
Mar 11, 2026	3	8:42	11:27	36 min	08:30 PM	08:30 AM
Mar 10, 2026	0	8:23	9:24	25 min	10:00 PM	07:30 AM
Mar 09, 2026	1	12:23	13:39	38 min	08:30 PM	05:00 PM
Mar 08, 2026	0	9:34	11:58	85 min	09:30 PM	03:00 PM
Mar 07, 2026	2	9:27	10:41	17 min	07:30 PM	06:30 AM
Mar 06, 2026	2	11:37	12:49	17 min	06:30 PM	08:00 AM
Mar 05, 2026	1	11:03	12:04	18 min	08:00 PM	08:30 AM
Mar 04, 2026	1	9:25	11:25	40 min	07:30 PM	07:00 AM
Mar 03, 2026	0	11:26	12:24	29 min	07:00 PM	08:00 AM
Mar 02, 2026	1	11:39	12:56	45 min	06:30 PM	08:00 AM
Mar 01, 2026	1	11:42	12:53	14 min	07:00 PM	08:00 AM
Feb 28, 2026	1	8:55	10:07	30 min	09:30 PM	02:30 PM
Feb 27, 2026	1	10:30	11:16	35 min	08:30 PM	08:30 AM
Feb 26, 2026	0	5:32	7:50	80 min	08:30 PM	04:30 AM
Feb 25, 2026	1	10:09	11:23	14 min	07:30 PM	07:30 AM
Feb 24, 2026	0	9:40	10:19	8 min	10:00 PM	08:30 AM
Feb 23, 2026	0	5:01	8:33	14 min	10:00 PM	06:30 AM
Feb 22, 2026	1	9:01	10:09	20 min	09:00 PM	07:00 AM
Feb 21, 2026	0	10:22	12:22	45 min	06:30 PM	07:00 AM
Feb 20, 2026	1	10:23	11:12	24 min	07:30 PM	07:00 AM
Feb 19, 2026	1	11:47	12:46	33 min	06:00 PM	07:30 AM
Feb 18, 2026	1	10:43	11:33	26 min	08:00 PM	08:00 AM
Feb 17, 2026	2	10:20	12:02	21 min	07:30 PM	08:00 AM
Feb 16, 2026	1	11:02	12:40	68 min	08:30 PM	02:00 PM
Feb 15, 2026	1	12:28	13:21	23 min	06:00 PM	08:00 AM
Feb 14, 2026	1	9:40	10:39	8 min	07:30 PM	06:30 AM
Feb 13, 2026	2	9:08	10:57	57 min	08:00 PM	07:30 AM
Feb 12, 2026	1	9:21	11:21	110 min	08:30 PM	08:00 AM
Feb 11, 2026	2	9:29	11:17	12 min	08:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 10, 2026	2	9:25	10:25	45 min	09:00 PM	08:00 AM
Feb 09, 2026	1	10:15	11:35	12 min	09:30 PM	09:30 AM
Feb 08, 2026	1	10:39	11:26	18 min	08:00 PM	07:30 AM
Feb 07, 2026	1	6:13	9:10	42 min	09:00 PM	06:00 AM
Feb 06, 2026	1	9:57	11:30	60 min	07:30 PM	07:30 AM
Feb 05, 2026	2	10:16	13:34	15 min	11:00 PM	04:00 PM
Feb 04, 2026	1	11:57	12:49	12 min	07:30 PM	08:30 AM
Feb 03, 2026	0	7:39	11:05	48 min	09:00 PM	08:30 AM
Feb 02, 2026	1	10:00	10:33	19 min	09:00 PM	07:30 AM
Feb 01, 2026	0	12:16	13:15	48 min	07:00 PM	03:00 PM
Jan 31, 2026	1	10:29	15:01	148 min	09:00 PM	04:00 PM
Jan 30, 2026	0	9:07	11:49	110 min	07:00 PM	07:00 AM
Jan 29, 2026	0	11:52	12:17	12 min	06:30 PM	07:00 AM
Jan 28, 2026	0	8:28	10:28	27 min	08:30 PM	07:00 AM
Jan 27, 2026	2	11:14	12:10	12 min	07:30 PM	08:00 AM
Jan 26, 2026	2	14:38	16:41	30 min	03:30 PM	04:00 PM
Jan 25, 2026	1	5:16	10:21	67 min	10:30 PM	01:00 PM
Jan 24, 2026	2	10:07	11:48	16 min	07:00 PM	07:00 AM
Jan 23, 2026	1	10:04	14:46	139 min	07:00 PM	02:00 PM
Jan 22, 2026	1	10:28	11:31	52 min	07:00 PM	06:30 AM
Jan 21, 2026	1	9:20	11:00	34 min	08:00 PM	07:30 AM
Jan 20, 2026	1	10:06	11:03	16 min	08:00 PM	07:30 AM
Jan 19, 2026	2	10:03	11:19	36 min	08:00 PM	07:30 AM
Jan 18, 2026	1	10:43	12:39	66 min	08:30 PM	09:30 AM
Jan 17, 2026	0	7:11	9:47	47 min	10:00 PM	08:30 AM
Jan 16, 2026	2	11:37	12:27	39 min	06:00 PM	07:00 AM
Jan 15, 2026	0	10:42	11:39	21 min	09:00 PM	09:00 AM
Jan 14, 2026	0	8:41	12:27	51 min	08:00 PM	05:00 PM
Jan 13, 2026	1	10:19	12:33	15 min	07:00 PM	07:30 AM
Jan 12, 2026	1	10:10	10:42	31 min	08:30 PM	07:30 AM
Jan 11, 2026	1	11:19	12:22	11 min	07:00 PM	07:30 AM
Jan 10, 2026	1	10:23	12:00	55 min	08:30 PM	03:00 PM
Jan 09, 2026	3	10:47	11:53	35 min	07:30 PM	02:30 PM
Jan 08, 2026	2	10:17	11:07	26 min	08:00 PM	07:30 AM
Jan 07, 2026	1	13:45	14:11	12 min	07:00 PM	09:30 AM
Jan 06, 2026	0	0:56	1:13	17 min	03:30 PM	04:30 PM