

RiverWoods Durham — 1108 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
Jul 12, 2025	0	11:13	14:36	90 min	07:00 PM	10:00 PM
Jul 09, 2025	0	0:29	0:43	14 min	03:00 PM	03:30 PM
Jul 07, 2025	0	7:20	10:59	219 min	11:00 PM	10:00 AM
Jul 06, 2025	0	7:35	9:41	67 min	07:30 PM	06:30 AM
Jul 05, 2025	1	6:54	11:41	16 min	11:30 PM	11:30 AM
Jul 04, 2025	1	9:31	10:54	11 min	01:00 AM	01:00 PM
Jul 03, 2025	0	4:44	6:45	12 min	08:30 PM	05:30 AM
Jul 01, 2025	0	13:51	16:08	43 min	10:30 PM	03:00 PM
Jun 30, 2025	1	15:14	18:15	50 min	02:30 PM	04:30 PM
Jun 29, 2025	0	2:45	4:58	54 min	05:00 AM	11:00 AM
Jun 28, 2025	0	8:27	10:02	73 min	11:30 PM	07:00 PM
Jun 27, 2025	3	13:24	17:00	15 min	12:00 AM	08:00 PM
Jun 26, 2025	2	16:58	21:00	19 min	08:00 PM	09:00 PM
Jun 25, 2025	1	7:54	8:47	18 min	11:30 PM	10:30 AM
Jun 24, 2025	0	13:26	17:49	24 min	02:30 PM	12:00 PM
Jun 23, 2025	2	5:20	7:49	14 min	02:30 AM	12:00 PM
Jun 22, 2025	1	3:09	5:21	76 min	04:30 AM	06:00 PM
Jun 21, 2025	1	12:53	14:06	35 min	10:00 PM	07:30 PM
Jun 20, 2025	2	9:56	14:09	30 min	11:30 PM	06:30 PM
Jun 19, 2025	2	14:42	16:57	8 min	11:00 PM	07:00 PM
Jun 18, 2025	1	11:48	14:19	13 min	12:00 AM	07:30 PM
Jun 17, 2025	1	11:21	13:55	50 min	09:30 PM	07:30 PM
Jun 16, 2025	4	6:27	8:14	32 min	03:00 AM	04:30 PM
Jun 15, 2025	4	23:02	26:40	17 min	11:00 AM	12:00 AM
Jun 14, 2025	1	1:56	2:15	11 min	10:30 PM	01:30 AM
Jun 13, 2025	4	5:57	9:12	44 min	02:00 AM	07:30 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jun 12, 2025	0	15:27	17:40	53 min	06:30 PM	11:30 PM
Jun 11, 2025	0	0:10	0:16	6 min	03:00 AM	03:00 AM
Jun 10, 2025	2	3:32	4:15	22 min	01:30 PM	09:30 PM
Jun 09, 2025	2	4:07	4:57	43 min	05:00 AM	05:00 PM
Jun 08, 2025	2	23:24	30:01	37 min	12:30 AM	09:30 PM
Jun 06, 2025	3	17:35	22:30	39 min	02:30 PM	09:30 PM
Jun 05, 2025	2	11:21	13:06	8 min	10:00 PM	12:00 PM
Jun 04, 2025	4	11:00	14:26	14 min	12:00 AM	07:30 PM
Jun 03, 2025	4	42:21	52:50	6 min	07:30 PM	06:00 PM
May 31, 2025	2	6:47	8:27	8 min	02:30 AM	01:00 PM
May 30, 2025	4	19:30	25:33	57 min	05:30 AM	10:30 PM
May 29, 2025	1	27:24	33:42	12 min	08:00 AM	02:30 AM
May 27, 2025	2	4:24	6:08	19 min	05:30 PM	05:00 AM
May 26, 2025	3	39:09	47:14	8 min	02:30 AM	02:30 PM
May 24, 2025	1	2:23	3:18	6 min	08:30 PM	12:00 AM
May 23, 2025	2	17:29	23:15	8 min	10:30 AM	03:30 PM
May 22, 2025	1	5:04	7:16	11 min	10:00 PM	06:30 AM
May 21, 2025	1	11:34	13:09	8 min	11:30 PM	07:00 PM
May 20, 2025	0	14:37	17:30	17 min	09:00 PM	07:30 PM
May 19, 2025	2	7:32	9:58	13 min	12:30 AM	12:30 PM
May 18, 2025	2	15:31	19:21	8 min	07:30 PM	09:30 PM
May 17, 2025	1	23:26	29:31	20 min	01:00 AM	04:30 PM
May 15, 2025	3	24:52	32:15	35 min	12:30 AM	10:30 PM
May 13, 2025	3	35:16	46:43	51 min	01:30 AM	09:00 PM
May 10, 2025	0	42:39	55:40	25 min	09:00 PM	10:30 PM
May 07, 2025	1	16:00	20:53	13 min	04:00 PM	06:00 PM
May 06, 2025	4	23:38	26:56	19 min	07:00 PM	12:00 PM
May 04, 2025	1	15:39	19:07	14 min	07:30 AM	03:30 PM
May 03, 2025	4	19:37	23:16	3 min	09:00 PM	05:30 AM
May 01, 2025	1	7:36	9:58	46 min	11:30 PM	06:30 PM
Apr 30, 2025	1	9:22	12:21	51 min	02:00 AM	08:00 PM
Apr 29, 2025	3	18:47	22:23	20 min	06:00 PM	09:00 PM
Apr 28, 2025	1	4:37	5:02	25 min	04:30 AM	01:30 PM
Apr 27, 2025	5	7:29	9:26	21 min	12:30 AM	09:30 PM
Apr 26, 2025	3	17:09	19:31	19 min	08:30 PM	09:30 PM
Apr 25, 2025	0	8:47	10:10	16 min	09:00 PM	04:30 PM
Apr 24, 2025	2	11:24	14:42	32 min	07:30 PM	06:00 PM
Apr 23, 2025	4	9:22	11:18	30 min	11:30 PM	04:00 PM
Apr 22, 2025	1	9:55	11:45	27 min	09:00 PM	09:00 PM
Apr 21, 2025	1	16:45	21:24	14 min	01:30 PM	01:30 PM
Apr 20, 2025	1	8:58	9:59	6 min	08:00 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Apr 19, 2025	1	12:08	14:38	13 min	12:30 AM	05:30 PM
Apr 18, 2025	1	25:57	33:55	13 min	11:30 PM	10:00 PM
Apr 16, 2025	2	18:04	23:20	9 min	05:30 PM	07:00 PM

© 2025 Composure. Sound Blanket™ Community Data Visualization. Generated 2025-04-16 to 2026-03-16.