

# RiverWoods Durham — 1109 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 28, 2025	0	1:07	3:06	119 min	11:00 AM	02:30 PM
Jul 25, 2025	1	22:32	35:47	390 min	06:30 AM	09:30 PM
Jul 23, 2025	1	75:09	78:46	27 min	02:30 PM	11:00 PM
Jul 20, 2025	0	8:27	9:45	11 min	10:00 PM	07:30 AM
Jul 19, 2025	1	6:26	10:47	9 min	09:00 PM	11:30 AM
Jul 18, 2025	3	12:16	15:08	26 min	06:30 PM	10:30 AM
Jul 17, 2025	2	11:18	12:30	7 min	08:00 PM	09:00 AM
Jul 16, 2025	0	13:16	14:27	21 min	07:00 PM	05:00 PM
Jul 15, 2025	1	12:17	15:59	11 min	01:30 PM	06:00 AM
Jul 14, 2025	1	6:27	8:36	15 min	08:30 PM	06:00 AM
Jul 13, 2025	1	20:13	26:59	107 min	11:00 AM	03:30 PM
Jul 12, 2025	3	9:46	13:54	13 min	02:00 PM	07:00 AM
Jul 11, 2025	0	13:37	15:36	9 min	03:30 PM	09:30 AM
Jul 10, 2025	2	14:37	17:04	10 min	07:00 PM	01:30 PM
Jul 09, 2025	0	9:29	12:23	112 min	07:00 PM	07:30 AM
Jul 08, 2025	0	6:47	9:00	22 min	11:30 PM	08:30 AM
Jul 07, 2025	1	11:09	14:08	19 min	10:30 PM	09:30 PM
Jul 06, 2025	1	10:02	11:02	31 min	10:00 PM	07:00 PM
Jul 05, 2025	2	10:33	13:40	72 min	07:30 PM	07:30 PM
Jul 04, 2025	1	10:41	12:27	26 min	08:30 PM	09:00 AM
Jul 03, 2025	1	7:23	9:00	43 min	10:00 PM	07:30 AM
Jul 02, 2025	1	14:06	15:45	34 min	07:00 PM	08:00 PM
Jul 01, 2025	0	6:47	10:06	23 min	08:30 PM	04:00 PM
Jun 30, 2025	2	10:13	13:15	11 min	06:00 PM	11:30 AM
Jun 29, 2025	2	11:34	15:21	23 min	05:30 PM	01:00 PM
Jun 28, 2025	0	18:34	21:31	9 min	01:00 PM	10:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jun 27, 2025	1	13:28	18:25	12 min	02:00 PM	10:30 AM
Jun 26, 2025	1	6:31	7:52	13 min	10:30 PM	07:00 AM
Jun 25, 2025	0	0:11	0:31	20 min	06:30 PM	07:00 PM
Jun 24, 2025	2	10:39	15:06	21 min	06:00 PM	07:30 PM
Jun 23, 2025	2	4:05	5:18	23 min	12:30 AM	06:00 AM
Jun 22, 2025	2	16:34	21:56	42 min	02:00 PM	10:00 PM
Jun 21, 2025	3	11:40	17:26	12 min	02:30 PM	10:00 AM
Jun 20, 2025	0	7:33	9:28	12 min	10:30 PM	08:30 AM
Jun 19, 2025	2	7:19	9:43	12 min	10:30 PM	07:00 PM
Jun 18, 2025	0	1:31	1:52	21 min	06:30 AM	02:00 PM
Jun 17, 2025	2	75:02	90:32	57 min	06:30 PM	11:30 PM
Jun 13, 2025	1	10:46	12:42	16 min	06:30 PM	08:00 AM
Jun 12, 2025	1	16:13	20:24	15 min	02:00 PM	12:00 PM
Jun 11, 2025	1	6:38	11:01	22 min	07:00 PM	07:30 AM
Jun 10, 2025	2	5:28	7:01	28 min	01:00 AM	04:30 PM
Jun 09, 2025	5	17:27	19:56	33 min	07:00 PM	10:00 PM
Jun 08, 2025	1	7:39	11:15	25 min	06:00 PM	02:00 PM
Jun 07, 2025	2	6:31	8:50	34 min	07:00 PM	02:30 PM
Jun 06, 2025	4	10:55	14:34	41 min	04:00 PM	04:30 PM
Jun 05, 2025	4	6:32	10:08	25 min	06:00 PM	01:00 PM
Jun 04, 2025	1	9:36	11:42	18 min	06:00 PM	03:30 PM
Jun 03, 2025	0	10:10	14:36	27 min	01:00 PM	02:30 PM
Jun 02, 2025	1	8:29	11:12	19 min	06:00 PM	06:30 AM
Jun 01, 2025	2	7:53	10:35	15 min	06:00 PM	06:00 AM
May 31, 2025	3	8:27	11:18	32 min	05:30 PM	03:00 PM
May 30, 2025	0	10:33	13:35	18 min	05:30 PM	01:30 PM
May 29, 2025	2	8:15	11:17	33 min	06:00 PM	01:30 PM
May 28, 2025	3	9:29	13:09	15 min	01:00 PM	12:00 PM
May 27, 2025	1	8:23	11:07	21 min	06:00 PM	06:30 AM
May 26, 2025	4	12:10	13:44	56 min	07:00 PM	03:30 PM
May 25, 2025	2	11:36	14:14	10 min	06:00 PM	09:00 AM
May 24, 2025	0	8:55	12:35	39 min	06:00 PM	04:00 PM
May 23, 2025	1	10:23	12:39	42 min	08:00 PM	01:00 PM
May 22, 2025	1	14:56	19:25	24 min	01:00 PM	05:00 PM
May 21, 2025	0	24:37	30:53	8 min	06:00 PM	07:30 AM
May 19, 2025	2	9:17	12:28	37 min	08:00 PM	02:30 PM
May 18, 2025	0	8:40	10:22	34 min	08:00 PM	05:00 PM
May 17, 2025	2	9:01	12:18	8 min	06:00 PM	07:30 AM
May 16, 2025	2	12:54	16:53	62 min	06:30 PM	03:30 PM
May 15, 2025	2	10:20	12:26	23 min	06:30 PM	04:00 PM
May 14, 2025	2	8:28	12:29	21 min	04:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
May 13, 2025	0	23:22	28:50	13 min	07:30 PM	06:30 AM
May 11, 2025	2	9:50	12:23	12 min	04:00 PM	06:30 AM
May 10, 2025	0	9:21	13:53	10 min	05:30 PM	08:30 AM
May 09, 2025	2	11:32	15:59	17 min	01:00 PM	03:00 PM
May 08, 2025	1	8:43	10:39	18 min	10:00 PM	09:30 AM
May 07, 2025	1	10:35	14:22	30 min	03:30 PM	07:00 PM
May 06, 2025	0	7:44	10:37	46 min	10:00 PM	12:30 PM
May 05, 2025	1	10:54	14:50	30 min	05:30 PM	07:00 PM
May 04, 2025	1	10:56	15:21	18 min	01:30 PM	03:00 PM
May 03, 2025	2	7:38	11:40	9 min	08:00 PM	08:00 AM
May 02, 2025	2	8:32	14:53	29 min	06:00 PM	04:30 PM
May 01, 2025	0	8:30	11:29	14 min	03:30 PM	06:00 AM
Apr 30, 2025	2	12:43	14:50	20 min	06:00 PM	12:30 PM
Apr 29, 2025	1	9:49	12:58	18 min	03:30 PM	06:00 AM
Apr 28, 2025	2	8:36	12:43	10 min	06:00 PM	07:30 AM
Apr 27, 2025	2	6:41	9:58	19 min	08:30 PM	02:30 PM
Apr 26, 2025	2	7:14	11:50	8 min	06:00 PM	07:30 AM
Apr 25, 2025	0	7:45	10:19	29 min	06:00 PM	11:00 AM
Apr 24, 2025	2	8:37	10:50	29 min	06:30 PM	03:30 PM
Apr 23, 2025	0	5:01	7:14	21 min	11:00 PM	04:00 PM
Apr 22, 2025	2	6:31	9:11	40 min	10:00 PM	07:00 PM
Apr 21, 2025	2	10:23	12:33	20 min	06:30 PM	07:30 PM
Apr 20, 2025	0	10:24	14:44	30 min	12:30 PM	03:30 PM
Apr 19, 2025	1	10:04	12:57	23 min	06:00 PM	08:00 AM
Apr 18, 2025	1	11:43	15:11	23 min	12:30 PM	04:00 PM
Apr 17, 2025	0	10:02	13:19	12 min	02:00 PM	07:00 AM
Apr 16, 2025	2	8:35	11:18	11 min	07:30 PM	08:00 AM