

RiverWoods Durham — 1110 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
Mar 13, 2026	1	9:09	9:18	9 min	09:00 PM	06:30 AM
Mar 12, 2026	1	10:16	10:54	23 min	08:00 PM	07:00 AM
Mar 11, 2026	1	11:23	11:48	23 min	08:30 PM	08:30 AM
Mar 10, 2026	1	12:44	13:18	15 min	08:30 PM	10:00 AM
Mar 09, 2026	2	10:14	10:53	25 min	08:30 PM	08:00 AM
Mar 08, 2026	1	11:07	12:15	54 min	08:30 PM	12:00 PM
Mar 07, 2026	1	11:31	12:51	30 min	09:00 PM	02:30 PM
Mar 06, 2026	0	10:05	10:18	13 min	08:30 PM	07:00 AM
Mar 05, 2026	1	10:56	12:03	67 min	08:30 PM	02:30 PM
Mar 04, 2026	1	12:03	12:24	9 min	09:00 PM	09:30 AM
Mar 03, 2026	1	12:46	14:09	39 min	09:00 PM	04:00 PM
Mar 02, 2026	1	11:50	12:54	64 min	08:30 PM	09:30 AM
Mar 01, 2026	1	11:26	12:59	42 min	09:00 PM	04:00 PM
Feb 28, 2026	2	12:42	14:03	49 min	09:30 PM	04:00 PM
Feb 27, 2026	1	10:36	10:54	17 min	08:30 PM	07:30 AM
Feb 26, 2026	1	10:41	10:58	17 min	09:00 PM	08:00 AM
Feb 25, 2026	1	10:55	12:18	63 min	08:30 PM	03:00 PM
Feb 24, 2026	1	9:54	10:23	12 min	09:30 PM	08:00 AM
Feb 23, 2026	1	11:01	11:19	18 min	09:00 PM	08:30 AM
Feb 22, 2026	2	10:18	10:32	14 min	09:30 PM	08:30 AM
Feb 21, 2026	1	11:02	11:26	12 min	09:00 PM	08:30 AM
Feb 20, 2026	1	10:27	11:10	20 min	09:00 PM	08:00 AM
Feb 19, 2026	1	11:13	12:05	35 min	09:00 PM	03:00 PM
Feb 18, 2026	1	11:22	12:51	56 min	08:30 PM	03:30 PM
Feb 17, 2026	0	13:44	14:16	31 min	09:00 PM	05:00 PM
Feb 16, 2026	1	10:52	11:27	21 min	09:00 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 15, 2026	1	10:36	11:52	63 min	09:30 PM	03:00 PM
Feb 14, 2026	1	12:13	14:40	95 min	06:30 PM	07:00 PM
Feb 13, 2026	2	12:41	13:49	22 min	09:00 PM	11:00 AM
Feb 12, 2026	1	10:31	11:03	25 min	08:00 PM	07:30 AM
Feb 11, 2026	1	10:37	11:10	26 min	09:00 PM	02:30 PM
Feb 10, 2026	1	11:06	11:22	16 min	09:00 PM	08:30 AM
Feb 09, 2026	1	9:47	10:18	20 min	09:30 PM	08:00 AM
Feb 08, 2026	1	11:13	12:48	62 min	08:00 PM	12:00 PM
Feb 07, 2026	0	11:54	13:40	61 min	09:00 PM	05:00 PM
Feb 06, 2026	1	11:41	12:57	36 min	09:00 PM	03:30 PM
Feb 05, 2026	0	11:39	11:51	9 min	09:30 PM	09:30 AM
Feb 04, 2026	2	10:32	10:51	11 min	09:00 PM	08:00 AM
Feb 03, 2026	2	10:30	10:54	12 min	09:00 PM	08:00 AM
Feb 02, 2026	1	12:51	13:01	10 min	08:30 PM	10:00 AM
Feb 01, 2026	0	11:07	11:48	38 min	08:30 PM	12:00 PM
Jan 31, 2026	1	10:44	12:46	44 min	09:30 PM	04:30 PM
Jan 30, 2026	1	10:42	11:20	16 min	09:00 PM	08:30 AM
Jan 29, 2026	1	12:32	14:25	63 min	09:00 PM	05:00 PM
Jan 28, 2026	2	12:40	13:58	34 min	08:30 PM	04:30 PM
Jan 27, 2026	3	9:57	11:06	12 min	09:00 PM	08:30 AM
Jan 26, 2026	1	10:46	11:21	15 min	09:30 PM	09:00 AM
Jan 25, 2026	1	11:23	12:16	44 min	09:00 PM	12:00 PM
Jan 24, 2026	2	10:34	12:52	104 min	09:30 PM	05:00 PM
Jan 23, 2026	1	11:24	11:58	15 min	08:30 PM	08:30 AM
Jan 22, 2026	0	11:50	12:13	23 min	08:30 PM	09:00 AM
Jan 21, 2026	2	10:24	10:42	12 min	09:00 PM	08:00 AM
Jan 20, 2026	2	9:57	10:24	26 min	09:30 PM	08:00 AM
Jan 19, 2026	2	5:31	8:48	135 min	11:00 PM	05:00 PM
Jan 17, 2026	3	10:45	11:33	13 min	09:30 PM	09:30 AM
Jan 16, 2026	2	12:37	14:05	61 min	09:00 PM	03:30 PM
Jan 15, 2026	1	11:54	13:27	53 min	09:00 PM	04:30 PM
Jan 14, 2026	1	8:55	9:27	14 min	08:30 PM	06:00 AM
Jan 13, 2026	1	10:59	11:35	12 min	09:30 PM	09:00 AM
Jan 12, 2026	1	11:42	12:04	15 min	08:30 PM	09:00 AM
Jan 11, 2026	0	10:26	11:13	14 min	08:30 PM	08:00 AM
Jan 10, 2026	1	11:23	13:01	69 min	09:00 PM	03:30 PM
Jan 09, 2026	1	9:15	10:12	21 min	09:00 PM	07:30 AM
Jan 08, 2026	1	9:49	11:49	15 min	08:00 PM	08:00 AM
Jan 07, 2026	1	10:27	11:47	32 min	08:00 PM	08:00 AM
Jan 06, 2026	1	11:16	13:13	77 min	08:30 PM	05:00 PM
Jan 05, 2026	2	12:11	13:00	9 min	08:30 PM	09:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 04, 2026	0	9:52	10:33	8 min	09:30 PM	08:30 AM
Jan 03, 2026	1	11:28	12:40	20 min	09:00 PM	10:00 AM
Jan 02, 2026	2	11:26	13:55	62 min	09:30 PM	05:00 PM
Jan 01, 2026	1	11:48	14:29	17 min	09:00 PM	01:30 PM
Dec 31, 2025	1	9:49	10:15	17 min	09:30 PM	08:00 AM
Dec 30, 2025	2	12:04	13:12	14 min	08:30 PM	10:00 AM
Dec 29, 2025	1	10:35	11:22	15 min	08:30 PM	08:00 AM
Dec 28, 2025	1	11:20	13:00	90 min	09:00 PM	03:00 PM
Dec 27, 2025	1	11:40	13:11	60 min	06:30 PM	03:30 PM
Dec 26, 2025	1	10:08	10:29	6 min	09:30 PM	08:00 AM
Dec 25, 2025	0	9:57	10:25	13 min	10:00 PM	08:30 AM
Dec 24, 2025	1	11:51	13:00	52 min	09:00 PM	03:30 PM
Dec 23, 2025	0	11:55	13:25	80 min	09:00 PM	04:00 PM
Dec 22, 2025	2	10:55	12:30	77 min	09:00 PM	05:00 PM
Dec 21, 2025	1	10:32	10:55	8 min	08:30 PM	07:30 AM
Dec 20, 2025	1	11:03	11:38	16 min	09:30 PM	09:30 AM
Dec 19, 2025	0	11:08	11:30	8 min	09:00 PM	08:30 AM
Dec 18, 2025	2	11:33	12:18	18 min	08:00 PM	09:00 AM
Dec 17, 2025	1	12:09	13:04	47 min	09:00 PM	02:30 PM
Dec 16, 2025	1	11:28	11:52	20 min	09:00 PM	09:00 AM
Dec 15, 2025	1	9:49	10:26	21 min	09:30 PM	08:30 AM
Dec 14, 2025	1	10:55	11:22	20 min	09:00 PM	08:30 AM
Dec 13, 2025	1	10:24	12:06	33 min	09:00 PM	05:00 PM
Dec 12, 2025	1	6:48	7:54	51 min	02:00 AM	03:00 PM
Dec 11, 2025	1	13:02	13:56	27 min	09:00 PM	11:00 PM
Dec 10, 2025	1	12:00	12:46	11 min	09:00 PM	10:00 AM
Dec 09, 2025	1	9:43	11:20	61 min	10:00 PM	04:30 PM
Dec 07, 2025	1	10:13	10:38	24 min	09:30 PM	08:30 AM
Dec 06, 2025	1	10:32	11:14	12 min	09:00 PM	08:30 AM
Dec 05, 2025	1	12:13	12:30	17 min	09:00 PM	10:00 AM
Dec 04, 2025	1	9:56	10:21	9 min	09:30 PM	07:30 AM
Dec 03, 2025	1	10:16	10:51	12 min	09:30 PM	08:30 AM
Dec 02, 2025	2	10:43	11:08	25 min	10:00 PM	09:30 AM
Dec 01, 2025	1	13:02	15:47	25 min	03:00 PM	09:00 AM
Nov 30, 2025	1	9:32	10:20	18 min	09:30 PM	08:00 AM
Nov 28, 2025	1	13:07	13:35	27 min	08:30 PM	03:30 PM
Nov 27, 2025	1	10:43	11:26	14 min	09:30 PM	09:00 AM
Nov 26, 2025	1	10:01	10:57	21 min	09:00 PM	08:00 AM
Nov 25, 2025	1	10:26	11:04	19 min	08:30 PM	08:00 AM
Nov 24, 2025	1	11:33	11:48	14 min	08:00 PM	08:00 AM
Nov 23, 2025	1	11:04	12:37	55 min	09:30 PM	05:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Nov 22, 2025	1	10:11	10:46	16 min	09:30 PM	08:30 AM
Nov 21, 2025	2	10:54	11:21	16 min	09:00 PM	08:30 AM
Nov 20, 2025	1	10:35	11:24	19 min	09:00 PM	08:30 AM
Nov 19, 2025	2	13:36	14:35	39 min	09:30 PM	04:00 PM
Nov 18, 2025	0	11:02	12:02	57 min	08:30 PM	07:00 PM
Nov 17, 2025	1	13:42	16:32	18 min	01:30 PM	08:30 AM
Nov 16, 2025	1	9:33	10:26	12 min	09:00 PM	07:30 AM
Nov 15, 2025	1	2:21	4:31	31 min	02:00 PM	07:00 PM
Nov 14, 2025	1	9:59	10:23	11 min	10:00 PM	08:30 AM
Nov 13, 2025	1	10:46	11:19	19 min	09:00 PM	08:30 AM
Nov 12, 2025	0	10:33	10:47	12 min	09:00 PM	08:00 AM
Nov 11, 2025	0	0:29	1:56	19 min	03:30 PM	05:00 PM
Nov 09, 2025	1	9:42	10:19	19 min	09:00 PM	07:30 AM
Nov 08, 2025	1	10:39	11:47	51 min	09:30 PM	06:30 PM
Nov 07, 2025	1	10:06	10:33	14 min	09:00 PM	08:00 AM
Nov 06, 2025	1	11:07	11:39	18 min	09:00 PM	08:30 AM
Nov 05, 2025	1	11:22	11:36	14 min	08:30 PM	08:30 AM
Nov 04, 2025	1	10:52	11:11	12 min	09:00 PM	08:30 AM
Nov 03, 2025	0	10:37	10:52	13 min	09:30 PM	08:00 AM
Nov 02, 2025	1	9:18	11:33	106 min	08:30 PM	07:30 AM
Nov 01, 2025	1	9:48	10:36	18 min	09:00 PM	08:00 AM
Oct 31, 2025	1	11:37	12:22	11 min	09:00 PM	09:30 AM
Oct 30, 2025	1	10:18	10:41	17 min	09:30 PM	08:00 AM
Oct 29, 2025	1	11:01	11:18	7 min	09:30 PM	09:00 AM
Oct 28, 2025	1	11:02	11:12	10 min	09:00 PM	08:30 AM
Oct 27, 2025	1	11:36	12:07	10 min	07:00 PM	08:30 AM
Oct 26, 2025	1	10:07	11:48	46 min	09:30 PM	04:00 PM
Oct 25, 2025	1	11:50	13:06	58 min	08:30 PM	03:00 PM
Oct 24, 2025	0	11:36	12:08	9 min	09:30 PM	03:30 PM
Oct 23, 2025	1	10:32	10:45	9 min	09:00 PM	08:00 AM
Oct 22, 2025	1	10:45	11:09	24 min	09:00 PM	08:00 AM
Oct 21, 2025	1	9:35	10:25	20 min	09:30 PM	08:00 AM
Oct 20, 2025	1	10:06	10:47	25 min	09:00 PM	08:00 AM
Oct 19, 2025	1	10:31	10:49	15 min	09:30 PM	08:00 AM
Oct 18, 2025	0	11:44	12:03	11 min	09:00 PM	09:00 AM
Oct 17, 2025	1	10:04	10:36	19 min	09:00 PM	07:30 AM
Oct 16, 2025	1	11:47	11:59	12 min	09:00 PM	09:30 AM
Oct 15, 2025	1	10:13	10:39	16 min	09:00 PM	07:30 AM
Oct 14, 2025	1	10:12	10:30	18 min	09:30 PM	08:00 AM
Oct 13, 2025	2	12:10	13:26	34 min	09:00 PM	07:00 PM
Oct 12, 2025	1	7:48	9:21	50 min	10:30 PM	04:30 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 11, 2025	1	11:36	11:51	9 min	08:30 PM	08:30 AM
Oct 10, 2025	1	11:45	12:11	26 min	09:00 PM	02:00 PM
Oct 09, 2025	1	11:32	12:09	9 min	09:00 PM	09:30 AM
Oct 08, 2025	1	9:44	11:13	48 min	09:30 PM	07:00 PM
Oct 07, 2025	1	11:13	12:26	51 min	08:00 PM	08:30 AM
Oct 06, 2025	1	10:00	10:35	9 min	09:30 PM	08:00 AM
Oct 05, 2025	1	10:24	11:16	35 min	09:00 PM	05:00 PM
Oct 04, 2025	3	11:28	14:16	50 min	09:00 PM	05:30 PM
Oct 03, 2025	1	10:43	11:24	25 min	09:00 PM	07:00 PM
Oct 02, 2025	1	10:38	11:51	73 min	08:30 PM	08:30 AM
Oct 01, 2025	1	11:31	11:56	10 min	08:30 PM	08:30 AM
Sep 30, 2025	1	11:03	11:35	20 min	09:30 PM	09:00 AM
Sep 29, 2025	1	9:31	9:51	11 min	10:00 PM	08:00 AM
Sep 28, 2025	1	10:32	11:01	10 min	10:00 PM	09:00 AM
Sep 27, 2025	1	12:10	12:31	21 min	09:30 PM	10:00 AM
Sep 26, 2025	1	10:00	10:34	11 min	09:00 PM	07:30 AM
Sep 25, 2025	0	11:07	11:40	9 min	09:30 PM	09:30 AM
Sep 24, 2025	0	11:29	12:15	17 min	07:00 PM	09:00 AM
Sep 23, 2025	0	10:02	10:21	12 min	09:00 PM	07:30 AM
Sep 21, 2025	1	10:32	10:58	16 min	09:30 PM	08:30 AM
Sep 20, 2025	1	13:12	14:49	71 min	08:00 PM	05:00 PM
Sep 19, 2025	1	11:14	11:26	12 min	09:00 PM	09:00 AM
Sep 18, 2025	0	0:02	0:33	14 min	01:30 PM	02:00 PM
Sep 16, 2025	2	11:46	12:47	47 min	09:00 PM	08:30 PM
Sep 15, 2025	1	10:54	11:13	17 min	09:00 PM	08:30 AM
Sep 14, 2025	1	10:52	11:40	15 min	08:30 PM	08:30 AM
Sep 13, 2025	1	9:54	10:18	11 min	09:00 PM	07:30 AM
Sep 12, 2025	0	10:36	11:37	31 min	09:00 PM	09:00 AM
Sep 11, 2025	1	10:33	12:40	53 min	09:00 PM	05:00 PM
Sep 10, 2025	2	10:01	10:52	35 min	09:30 PM	04:00 PM
Sep 09, 2025	2	10:56	11:15	13 min	09:30 PM	09:00 AM
Sep 08, 2025	1	10:37	10:52	9 min	09:30 PM	08:30 AM
Sep 07, 2025	1	10:58	11:32	10 min	08:30 PM	08:30 AM
Sep 06, 2025	2	10:20	10:43	14 min	09:30 PM	08:30 AM
Sep 03, 2025	0	11:45	12:02	15 min	09:00 PM	09:00 AM
Sep 02, 2025	0	8:58	9:46	13 min	09:30 PM	07:30 AM
Sep 01, 2025	1	9:03	9:21	12 min	10:30 PM	08:00 AM
Aug 31, 2025	0	9:12	9:22	10 min	10:30 PM	07:30 AM
Aug 30, 2025	1	11:38	12:22	44 min	09:30 PM	04:00 PM
Aug 29, 2025	0	10:56	11:07	11 min	10:00 PM	09:00 AM
Aug 28, 2025	1	12:48	13:00	12 min	09:00 PM	10:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Aug 27, 2025	1	10:31	11:29	14 min	08:30 PM	08:00 AM
Aug 25, 2025	1	9:02	9:26	8 min	09:30 PM	07:00 AM
Aug 24, 2025	2	9:57	10:07	10 min	09:00 PM	07:00 PM
Aug 23, 2025	0	9:18	9:36	12 min	09:30 PM	07:00 AM
Aug 22, 2025	1	9:13	10:11	20 min	10:00 PM	08:00 AM
Aug 21, 2025	1	9:19	10:03	16 min	09:30 PM	07:30 AM
Aug 20, 2025	1	10:35	10:53	15 min	09:30 PM	08:30 AM
Aug 19, 2025	1	10:32	11:08	17 min	09:30 PM	08:30 AM
Aug 18, 2025	1	10:18	11:27	45 min	09:30 PM	07:00 PM
Aug 17, 2025	1	8:18	8:44	16 min	10:00 PM	07:00 AM
Aug 16, 2025	2	10:25	11:12	11 min	09:30 PM	09:00 AM
Aug 15, 2025	1	9:57	10:09	11 min	09:30 PM	07:30 AM
Aug 13, 2025	1	9:34	10:00	11 min	09:30 PM	07:30 AM
Aug 12, 2025	1	10:59	11:16	11 min	09:00 PM	08:30 AM
Aug 11, 2025	2	9:47	10:18	12 min	09:00 PM	08:00 AM
Aug 10, 2025	0	10:28	12:15	69 min	09:00 PM	04:00 PM
Aug 09, 2025	2	10:57	11:16	19 min	09:30 PM	09:00 AM
Aug 08, 2025	1	8:48	10:05	12 min	10:30 PM	09:30 AM
Aug 07, 2025	0	8:11	9:25	74 min	09:30 PM	06:30 PM
Aug 06, 2025	1	10:51	11:01	9 min	09:30 PM	08:30 AM
Aug 05, 2025	1	9:54	10:19	9 min	09:00 PM	08:00 AM
Aug 04, 2025	1	9:07	9:35	10 min	10:00 PM	07:30 AM
Jul 31, 2025	1	11:19	11:51	21 min	09:00 PM	09:30 PM
Jul 30, 2025	2	10:54	11:15	21 min	09:00 PM	07:00 PM
Jul 29, 2025	1	9:17	9:55	19 min	09:00 PM	07:00 AM
Jul 28, 2025	2	9:46	10:00	9 min	09:00 PM	07:30 AM
Jul 27, 2025	1	9:16	9:39	16 min	09:30 PM	07:00 AM
Jul 23, 2025	1	10:59	11:13	14 min	09:00 PM	08:30 AM
Jul 22, 2025	1	11:41	12:16	12 min	09:00 PM	09:00 AM
Jul 21, 2025	1	10:23	10:53	10 min	09:30 PM	08:30 AM
Jul 20, 2025	0	0:12	0:24	12 min	04:30 PM	05:00 PM
Jul 17, 2025	2	9:54	10:22	13 min	09:30 PM	08:00 AM
Jul 16, 2025	3	10:42	12:16	43 min	09:00 PM	07:00 PM
Jul 15, 2025	1	11:14	12:22	29 min	09:30 PM	06:30 PM
Jul 14, 2025	2	10:11	10:57	11 min	08:30 PM	08:00 AM
Jul 13, 2025	1	7:36	8:29	30 min	09:30 PM	06:00 AM
Jul 12, 2025	1	12:12	13:29	59 min	09:30 PM	05:00 PM
Jul 11, 2025	1	11:15	13:11	51 min	09:00 PM	04:00 PM
Jul 10, 2025	1	9:41	10:16	14 min	09:00 PM	07:30 AM
Jul 09, 2025	3	11:12	11:47	17 min	08:30 PM	09:00 AM
Jul 06, 2025	1	9:50	10:15	17 min	09:00 PM	11:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jul 05, 2025	1	6:23	7:54	57 min	12:00 AM	07:00 PM
Jul 01, 2025	1	10:34	11:44	35 min	09:30 PM	07:00 PM
Jun 30, 2025	3	11:48	14:36	84 min	08:30 PM	05:00 PM
Jun 29, 2025	1	8:57	10:22	54 min	10:00 PM	12:00 PM
Jun 28, 2025	0	3:14	3:48	10 min	09:00 PM	02:00 AM
Jun 27, 2025	1	11:01	11:12	8 min	09:00 PM	08:30 AM
Jun 26, 2025	0	11:32	13:05	57 min	06:30 PM	06:30 PM
Jun 14, 2025	1	9:38	11:38	99 min	10:00 PM	03:00 PM
Jun 13, 2025	1	10:43	11:34	19 min	09:00 PM	08:30 AM
Jun 12, 2025	0	0:51	1:05	14 min	06:30 AM	07:30 AM
Jun 11, 2025	1	10:23	11:19	14 min	08:30 PM	08:00 AM
Jun 10, 2025	2	10:47	10:57	10 min	08:00 PM	07:30 AM
Jun 09, 2025	2	10:17	12:01	41 min	09:30 PM	05:00 PM
Jun 08, 2025	1	10:24	10:48	12 min	09:30 PM	08:30 AM
Jun 07, 2025	2	11:40	14:11	32 min	09:00 PM	07:00 PM
Jun 06, 2025	2	10:18	10:38	8 min	09:00 PM	08:00 AM
Jun 05, 2025	2	9:22	9:52	10 min	10:00 PM	08:30 AM
Jun 04, 2025	1	11:08	11:56	33 min	09:00 PM	04:30 PM
Jun 03, 2025	1	9:29	10:09	23 min	09:00 PM	07:00 AM
Jun 02, 2025	2	12:00	12:16	14 min	08:30 PM	09:00 AM
Jun 01, 2025	3	11:31	13:59	34 min	09:30 PM	02:30 PM
May 31, 2025	2	9:00	9:53	35 min	09:00 PM	02:00 PM
May 30, 2025	2	11:07	12:18	45 min	09:30 PM	03:30 PM
May 29, 2025	1	10:36	10:53	17 min	08:30 PM	07:30 AM
May 28, 2025	1	10:29	11:17	31 min	09:00 PM	06:30 PM
May 27, 2025	1	9:11	9:31	5 min	09:30 PM	07:00 AM
May 26, 2025	2	11:08	11:49	29 min	09:30 PM	07:00 PM
May 25, 2025	1	10:24	11:26	22 min	09:30 PM	12:30 PM
May 24, 2025	0	9:52	11:55	97 min	10:00 PM	02:30 PM
May 23, 2025	1	10:04	11:54	54 min	09:00 PM	07:00 PM
May 22, 2025	1	10:20	10:36	16 min	09:00 PM	08:00 AM
May 21, 2025	1	10:53	11:38	45 min	09:00 PM	04:00 PM
May 20, 2025	1	11:07	11:50	43 min	09:30 PM	12:30 PM
May 19, 2025	0	9:36	9:53	15 min	10:00 PM	08:00 AM
May 18, 2025	1	9:55	11:09	51 min	09:00 PM	12:00 PM
May 17, 2025	1	10:21	11:41	55 min	10:00 PM	06:30 PM
May 16, 2025	1	10:35	10:49	13 min	09:00 PM	08:00 AM
May 15, 2025	1	11:21	12:18	32 min	10:00 PM	07:00 PM
May 14, 2025	0	10:16	11:05	36 min	09:30 PM	07:00 PM
May 13, 2025	1	10:36	10:54	11 min	09:30 PM	08:30 AM
May 12, 2025	1	9:51	10:47	24 min	09:30 PM	05:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
May 11, 2025	1	10:18	11:45	63 min	09:00 PM	07:00 PM
May 10, 2025	1	11:40	12:24	37 min	09:00 PM	03:00 PM
May 09, 2025	1	11:06	12:16	62 min	09:00 PM	02:30 PM
May 08, 2025	1	11:35	12:21	39 min	10:00 PM	03:00 PM
May 07, 2025	2	10:28	11:25	36 min	09:00 PM	04:00 PM
May 06, 2025	1	9:15	10:22	54 min	10:00 PM	07:00 PM
May 05, 2025	1	10:01	10:41	40 min	10:00 PM	04:00 PM
May 04, 2025	1	10:23	11:39	39 min	08:30 PM	07:00 PM
May 03, 2025	1	10:27	10:38	11 min	10:00 PM	08:30 AM
May 02, 2025	0	10:01	10:13	9 min	09:00 PM	07:30 AM
May 01, 2025	1	10:06	10:21	14 min	09:30 PM	08:00 AM
Apr 30, 2025	0	10:37	11:00	13 min	09:00 PM	08:00 AM
Apr 29, 2025	1	11:46	12:05	7 min	09:30 PM	09:30 AM
Apr 28, 2025	1	11:36	12:48	57 min	09:00 PM	07:00 PM
Apr 27, 2025	2	10:50	11:48	27 min	09:00 PM	06:30 PM
Apr 26, 2025	1	13:29	14:11	23 min	09:00 PM	05:00 PM
Apr 25, 2025	1	11:53	12:39	40 min	09:30 PM	05:00 PM
Apr 24, 2025	2	9:26	10:45	31 min	09:30 PM	07:00 PM
Apr 23, 2025	1	10:34	13:22	83 min	09:00 PM	07:00 PM
Apr 22, 2025	1	11:41	12:41	19 min	09:00 PM	10:00 AM
Apr 21, 2025	0	10:41	10:52	11 min	10:00 PM	09:00 AM
Apr 20, 2025	0	11:26	12:12	29 min	09:30 PM	01:30 PM
Apr 19, 2025	1	11:52	12:35	34 min	09:00 PM	07:00 PM
Apr 18, 2025	1	11:14	12:21	58 min	09:30 PM	04:30 PM
Apr 17, 2025	1	10:43	11:04	7 min	09:30 PM	08:30 AM
Apr 16, 2025	2	10:54	11:49	52 min	09:00 PM	05:00 PM