

RiverWoods Durham — 1111 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
Apr 21, 2025	1	18:29	25:50	53 min	03:30 PM	10:30 PM
Apr 20, 2025	0	8:58	15:20	21 min	01:30 PM	05:00 AM
Apr 19, 2025	0	5:41	12:08	42 min	07:00 PM	07:00 AM
Apr 18, 2025	0	5:50	11:27	327 min	02:00 PM	01:30 AM
Apr 17, 2025	0	6:44	9:04	21 min	09:30 PM	07:00 AM
Apr 16, 2025	0	9:17	16:31	73 min	07:00 PM	04:30 PM