

RiverWoods Durham — 1112 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
Oct 27, 2025	0	11:40	12:02	21 min	08:00 PM	08:00 AM
Oct 26, 2025	0	9:19	9:47	28 min	08:00 PM	06:00 AM
Oct 25, 2025	0	15:01	16:35	71 min	08:00 PM	05:30 PM
Oct 24, 2025	0	14:32	15:57	74 min	09:00 PM	05:00 PM
Oct 23, 2025	0	11:31	12:02	31 min	07:00 PM	07:00 AM
Oct 22, 2025	1	16:30	18:14	27 min	11:30 AM	06:30 AM
Oct 21, 2025	2	33:07	34:00	24 min	08:00 PM	07:30 AM
Oct 19, 2025	0	16:04	16:37	33 min	09:00 PM	01:30 PM
Oct 18, 2025	1	21:28	21:50	20 min	09:00 AM	07:00 AM
Oct 17, 2025	1	17:38	18:45	25 min	11:00 AM	06:30 AM
Oct 16, 2025	1	22:37	23:17	17 min	09:30 AM	09:00 AM
Oct 15, 2025	0	11:14	11:57	37 min	06:30 PM	06:30 AM
Oct 14, 2025	0	21:07	21:25	18 min	10:00 AM	07:30 AM
Oct 13, 2025	1	9:34	9:50	16 min	07:00 PM	05:00 AM
Oct 12, 2025	0	12:03	12:54	50 min	08:30 PM	01:30 PM
Oct 11, 2025	0	31:00	32:35	27 min	07:30 PM	06:30 AM
Oct 09, 2025	0	21:17	21:47	23 min	12:00 PM	10:00 AM
Oct 08, 2025	1	11:31	12:07	36 min	07:00 PM	07:30 AM
Oct 07, 2025	2	34:27	36:27	25 min	07:30 PM	10:00 AM
Oct 05, 2025	0	9:59	10:21	7 min	08:30 PM	07:00 AM
Oct 04, 2025	3	39:45	41:08	17 min	08:00 PM	02:00 PM
Oct 02, 2025	0	15:22	16:06	37 min	07:30 PM	11:30 AM
Oct 01, 2025	0	11:54	12:34	40 min	07:00 PM	01:00 PM
Sep 30, 2025	0	10:04	11:05	61 min	08:00 PM	07:00 AM
Sep 29, 2025	1	12:14	12:37	23 min	08:30 PM	12:30 PM
Sep 28, 2025	0	16:29	16:47	18 min	07:00 PM	05:30 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 27, 2025	0	11:38	11:56	16 min	06:00 PM	06:00 AM
Sep 26, 2025	0	11:39	12:01	22 min	08:30 PM	08:30 AM
Sep 25, 2025	0	10:50	12:04	74 min	08:30 PM	08:30 AM
Sep 24, 2025	2	21:06	22:16	46 min	01:30 PM	01:00 PM
Sep 23, 2025	1	10:55	12:36	75 min	09:00 PM	10:00 AM
Sep 22, 2025	2	23:45	24:45	25 min	02:00 PM	04:30 PM
Sep 21, 2025	1	9:27	11:20	110 min	09:00 PM	08:30 AM
Sep 20, 2025	0	15:04	15:32	28 min	06:30 PM	10:00 AM
Sep 19, 2025	1	19:06	20:38	20 min	02:00 PM	10:30 AM
Sep 18, 2025	3	33:02	34:36	24 min	10:30 PM	10:30 AM
Sep 16, 2025	0	12:12	15:21	131 min	08:00 PM	05:30 PM
Sep 15, 2025	2	15:01	18:02	39 min	02:00 PM	09:00 AM
Sep 14, 2025	2	39:16	41:53	21 min	02:00 PM	10:30 AM
Sep 12, 2025	0	9:09	10:02	25 min	06:30 PM	04:30 AM
Sep 11, 2025	1	20:43	22:31	17 min	04:30 PM	04:30 PM
Sep 10, 2025	0	13:27	14:27	60 min	06:30 PM	09:00 AM
Sep 09, 2025	1	14:36	15:41	35 min	07:30 PM	12:00 PM
Sep 08, 2025	1	12:51	13:50	59 min	08:30 PM	01:00 PM
Sep 07, 2025	1	14:19	15:41	82 min	09:00 PM	04:30 PM
Sep 06, 2025	2	22:26	22:44	16 min	02:30 PM	01:00 PM
Sep 05, 2025	1	10:37	11:55	78 min	09:00 PM	08:30 AM
Sep 04, 2025	1	13:18	14:08	49 min	07:00 PM	12:30 PM
Sep 03, 2025	2	59:31	62:19	91 min	09:00 PM	01:00 PM
Aug 31, 2025	1	10:12	12:52	28 min	10:00 PM	04:30 PM
Aug 30, 2025	0	11:24	12:02	37 min	08:00 PM	08:00 AM
Aug 29, 2025	1	17:03	18:26	74 min	07:00 PM	01:30 PM
Aug 28, 2025	2	33:32	36:17	120 min	07:00 PM	11:00 AM
Aug 26, 2025	0	12:07	13:08	61 min	09:00 PM	10:00 AM
Aug 25, 2025	1	17:32	18:16	7 min	02:30 PM	11:00 AM
Aug 24, 2025	0	11:08	12:00	52 min	08:30 PM	08:30 AM
Aug 23, 2025	1	10:53	11:57	23 min	09:00 PM	09:00 AM
Aug 22, 2025	1	14:23	15:02	15 min	07:30 PM	10:30 AM
Aug 21, 2025	1	15:09	16:31	50 min	09:00 PM	01:30 PM
Aug 20, 2025	0	15:46	16:25	39 min	08:30 PM	12:30 PM
Aug 19, 2025	1	10:30	11:10	29 min	08:30 PM	08:00 AM
Aug 18, 2025	0	13:24	14:29	52 min	09:30 PM	12:00 PM
Aug 17, 2025	2	21:17	22:58	91 min	12:30 PM	12:00 PM
Aug 16, 2025	0	10:59	11:24	25 min	09:00 PM	08:00 AM
Aug 15, 2025	0	11:17	11:46	29 min	07:00 PM	07:00 AM
Aug 14, 2025	0	8:32	11:36	155 min	10:00 PM	10:00 AM
Aug 13, 2025	2	20:19	20:53	14 min	03:00 PM	12:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Aug 12, 2025	1	11:43	14:08	38 min	07:30 PM	10:30 AM
Aug 11, 2025	1	13:55	14:23	27 min	08:30 PM	11:00 AM
Aug 10, 2025	0	11:39	12:04	25 min	08:30 PM	09:00 AM
Aug 09, 2025	0	10:40	13:56	114 min	08:00 PM	04:00 PM
Aug 08, 2025	4	31:59	34:25	29 min	07:00 PM	07:00 AM
Aug 06, 2025	0	11:11	12:04	45 min	07:30 PM	07:30 AM
Aug 05, 2025	0	13:30	15:41	125 min	08:30 PM	12:30 PM
Aug 04, 2025	0	10:21	11:30	69 min	10:00 PM	09:30 AM
Aug 03, 2025	0	11:32	12:11	39 min	09:30 PM	09:30 AM
Aug 02, 2025	2	12:40	15:16	32 min	09:00 PM	01:30 PM
Aug 01, 2025	1	16:31	18:10	79 min	07:00 PM	01:00 PM
Jul 31, 2025	0	15:24	17:03	24 min	08:00 PM	01:00 PM
Jul 30, 2025	0	14:41	15:26	45 min	06:30 PM	10:00 AM
Jul 29, 2025	1	16:31	17:16	43 min	07:30 PM	01:00 PM
Jul 28, 2025	0	12:02	12:41	33 min	09:00 PM	10:00 AM
Jul 27, 2025	1	17:46	19:07	81 min	06:30 PM	02:00 PM
Jul 26, 2025	0	13:54	14:37	41 min	07:30 PM	10:00 AM
Jul 25, 2025	0	15:05	15:45	40 min	06:30 PM	10:30 AM
Jul 24, 2025	0	13:43	14:06	23 min	07:00 PM	09:30 AM
Jul 23, 2025	1	12:59	15:19	138 min	06:00 PM	09:30 AM
Jul 22, 2025	0	10:41	11:16	33 min	08:00 PM	07:30 AM
Jul 21, 2025	0	14:46	15:54	60 min	06:30 PM	10:30 AM
Jul 20, 2025	0	12:29	13:06	30 min	10:30 PM	11:30 AM
Jul 19, 2025	1	16:11	17:30	79 min	07:00 PM	12:30 PM
Jul 18, 2025	1	16:00	16:31	23 min	08:30 PM	01:30 PM
Jul 17, 2025	0	9:05	11:42	157 min	09:30 PM	09:00 AM
Jul 16, 2025	0	12:40	14:55	119 min	08:00 PM	04:00 PM
Jul 15, 2025	2	17:17	18:43	23 min	01:30 PM	10:00 AM
Jul 14, 2025	1	9:39	12:47	186 min	07:30 PM	08:30 AM
Jul 13, 2025	1	12:57	14:02	65 min	09:00 PM	11:30 AM
Jul 12, 2025	1	19:12	20:50	25 min	07:00 PM	04:30 PM
Jul 11, 2025	1	14:17	14:53	36 min	06:30 PM	09:30 AM
Jul 10, 2025	0	13:52	14:31	38 min	08:00 PM	10:30 AM
Jul 09, 2025	0	11:01	11:48	47 min	07:30 PM	07:00 AM
Jul 08, 2025	0	13:46	15:35	109 min	06:30 PM	10:00 AM
Jul 07, 2025	1	15:34	16:19	45 min	09:00 PM	01:30 PM
Jul 06, 2025	1	15:14	17:48	153 min	08:30 PM	02:30 PM
Jul 05, 2025	0	14:08	14:36	28 min	07:30 PM	10:00 AM
Jul 04, 2025	1	15:08	15:56	47 min	09:30 PM	01:30 PM
Jul 03, 2025	2	12:49	13:32	23 min	07:30 PM	09:30 AM
Jul 02, 2025	0	13:17	13:44	27 min	06:30 PM	08:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jul 01, 2025	0	9:12	9:38	26 min	09:30 PM	07:00 AM
Jun 30, 2025	1	18:02	18:31	26 min	08:00 PM	02:30 PM
Jun 29, 2025	1	14:45	15:19	27 min	07:30 PM	10:30 AM
Jun 28, 2025	0	13:23	16:16	173 min	06:30 PM	04:30 PM
Jun 27, 2025	0	14:20	14:42	20 min	07:30 PM	10:00 AM
Jun 26, 2025	0	16:37	17:17	35 min	07:30 PM	01:00 PM
Jun 25, 2025	0	8:29	8:51	20 min	10:30 PM	07:30 AM
Jun 24, 2025	1	16:09	16:48	30 min	07:00 PM	12:00 PM
Jun 23, 2025	0	15:50	16:20	30 min	08:30 PM	12:30 PM
Jun 22, 2025	0	12:01	12:19	18 min	09:30 PM	09:30 AM
Jun 21, 2025	1	9:22	11:57	150 min	07:30 PM	07:30 AM
Jun 20, 2025	1	19:05	19:35	24 min	08:30 PM	04:00 PM
Jun 19, 2025	0	9:23	9:49	26 min	07:00 PM	04:30 AM
Jun 18, 2025	0	11:33	12:21	42 min	08:30 PM	08:30 AM
Jun 17, 2025	0	14:17	15:00	43 min	08:00 PM	11:00 AM
Apr 29, 2025	1	8:42	12:22	162 min	08:30 PM	09:30 AM
Apr 28, 2025	0	10:32	11:54	27 min	07:00 PM	07:00 AM
Apr 27, 2025	0	8:22	12:06	192 min	09:00 PM	09:00 AM
Apr 26, 2025	0	10:44	16:16	249 min	08:30 PM	05:00 PM
Apr 25, 2025	0	15:24	17:50	22 min	07:30 PM	01:30 PM
Apr 24, 2025	0	6:57	14:04	59 min	09:00 PM	11:00 AM
Apr 23, 2025	1	13:17	15:26	18 min	07:00 PM	10:30 AM
Apr 22, 2025	1	14:00	19:53	29 min	08:00 PM	04:00 PM
Apr 21, 2025	0	11:19	13:11	51 min	07:00 PM	08:30 AM
Apr 20, 2025	0	12:26	15:11	57 min	07:00 PM	10:00 AM
Apr 19, 2025	0	10:01	12:21	56 min	07:30 PM	08:00 AM
Apr 18, 2025	0	9:21	12:06	92 min	07:30 PM	07:30 AM
Apr 17, 2025	0	10:40	11:48	68 min	08:30 PM	08:00 AM
Apr 16, 2025	1	10:03	13:39	32 min	06:30 PM	09:00 AM