

# RiverWoods Durham — 1113.1 RWD

Date range: 2025-04-16 to 2026-03-16

## Sleep Metrics (2025-04-16 to 2026-03-16)

<b>1.0</b> BED EXITS (MEDIAN)	<b>8:00 PM</b> BEDTIME (MEDIAN)	<b>9.1 hrs</b> TOTAL SLEEP TIME	<b>79%</b> SLEEP EFFICIENCY	<b>28 min</b> SLEEP LATENCY
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## Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Mar 13, 2026	1	9:05	10:56	13 min	09:00 PM	09:00 AM
Mar 11, 2026	0	0:25	0:32	7 min	12:00 AM	12:30 AM
Mar 10, 2026	1	9:41	11:24	23 min	08:00 PM	09:30 PM
Mar 09, 2026	1	6:37	7:16	9 min	01:00 AM	09:00 AM
Mar 08, 2026	0	9:17	11:47	40 min	08:30 PM	09:00 AM
Mar 07, 2026	0	10:33	11:36	33 min	08:00 PM	07:30 AM
Mar 06, 2026	0	10:58	12:11	44 min	11:00 PM	02:00 PM
Mar 05, 2026	0	10:21	13:57	27 min	08:00 PM	10:00 AM
Mar 04, 2026	0	1:33	1:41	8 min	02:00 AM	03:30 AM
Mar 03, 2026	0	10:48	13:35	30 min	08:00 PM	02:30 PM
Mar 02, 2026	1	7:38	9:02	48 min	08:00 PM	01:30 PM
Mar 01, 2026	0	10:26	12:02	14 min	08:00 PM	08:00 AM
Feb 28, 2026	0	0:08	0:35	27 min	07:00 AM	08:00 AM
Feb 27, 2026	0	5:25	6:21	56 min	02:00 AM	11:30 PM
Feb 26, 2026	0	6:05	8:39	65 min	08:00 PM	07:30 AM
Feb 25, 2026	0	1:06	2:14	49 min	11:00 PM	01:00 AM
Feb 24, 2026	0	6:53	11:22	19 min	08:30 PM	08:30 AM
Feb 23, 2026	1	14:57	18:21	21 min	05:30 PM	03:00 PM
Feb 22, 2026	0	1:21	2:24	11 min	07:00 AM	09:30 AM
Feb 21, 2026	0	11:51	15:46	92 min	08:00 PM	11:30 PM
Feb 20, 2026	1	7:41	9:34	11 min	07:30 PM	06:00 AM
Feb 19, 2026	1	10:04	12:05	26 min	06:00 PM	07:00 AM
Feb 18, 2026	0	9:06	11:54	35 min	08:00 PM	08:00 AM
Feb 17, 2026	0	7:33	10:36	19 min	09:00 PM	07:30 AM
Feb 16, 2026	0	10:50	12:06	11 min	07:30 PM	07:30 AM
Feb 15, 2026	1	13:26	18:14	37 min	09:00 PM	04:30 PM
Feb 14, 2026	0	10:30	11:36	11 min	09:00 PM	08:30 AM
Feb 13, 2026	2	7:16	10:42	9 min	11:00 PM	11:30 AM
Feb 12, 2026	1	9:17	11:25	16 min	08:00 PM	07:30 AM
Feb 11, 2026	1	8:49	11:37	24 min	07:00 PM	09:00 AM
Feb 10, 2026	2	6:59	10:10	33 min	08:30 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 09, 2026	3	8:51	11:43	32 min	06:30 PM	08:00 AM
Feb 08, 2026	0	0:34	0:58	17 min	05:30 AM	06:30 AM
Feb 07, 2026	1	8:38	12:03	19 min	10:30 PM	10:00 PM
Feb 06, 2026	1	8:25	11:21	57 min	08:30 PM	09:00 AM
Feb 05, 2026	2	6:43	7:50	13 min	08:00 PM	05:00 AM
Feb 04, 2026	2	8:59	10:41	31 min	10:00 PM	05:30 PM
Feb 03, 2026	0	8:21	11:08	50 min	07:00 PM	07:30 PM
Feb 02, 2026	1	9:22	12:07	42 min	07:30 PM	08:00 AM
Feb 01, 2026	0	7:35	8:57	27 min	07:00 PM	07:30 AM
Jan 31, 2026	2	9:52	11:14	15 min	08:00 PM	07:30 AM
Jan 30, 2026	1	6:03	7:17	23 min	01:30 AM	09:00 AM
Jan 29, 2026	3	11:39	13:59	95 min	07:30 PM	08:30 PM
Jan 28, 2026	0	4:20	5:47	17 min	08:00 PM	05:00 AM
Jan 27, 2026	2	14:44	18:55	47 min	01:00 PM	09:30 AM
Jan 26, 2026	2	16:34	20:34	105 min	01:30 PM	10:30 AM
Jan 25, 2026	0	5:33	8:26	67 min	08:00 PM	10:00 AM
Jan 24, 2026	0	9:50	13:36	89 min	06:00 PM	08:30 AM
Jan 23, 2026	2	9:29	11:14	7 min	06:30 PM	07:30 AM
Jan 22, 2026	1	10:40	11:52	10 min	08:00 PM	08:00 AM
Jan 21, 2026	2	8:18	9:25	18 min	08:30 PM	06:00 AM
Jan 20, 2026	0	7:31	9:04	11 min	01:30 AM	10:30 AM
Jan 19, 2026	0	2:55	3:59	41 min	07:00 PM	11:00 PM
Jan 17, 2026	0	5:51	6:45	33 min	08:00 PM	05:00 AM
Jan 16, 2026	1	9:11	11:59	24 min	07:00 PM	07:30 AM
Jan 15, 2026	1	11:25	12:39	26 min	08:00 PM	09:00 AM
Jan 14, 2026	0	9:11	12:29	33 min	08:00 PM	10:00 AM
Jan 13, 2026	2	7:10	9:45	49 min	08:00 PM	05:00 PM
Jan 12, 2026	1	16:44	23:05	16 min	03:30 AM	06:00 AM
Jan 11, 2026	3	20:57	27:14	53 min	07:00 PM	01:00 AM
Dec 19, 2025	2	9:00	11:25	45 min	07:00 PM	07:30 AM
Dec 18, 2025	1	9:15	10:40	13 min	09:30 PM	08:00 AM
Dec 17, 2025	2	5:31	8:56	19 min	08:00 PM	08:30 AM
Dec 16, 2025	1	10:34	13:16	55 min	10:00 PM	02:00 PM
Dec 15, 2025	1	10:26	13:27	92 min	07:30 PM	12:00 PM
Dec 14, 2025	0	4:52	6:46	73 min	08:00 PM	04:30 PM
Dec 13, 2025	2	9:50	12:33	39 min	07:30 PM	08:30 AM
Dec 12, 2025	2	16:52	19:58	72 min	10:30 AM	07:30 AM
Dec 11, 2025	0	5:06	5:36	10 min	11:00 PM	04:30 AM
Dec 10, 2025	1	7:07	10:34	63 min	09:00 PM	09:30 AM
Dec 09, 2025	2	12:53	14:40	17 min	07:00 PM	10:00 AM
Dec 08, 2025	3	9:25	15:25	23 min	02:30 PM	07:30 AM

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Dec 06, 2025	2	9:47	12:13	10 min	08:30 PM	09:00 AM
Dec 05, 2025	1	8:31	10:29	10 min	08:30 PM	07:00 AM
Dec 04, 2025	2	8:25	11:18	19 min	07:30 PM	07:30 AM
Nov 21, 2025	3	17:52	21:01	34 min	08:00 PM	11:30 PM
Nov 20, 2025	1	8:56	10:42	20 min	08:00 PM	07:30 AM
Nov 19, 2025	0	11:03	14:07	67 min	07:30 PM	05:00 PM
Nov 18, 2025	1	8:23	11:16	52 min	07:30 PM	07:00 AM
Nov 17, 2025	1	9:14	11:33	31 min	07:30 PM	04:00 PM
Nov 16, 2025	1	9:01	11:49	31 min	08:00 PM	07:30 AM
Nov 15, 2025	1	12:03	14:33	46 min	07:30 PM	10:00 AM
Nov 14, 2025	1	8:31	10:51	58 min	06:30 PM	01:30 PM
Nov 13, 2025	1	10:23	11:54	31 min	08:30 PM	01:30 PM
Nov 12, 2025	2	7:47	9:07	15 min	08:00 PM	06:00 AM
Nov 11, 2025	1	9:49	12:14	39 min	07:30 PM	02:30 PM
Nov 10, 2025	0	9:02	10:35	36 min	07:00 PM	12:30 PM
Nov 09, 2025	1	12:55	14:19	52 min	07:30 PM	02:30 PM
Nov 08, 2025	2	12:33	15:01	67 min	06:30 PM	01:30 PM
Nov 07, 2025	2	9:37	11:01	11 min	09:30 PM	12:30 PM
Nov 06, 2025	0	0:32	0:55	23 min	01:30 PM	02:30 PM