

RiverWoods Durham — 1114 Rwd

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

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

| | | | | |
|-------------------------------------|------------------------------------|------------------------------------|--------------------------------|--------------------------------|
| 0.8 BED EXITS (MEDIAN) | 9:30 PM BEDTIME (MEDIAN) | 6.8 hrs TOTAL SLEEP TIME | 71% SLEEP EFFICIENCY | 15 min SLEEP LATENCY |
|-------------------------------------|------------------------------------|------------------------------------|--------------------------------|--------------------------------|

Daily Sleep Data

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Mar 14, 2026 | 1 | 6:13 | 9:13 | 11 min | 09:00 PM | 06:30 AM |
| Mar 13, 2026 | 0 | 7:29 | 9:41 | 23 min | 10:00 PM | 07:30 AM |
| Mar 12, 2026 | 0 | 10:16 | 11:17 | 17 min | 08:30 PM | 08:00 AM |
| Mar 11, 2026 | 0 | 6:11 | 9:07 | 17 min | 09:30 PM | 07:00 AM |
| Mar 10, 2026 | 0 | 8:18 | 10:39 | 15 min | 08:00 PM | 07:30 AM |
| Mar 09, 2026 | 1 | 7:17 | 10:09 | 9 min | 09:30 PM | 07:30 AM |
| Mar 08, 2026 | 1 | 7:36 | 9:33 | 9 min | 10:00 PM | 08:30 AM |
| Mar 07, 2026 | 1 | 5:46 | 8:36 | 11 min | 09:30 PM | 06:30 AM |
| Mar 06, 2026 | 1 | 7:15 | 8:54 | 16 min | 10:00 PM | 07:30 AM |
| Mar 05, 2026 | 1 | 6:06 | 9:13 | 11 min | 10:00 PM | 07:30 AM |
| Mar 04, 2026 | 1 | 7:50 | 10:32 | 15 min | 08:30 PM | 07:00 AM |
| Mar 03, 2026 | 1 | 8:19 | 9:45 | 11 min | 09:00 PM | 07:00 AM |
| Mar 02, 2026 | 0 | 7:55 | 9:52 | 13 min | 09:00 PM | 07:00 AM |
| Mar 01, 2026 | 1 | 7:24 | 10:26 | 13 min | 09:00 PM | 08:00 AM |
| Feb 28, 2026 | 0 | 8:02 | 10:40 | 14 min | 08:30 PM | 07:00 AM |
| Feb 27, 2026 | 1 | 7:18 | 10:18 | 46 min | 08:30 PM | 07:30 AM |
| Feb 26, 2026 | 0 | 6:39 | 9:21 | 14 min | 09:00 PM | 07:00 AM |
| Feb 25, 2026 | 0 | 5:52 | 8:45 | 12 min | 10:00 PM | 07:00 AM |
| Feb 24, 2026 | 1 | 7:27 | 10:33 | 8 min | 09:30 PM | 08:30 AM |
| Feb 23, 2026 | 2 | 6:39 | 9:29 | 12 min | 09:30 PM | 07:30 AM |
| Feb 22, 2026 | 1 | 6:50 | 9:35 | 9 min | 08:30 PM | 06:30 AM |
| Feb 21, 2026 | 0 | 7:05 | 9:33 | 7 min | 10:00 PM | 08:00 AM |
| Feb 20, 2026 | 3 | 6:46 | 10:36 | 13 min | 08:00 PM | 07:30 AM |
| Feb 19, 2026 | 0 | 8:03 | 10:04 | 7 min | 08:30 PM | 06:30 AM |
| Feb 18, 2026 | 0 | 6:27 | 11:21 | 85 min | 08:00 PM | 07:00 AM |
| Feb 17, 2026 | 1 | 7:22 | 10:29 | 27 min | 07:30 PM | 07:00 AM |
| Feb 16, 2026 | 4 | 8:00 | 13:46 | 161 min | 03:00 PM | 06:30 AM |
| Feb 15, 2026 | 0 | 7:24 | 10:07 | 13 min | 10:00 PM | 08:30 AM |
| Feb 14, 2026 | 1 | 5:04 | 8:54 | 11 min | 08:30 PM | 06:30 AM |
| Feb 13, 2026 | 1 | 4:13 | 9:05 | 53 min | 09:00 PM | 07:00 AM |
| Feb 12, 2026 | 1 | 6:26 | 10:09 | 15 min | 10:00 PM | 09:00 AM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Feb 11, 2026 | 3 | 5:44 | 9:30 | 17 min | 09:00 PM | 07:00 AM |
| Feb 10, 2026 | 0 | 4:05 | 8:14 | 15 min | 09:00 PM | 06:30 AM |
| Feb 09, 2026 | 1 | 6:23 | 9:06 | 17 min | 09:30 PM | 07:00 AM |
| Feb 08, 2026 | 1 | 6:56 | 8:33 | 9 min | 10:30 PM | 07:30 AM |
| Feb 07, 2026 | 0 | 6:15 | 7:51 | 12 min | 11:00 PM | 07:30 AM |
| Feb 06, 2026 | 0 | 6:11 | 9:24 | 12 min | 09:00 PM | 06:30 AM |
| Feb 05, 2026 | 1 | 6:01 | 8:26 | 21 min | 11:00 PM | 07:30 AM |
| Feb 04, 2026 | 0 | 22:32 | 30:35 | 17 min | 09:00 PM | 07:00 AM |
| Feb 02, 2026 | 2 | 6:08 | 8:38 | 12 min | 10:00 PM | 07:00 AM |
| Feb 01, 2026 | 0 | 6:08 | 9:30 | 9 min | 09:30 PM | 07:00 AM |
| Jan 31, 2026 | 0 | 8:03 | 10:58 | 27 min | 09:30 PM | 09:00 AM |
| Jan 30, 2026 | 0 | 8:06 | 9:57 | 14 min | 09:30 PM | 07:30 AM |
| Jan 29, 2026 | 1 | 5:59 | 8:55 | 10 min | 10:00 PM | 07:30 AM |
| Jan 28, 2026 | 0 | 7:07 | 9:57 | 12 min | 09:00 PM | 07:00 AM |
| Jan 27, 2026 | 1 | 7:28 | 9:27 | 14 min | 10:00 PM | 08:00 AM |
| Jan 26, 2026 | 1 | 7:11 | 8:37 | 44 min | 10:00 PM | 07:00 AM |
| Jan 25, 2026 | 0 | 8:10 | 10:15 | 18 min | 09:00 PM | 07:30 AM |
| Jan 24, 2026 | 0 | 19:24 | 30:47 | 11 min | 10:30 PM | 07:00 AM |
| Jan 22, 2026 | 0 | 7:57 | 9:59 | 23 min | 09:00 PM | 07:00 AM |
| Jan 21, 2026 | 0 | 8:23 | 11:39 | 153 min | 07:00 PM | 07:00 AM |
| Jan 20, 2026 | 1 | 6:53 | 9:02 | 11 min | 10:00 PM | 07:00 AM |
| Jan 19, 2026 | 1 | 7:23 | 10:04 | 12 min | 09:00 PM | 07:30 AM |
| Jan 18, 2026 | 0 | 7:36 | 9:38 | 41 min | 10:00 PM | 08:00 AM |
| Jan 17, 2026 | 0 | 4:30 | 6:34 | 12 min | 11:30 PM | 06:00 AM |
| Jan 16, 2026 | 0 | 6:26 | 9:39 | 15 min | 08:30 PM | 06:00 AM |
| Jan 15, 2026 | 2 | 5:04 | 12:39 | 180 min | 04:30 PM | 06:30 AM |
| Jan 14, 2026 | 0 | 6:45 | 9:37 | 29 min | 09:30 PM | 07:30 AM |
| Jan 13, 2026 | 1 | 7:05 | 8:41 | 16 min | 10:00 PM | 07:00 AM |
| Jan 12, 2026 | 0 | 7:01 | 9:10 | 14 min | 09:30 PM | 06:30 AM |
| Jan 11, 2026 | 3 | 6:37 | 9:59 | 21 min | 09:30 PM | 08:00 AM |
| Jan 10, 2026 | 1 | 5:48 | 8:34 | 20 min | 09:30 PM | 06:30 AM |
| Jan 09, 2026 | 3 | 7:41 | 9:30 | 4 min | 08:30 PM | 07:00 AM |
| Jan 08, 2026 | 1 | 6:31 | 8:34 | 13 min | 10:30 PM | 07:30 AM |
| Jan 07, 2026 | 1 | 4:53 | 7:39 | 31 min | 10:00 PM | 06:00 AM |
| Jan 06, 2026 | 1 | 5:45 | 8:43 | 24 min | 10:00 PM | 06:30 AM |
| Jan 05, 2026 | 2 | 6:30 | 8:36 | 9 min | 09:30 PM | 06:30 AM |
| Jan 04, 2026 | 0 | 6:57 | 9:15 | 21 min | 10:00 PM | 07:00 AM |
| Jan 03, 2026 | 0 | 6:06 | 8:47 | 13 min | 10:00 PM | 07:00 AM |
| Jan 02, 2026 | 1 | 7:17 | 9:21 | 18 min | 10:00 PM | 07:30 AM |
| Jan 01, 2026 | 0 | 5:16 | 9:23 | 15 min | 09:30 PM | 07:00 AM |
| Dec 31, 2025 | 1 | 6:17 | 12:29 | 164 min | 06:30 PM | 07:30 AM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Dec 30, 2025 | 0 | 7:08 | 8:37 | 13 min | 10:30 PM | 07:00 AM |
| Dec 29, 2025 | 1 | 6:18 | 10:04 | 24 min | 09:30 PM | 08:00 AM |
| Dec 28, 2025 | 0 | 6:46 | 8:53 | 36 min | 10:30 PM | 07:30 AM |
| Dec 27, 2025 | 0 | 5:54 | 7:43 | 12 min | 11:00 PM | 07:00 AM |
| Dec 26, 2025 | 0 | 4:50 | 8:12 | 12 min | 10:00 PM | 06:30 AM |
| Dec 25, 2025 | 0 | 6:04 | 8:57 | 11 min | 10:00 PM | 07:00 AM |
| Dec 24, 2025 | 0 | 7:11 | 9:21 | 14 min | 10:00 PM | 07:30 AM |
| Dec 23, 2025 | 1 | 5:46 | 8:15 | 13 min | 10:30 PM | 07:30 AM |
| Dec 22, 2025 | 2 | 6:55 | 9:08 | 11 min | 09:30 PM | 07:00 AM |
| Dec 21, 2025 | 1 | 6:56 | 9:44 | 22 min | 09:00 PM | 07:00 AM |
| Dec 20, 2025 | 0 | 5:48 | 8:34 | 18 min | 09:30 PM | 06:30 AM |
| Dec 19, 2025 | 1 | 5:29 | 8:13 | 10 min | 10:30 PM | 06:30 AM |
| Dec 18, 2025 | 0 | 5:01 | 8:34 | 34 min | 10:30 PM | 07:00 AM |
| Dec 17, 2025 | 0 | 5:19 | 8:18 | 43 min | 10:00 PM | 06:30 AM |
| Dec 16, 2025 | 1 | 13:43 | 20:24 | 145 min | 09:00 AM | 07:00 AM |
| Dec 15, 2025 | 2 | 7:27 | 10:15 | 17 min | 07:30 PM | 06:00 AM |
| Dec 14, 2025 | 3 | 6:33 | 8:59 | 16 min | 10:00 PM | 07:30 AM |
| Dec 13, 2025 | 2 | 10:36 | 17:22 | 199 min | 10:00 PM | 07:30 PM |
| Dec 12, 2025 | 1 | 7:10 | 9:11 | 14 min | 10:30 PM | 08:00 AM |
| Dec 11, 2025 | 0 | 3:42 | 5:58 | 16 min | 11:00 PM | 05:00 AM |
| Dec 10, 2025 | 1 | 6:35 | 9:05 | 18 min | 09:30 PM | 07:00 AM |