

RiverWoods Durham — 1115 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	10:12	11:36	50 min	07:30 PM	04:00 PM
Oct 26, 2025	0	10:33	12:01	32 min	08:00 PM	08:30 AM
Oct 25, 2025	0	14:14	16:53	76 min	07:30 PM	05:00 PM
Oct 24, 2025	0	9:08	9:27	19 min	07:00 PM	04:30 AM
Oct 23, 2025	0	11:18	13:16	39 min	07:00 PM	04:30 PM
Oct 22, 2025	1	12:21	13:23	32 min	07:00 PM	11:30 AM
Oct 21, 2025	0	11:30	13:11	59 min	08:00 PM	04:30 PM
Oct 20, 2025	1	14:02	17:35	48 min	06:30 PM	04:30 PM
Oct 19, 2025	0	13:51	14:44	24 min	07:00 PM	09:30 AM
Oct 18, 2025	0	9:13	12:47	32 min	02:00 PM	05:00 AM
Oct 17, 2025	1	8:47	11:24	27 min	07:30 PM	07:30 AM
Oct 16, 2025	1	12:03	14:46	74 min	06:30 PM	05:00 PM
Oct 15, 2025	0	10:32	12:05	51 min	08:00 PM	08:30 AM
Oct 14, 2025	1	10:31	13:42	55 min	07:00 PM	05:00 PM
Oct 13, 2025	0	13:43	15:16	57 min	07:30 PM	04:30 PM
Oct 12, 2025	1	12:51	15:50	19 min	07:30 PM	11:30 AM
Oct 11, 2025	0	9:03	11:19	86 min	07:00 PM	05:00 PM
Oct 10, 2025	0	9:22	11:24	47 min	08:30 PM	07:30 AM
Oct 09, 2025	0	12:42	14:42	82 min	06:30 PM	04:30 PM
Oct 08, 2025	0	11:51	12:45	23 min	07:30 PM	08:00 AM
Oct 07, 2025	0	11:12	12:46	39 min	07:00 PM	04:00 PM
Oct 06, 2025	0	8:09	9:46	24 min	07:00 PM	05:00 AM
Oct 05, 2025	0	11:24	14:40	37 min	08:00 PM	04:00 PM
Oct 04, 2025	1	12:38	14:14	45 min	08:00 PM	04:30 PM
Oct 03, 2025	0	10:47	12:02	44 min	06:30 PM	04:30 PM
Oct 02, 2025	0	7:44	9:39	54 min	07:00 PM	05:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Oct 01, 2025	0	9:01	11:16	21 min	08:00 PM	07:30 AM
Sep 30, 2025	0	9:25	12:50	48 min	08:00 PM	04:00 PM
Sep 29, 2025	1	10:19	12:49	15 min	02:00 PM	04:30 AM
Sep 28, 2025	0	10:57	12:05	25 min	08:00 PM	08:00 AM
Sep 27, 2025	0	9:06	11:44	78 min	07:00 PM	04:30 PM
Sep 26, 2025	0	9:01	11:34	37 min	07:30 PM	07:00 AM
Sep 25, 2025	0	10:40	14:07	48 min	07:30 PM	04:00 PM
Sep 24, 2025	0	10:25	12:00	37 min	08:00 PM	05:00 PM
Sep 23, 2025	1	8:35	11:15	41 min	06:30 PM	06:30 AM
Sep 22, 2025	0	9:26	12:02	56 min	06:30 PM	06:30 AM
Sep 21, 2025	0	8:30	11:37	71 min	06:30 PM	06:00 AM
Sep 20, 2025	1	9:06	10:06	29 min	08:00 PM	06:30 AM
Sep 19, 2025	0	8:38	9:12	27 min	06:30 PM	03:30 AM
Sep 18, 2025	0	12:07	16:42	19 min	07:30 PM	12:00 PM
Sep 17, 2025	0	12:17	14:00	59 min	08:30 PM	05:00 PM
Sep 16, 2025	0	12:49	14:20	56 min	07:00 PM	04:30 PM
Sep 15, 2025	0	8:37	10:02	26 min	08:00 PM	06:00 AM
Sep 14, 2025	0	11:04	12:01	17 min	07:00 PM	07:00 AM
Sep 13, 2025	0	14:20	16:37	30 min	08:00 PM	04:00 PM
Sep 12, 2025	0	12:27	13:44	38 min	08:00 PM	04:30 PM
Sep 11, 2025	0	8:14	10:28	22 min	07:00 PM	05:30 AM
Sep 10, 2025	0	8:50	10:55	36 min	07:30 PM	08:30 AM
Sep 09, 2025	0	11:07	12:29	55 min	07:00 PM	05:00 PM
Sep 08, 2025	0	12:27	14:22	38 min	08:00 PM	05:00 PM
Sep 07, 2025	0	11:53	13:50	90 min	07:00 PM	04:00 PM
Sep 06, 2025	1	18:07	20:26	20 min	11:30 AM	09:30 AM
Sep 05, 2025	1	37:16	39:51	25 min	01:30 PM	07:30 AM
Sep 03, 2025	3	39:20	40:19	36 min	06:00 PM	10:30 AM
Sep 01, 2025	0	11:16	12:02	37 min	08:00 PM	08:00 AM
Aug 31, 2025	1	12:29	13:48	32 min	07:00 PM	10:00 AM
Aug 30, 2025	1	15:15	15:59	20 min	06:30 PM	10:30 AM
Aug 29, 2025	0	10:05	10:45	21 min	07:00 PM	06:00 AM
Aug 28, 2025	0	10:47	12:01	34 min	07:00 PM	04:00 PM
Aug 27, 2025	0	12:00	14:06	47 min	06:00 PM	04:00 PM
Aug 26, 2025	0	10:48	11:51	43 min	06:00 PM	06:00 AM
Aug 25, 2025	0	11:21	12:00	21 min	07:30 PM	07:30 AM
Aug 24, 2025	0	11:36	12:03	20 min	08:00 PM	08:00 AM
Aug 23, 2025	0	11:31	12:51	33 min	07:00 PM	03:30 PM
Aug 22, 2025	0	10:58	11:59	27 min	06:30 PM	06:30 AM
Aug 21, 2025	0	8:44	9:13	20 min	07:30 PM	05:00 AM
Aug 20, 2025	0	10:44	11:39	49 min	07:30 PM	04:30 PM

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Aug 19, 2025	0	9:50	10:07	17 min	07:00 PM	05:00 AM
Aug 18, 2025	1	10:53	12:18	30 min	06:30 PM	07:00 AM
Aug 17, 2025	0	10:39	12:07	49 min	07:00 PM	02:30 PM
Aug 16, 2025	0	14:39	15:43	33 min	06:30 PM	03:00 PM
Aug 15, 2025	0	20:29	21:56	27 min	01:30 PM	11:30 AM
Aug 14, 2025	0	9:28	10:19	17 min	06:30 PM	05:00 AM
Aug 13, 2025	0	12:02	13:20	20 min	07:00 PM	08:30 AM
Aug 12, 2025	0	12:56	14:28	36 min	06:30 PM	09:00 AM
Aug 11, 2025	0	17:04	20:05	119 min	11:00 AM	07:00 AM
Aug 10, 2025	0	7:33	9:09	16 min	08:30 PM	05:30 AM
Aug 09, 2025	0	11:09	12:01	22 min	07:00 PM	07:00 AM
Aug 08, 2025	1	10:32	13:14	29 min	07:30 PM	09:30 AM
Aug 07, 2025	0	13:30	15:06	33 min	08:00 PM	05:00 PM
Aug 06, 2025	0	12:33	13:12	29 min	07:00 PM	04:00 PM
Aug 05, 2025	0	15:42	16:29	38 min	06:30 PM	04:30 PM
Aug 04, 2025	0	8:44	9:51	19 min	07:00 PM	04:30 AM
Aug 03, 2025	0	11:33	12:10	23 min	07:30 PM	07:30 AM
Aug 02, 2025	0	7:56	9:16	40 min	08:00 PM	05:00 AM
Aug 01, 2025	0	10:28	11:42	17 min	06:30 PM	06:30 AM
Jul 31, 2025	0	11:39	12:00	21 min	07:00 PM	07:00 AM
Jul 30, 2025	0	11:10	12:25	18 min	07:00 PM	07:30 AM
Jul 29, 2025	0	9:42	12:38	36 min	06:30 PM	05:00 PM
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Jul 03, 2025	0	10:39	11:30	33 min	08:00 PM	07:30 AM
Jul 02, 2025	0	9:39	10:23	44 min	09:00 PM	07:00 AM
Jul 01, 2025	1	10:54	11:51	23 min	07:00 PM	07:00 AM
Jun 30, 2025	0	10:02	10:23	15 min	07:00 PM	05:30 AM
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Jun 01, 2025	2	11:05	11:38	22 min	06:00 PM	06:00 AM
May 31, 2025	0	3:55	6:08	7 min	03:30 AM	12:00 PM
May 30, 2025	0	0:20	0:41	21 min	07:30 PM	08:00 PM

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May 29, 2025	3	7:39	10:54	62 min	07:00 PM	08:00 PM
May 28, 2025	0	11:20	11:45	17 min	06:30 PM	06:30 AM
May 27, 2025	0	11:55	13:59	72 min	06:30 PM	03:30 PM
May 26, 2025	1	3:16	5:48	43 min	07:00 PM	07:00 AM
May 25, 2025	1	7:20	8:19	21 min	07:30 PM	05:30 AM
May 24, 2025	1	11:58	14:20	34 min	06:30 PM	09:30 AM
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Apr 30, 2025	0	14:31	15:36	40 min	06:30 PM	10:00 AM
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Apr 20, 2025	1	12:52	17:15	105 min	05:30 PM	11:30 AM
Apr 19, 2025	0	11:24	13:21	39 min	08:00 PM	09:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Apr 18, 2025	0	13:27	15:20	28 min	06:00 PM	09:30 AM
Apr 17, 2025	0	12:50	15:14	24 min	06:30 PM	09:30 AM
Apr 16, 2025	1	15:41	18:05	73 min	07:00 PM	01:00 PM

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