

RiverWoods Durham — 1117.1 Rwd

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

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



Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Mar 09, 2026	0	15:19	16:59	42 min	07:30 PM	10:00 PM
Mar 08, 2026	1	11:11	13:01	16 min	07:30 PM	12:00 PM
Mar 07, 2026	0	7:32	10:37	20 min	02:30 AM	01:00 PM
Mar 06, 2026	1	12:34	16:10	25 min	07:30 PM	12:00 PM
Mar 05, 2026	0	17:34	23:26	11 min	12:00 PM	01:00 PM
Mar 04, 2026	1	10:53	12:57	21 min	08:00 PM	09:30 AM
Mar 03, 2026	1	13:00	16:28	73 min	08:30 PM	04:00 PM
Mar 02, 2026	0	12:13	13:02	18 min	09:30 PM	11:00 AM
Mar 01, 2026	1	13:28	14:44	16 min	08:30 PM	11:30 AM
Feb 28, 2026	1	12:13	18:18	286 min	01:30 PM	08:00 AM
Feb 27, 2026	0	11:26	13:16	32 min	05:30 PM	08:30 AM
Feb 26, 2026	1	13:05	15:19	47 min	08:30 PM	01:00 PM
Feb 25, 2026	2	16:00	19:13	69 min	04:30 PM	01:00 PM
Feb 24, 2026	1	30:27	38:56	36 min	07:00 PM	11:00 AM
Feb 22, 2026	1	12:35	14:56	27 min	08:30 PM	11:30 AM
Feb 21, 2026	1	11:49	12:57	54 min	10:00 PM	11:30 AM
Feb 20, 2026	0	6:19	7:59	19 min	08:00 PM	04:00 AM
Feb 19, 2026	0	12:15	16:14	104 min	08:00 PM	05:00 PM
Feb 18, 2026	1	11:05	12:57	24 min	07:30 PM	04:30 PM
Feb 17, 2026	2	9:21	12:41	49 min	06:30 PM	08:00 AM
Feb 16, 2026	0	13:05	16:32	39 min	07:00 PM	12:00 PM
Feb 15, 2026	1	28:48	32:54	93 min	09:30 PM	10:00 AM
Feb 13, 2026	1	14:10	16:03	82 min	09:00 PM	07:00 PM
Feb 12, 2026	1	10:32	12:54	40 min	08:00 PM	09:30 AM
Feb 11, 2026	2	12:57	15:12	25 min	08:00 PM	11:30 AM
Feb 10, 2026	0	15:24	17:29	19 min	08:30 PM	02:00 PM
Feb 09, 2026	1	17:06	18:02	23 min	08:00 PM	02:30 PM
Feb 08, 2026	1	11:20	13:11	48 min	08:00 PM	09:30 AM
Feb 07, 2026	2	52:46	62:19	72 min	10:30 PM	05:00 PM
Feb 04, 2026	2	30:24	38:54	37 min	08:30 PM	07:30 PM
Feb 02, 2026	1	7:49	8:36	27 min	09:00 PM	05:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 01, 2026	2	29:10	36:25	75 min	05:30 PM	11:30 AM
Jan 30, 2026	2	13:35	16:27	46 min	07:00 PM	03:00 PM
Jan 29, 2026	2	9:20	9:54	26 min	08:30 PM	06:30 AM
Jan 28, 2026	3	25:53	35:01	49 min	09:30 PM	10:30 AM
Jan 26, 2026	2	31:30	34:33	59 min	11:30 PM	05:00 PM
Jan 24, 2026	2	13:56	16:18	55 min	08:00 PM	05:00 PM
Jan 23, 2026	3	30:56	36:12	48 min	09:00 PM	11:00 AM
Jan 21, 2026	2	15:09	16:56	26 min	06:00 PM	12:00 PM
Jan 20, 2026	1	7:33	10:11	26 min	09:30 PM	08:00 AM
Jan 19, 2026	0	10:49	12:58	34 min	09:30 PM	11:00 AM
Jan 18, 2026	0	12:53	17:59	36 min	03:30 PM	11:30 AM
Jan 17, 2026	1	12:57	14:26	25 min	09:00 PM	11:30 AM
Jan 16, 2026	1	16:09	19:07	47 min	01:00 PM	03:30 PM
Jan 15, 2026	2	26:43	35:55	32 min	08:00 PM	09:00 AM
Jan 13, 2026	2	9:11	11:38	76 min	10:00 PM	05:00 PM
Jan 12, 2026	2	30:21	35:59	24 min	09:00 PM	10:00 AM
Jan 10, 2026	1	7:58	9:16	33 min	09:00 PM	06:30 AM
Jan 09, 2026	0	17:15	18:26	14 min	09:00 PM	04:00 PM
Jan 08, 2026	1	26:32	36:41	7 min	07:30 PM	10:00 AM