

RiverWoods Durham — 1117 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 17, 2025	1	21:09	21:20	11 min	02:30 PM	12:00 PM
Oct 16, 2025	1	10:58	12:14	16 min	07:30 PM	08:00 AM
Oct 15, 2025	0	9:24	9:32	8 min	07:00 PM	04:30 AM
Oct 14, 2025	1	15:15	15:27	11 min	08:00 PM	11:30 AM
Oct 13, 2025	0	14:39	15:21	35 min	07:00 PM	03:30 PM
Oct 12, 2025	1	17:44	18:21	20 min	06:30 PM	01:00 PM
Oct 11, 2025	2	15:04	15:15	11 min	11:00 PM	02:30 PM
Oct 10, 2025	0	18:01	18:50	24 min	09:00 PM	08:00 PM
Oct 09, 2025	0	13:37	13:45	8 min	07:30 PM	09:30 AM
Oct 08, 2025	0	15:01	15:20	14 min	07:00 PM	11:30 AM
Oct 07, 2025	0	9:14	9:37	17 min	08:30 PM	06:00 AM
Oct 06, 2025	1	15:03	15:12	9 min	06:30 PM	09:30 AM
Oct 05, 2025	2	17:16	17:36	17 min	08:00 PM	02:00 PM
Oct 04, 2025	0	12:39	13:15	36 min	07:30 PM	05:30 PM
Oct 03, 2025	0	14:56	15:09	13 min	08:00 PM	11:30 AM
Oct 02, 2025	1	12:27	13:21	54 min	08:30 PM	04:00 PM
Oct 01, 2025	0	13:54	14:28	34 min	07:30 PM	05:00 PM
Sep 30, 2025	2	15:48	16:03	10 min	08:00 PM	12:30 PM
Sep 29, 2025	0	9:44	9:57	13 min	08:30 PM	06:00 AM
Sep 28, 2025	0	13:32	13:42	10 min	09:00 PM	10:30 AM
Sep 27, 2025	0	18:19	18:34	15 min	02:30 PM	09:00 AM
Sep 26, 2025	0	11:35	11:54	19 min	08:00 PM	08:00 AM
Sep 25, 2025	0	11:16	11:41	25 min	08:30 PM	08:30 AM
Sep 24, 2025	0	14:14	14:36	22 min	08:30 PM	11:00 AM
Sep 23, 2025	0	17:25	18:09	44 min	08:00 PM	05:00 PM
Sep 22, 2025	1	22:38	23:42	22 min	02:00 PM	04:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 21, 2025	1	12:36	12:58	22 min	08:00 PM	09:00 AM
Sep 20, 2025	0	10:45	12:35	110 min	08:30 PM	09:00 AM
Sep 19, 2025	1	16:13	17:02	32 min	05:00 PM	05:00 PM
Sep 18, 2025	0	14:46	15:15	29 min	02:30 PM	06:00 AM
Sep 17, 2025	2	60:40	63:22	23 min	02:00 PM	09:30 AM
Sep 11, 2025	0	14:58	15:07	9 min	08:00 PM	11:00 AM
Sep 10, 2025	0	12:00	12:29	24 min	07:30 PM	10:00 AM
Sep 09, 2025	2	14:05	14:34	14 min	08:00 PM	10:30 AM
Sep 08, 2025	0	8:03	8:12	9 min	07:30 PM	04:00 AM
Sep 07, 2025	0	12:18	12:32	14 min	08:00 PM	08:30 AM
Sep 06, 2025	1	15:13	15:32	19 min	07:30 PM	11:30 AM
Sep 05, 2025	4	17:56	18:45	24 min	02:00 PM	09:30 AM
Sep 04, 2025	0	8:50	9:22	32 min	08:00 PM	08:30 AM
Sep 03, 2025	4	13:22	14:09	14 min	07:30 PM	10:00 AM
Sep 02, 2025	1	4:46	5:28	34 min	07:30 PM	05:30 AM
Sep 01, 2025	2	13:48	14:10	21 min	07:30 PM	10:00 AM
Aug 31, 2025	1	34:33	35:29	24 min	08:00 PM	08:30 AM
Aug 29, 2025	0	10:21	10:58	35 min	08:30 PM	07:30 AM
Aug 28, 2025	1	10:13	11:35	12 min	07:30 PM	08:30 AM
Aug 27, 2025	1	10:39	11:06	15 min	08:00 PM	08:00 AM
Aug 26, 2025	1	14:22	15:04	37 min	08:00 PM	11:30 AM
Aug 25, 2025	0	13:23	13:42	17 min	07:30 PM	09:00 AM
Aug 24, 2025	0	6:11	6:19	8 min	02:00 AM	08:30 AM
Aug 23, 2025	1	13:54	14:17	23 min	08:30 PM	11:00 PM
Aug 22, 2025	1	22:16	22:49	16 min	11:00 AM	10:00 AM
Aug 21, 2025	0	7:48	8:44	47 min	08:30 PM	05:00 AM
Aug 20, 2025	0	13:46	14:09	23 min	07:30 PM	09:30 AM
Aug 19, 2025	0	9:29	9:43	14 min	08:00 PM	05:30 AM
Aug 18, 2025	1	13:31	14:12	33 min	08:00 PM	10:30 AM
Aug 17, 2025	0	10:46	10:56	10 min	08:00 PM	07:00 AM
Aug 16, 2025	3	11:02	11:39	29 min	08:00 PM	01:30 PM
Aug 15, 2025	0	10:25	10:35	10 min	08:00 PM	06:30 AM
Aug 14, 2025	0	17:57	18:21	17 min	01:30 PM	08:00 AM
Aug 13, 2025	0	21:15	21:31	16 min	12:00 PM	09:30 AM
Aug 12, 2025	1	10:53	11:43	44 min	08:30 PM	08:30 AM
Aug 11, 2025	1	19:13	19:46	19 min	06:00 PM	02:30 PM
Aug 10, 2025	3	34:44	36:08	13 min	08:00 PM	08:30 AM
Aug 08, 2025	0	13:46	14:11	25 min	09:00 PM	11:00 AM
Aug 07, 2025	0	9:37	9:53	16 min	08:00 PM	05:30 AM
Aug 06, 2025	0	11:55	12:09	14 min	08:00 PM	08:00 AM
Aug 05, 2025	1	15:04	15:13	8 min	08:00 PM	11:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Aug 04, 2025	1	15:40	16:06	19 min	04:00 PM	08:00 AM
Aug 03, 2025	1	11:48	12:10	22 min	07:30 PM	08:00 AM
Aug 02, 2025	1	13:19	13:46	17 min	08:00 PM	10:00 AM
Aug 01, 2025	0	10:06	10:41	35 min	08:00 PM	09:30 AM
Jul 31, 2025	0	10:14	10:25	11 min	08:00 PM	06:00 AM
Jul 30, 2025	1	10:42	11:05	23 min	08:00 PM	07:30 AM
Jul 29, 2025	1	13:31	13:40	9 min	08:00 PM	10:00 AM
Jul 28, 2025	4	34:35	35:21	15 min	09:00 PM	09:30 AM
Jul 26, 2025	0	13:14	13:25	11 min	08:00 PM	09:30 AM
Jul 25, 2025	0	27:32	27:50	17 min	08:30 AM	12:30 PM
Jul 24, 2025	0	8:36	8:53	14 min	08:30 PM	05:30 AM
Jul 23, 2025	0	19:03	19:47	37 min	11:30 AM	09:30 AM
Jul 22, 2025	0	9:01	9:14	13 min	08:30 PM	05:30 AM
Jul 21, 2025	1	7:15	7:35	20 min	08:00 PM	03:30 AM
Jul 20, 2025	1	13:21	13:38	15 min	07:00 PM	09:00 AM
Jul 19, 2025	0	12:19	12:33	14 min	08:00 PM	08:30 AM
Jul 18, 2025	0	11:06	11:28	22 min	09:00 PM	08:30 AM
Jul 17, 2025	1	11:01	11:32	31 min	08:00 PM	02:00 PM
Jul 16, 2025	1	10:44	11:42	44 min	07:30 PM	07:00 AM
Jul 15, 2025	0	10:33	11:49	76 min	08:00 PM	10:00 AM
Jul 14, 2025	1	10:53	11:45	17 min	08:00 PM	08:00 AM
Jul 13, 2025	0	11:05	11:41	25 min	07:30 PM	07:30 AM
Jul 12, 2025	1	33:08	34:25	22 min	09:00 PM	09:00 AM
Jul 10, 2025	0	11:36	12:01	25 min	08:00 PM	08:00 AM
Jul 09, 2025	0	11:45	12:00	15 min	08:30 PM	08:30 AM
Jul 08, 2025	0	13:30	13:47	17 min	08:00 PM	10:00 AM
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Jul 05, 2025	0	13:23	13:59	36 min	10:00 PM	12:00 PM
Jul 04, 2025	0	18:11	19:11	19 min	08:30 PM	04:00 PM
Jul 03, 2025	0	9:35	10:43	68 min	08:30 PM	07:30 AM
Jul 02, 2025	0	14:37	14:52	15 min	07:30 PM	10:30 AM
Jul 01, 2025	0	10:50	11:14	23 min	08:30 PM	08:00 AM
Jun 30, 2025	1	15:33	16:19	27 min	08:00 PM	02:00 PM
Jun 29, 2025	0	12:52	13:38	29 min	08:30 PM	04:30 PM
Jun 28, 2025	1	11:00	11:43	42 min	08:00 PM	08:00 AM
Jun 27, 2025	0	11:41	11:58	17 min	08:00 PM	08:00 AM
Jun 26, 2025	1	23:34	24:02	17 min	10:30 AM	10:30 AM
Jun 25, 2025	1	10:25	11:09	34 min	08:30 PM	08:00 AM
Jun 24, 2025	1	12:11	12:22	9 min	08:00 PM	08:30 AM
Jun 23, 2025	2	32:07	32:51	12 min	08:30 PM	07:00 AM

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Jun 21, 2025	1	18:53	19:14	21 min	01:00 PM	08:30 AM
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Jun 19, 2025	0	9:22	9:34	12 min	08:30 PM	06:00 AM
Jun 18, 2025	0	15:10	15:49	38 min	08:00 PM	11:30 AM
Jun 17, 2025	0	11:12	11:59	15 min	08:00 PM	08:00 AM
Jun 16, 2025	0	10:32	10:50	17 min	08:00 PM	06:30 AM
Jun 15, 2025	0	10:06	10:23	16 min	08:00 PM	06:30 AM
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Jun 13, 2025	0	11:11	12:01	20 min	08:00 PM	08:00 AM
Jun 12, 2025	0	11:51	12:44	19 min	08:30 PM	09:30 AM
Jun 11, 2025	2	21:37	22:17	28 min	02:00 PM	12:30 PM
Jun 10, 2025	1	9:06	12:09	14 min	08:00 PM	09:30 AM
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Jun 05, 2025	1	17:53	20:11	67 min	03:30 PM	12:00 PM
Jun 04, 2025	0	7:15	11:23	74 min	08:30 PM	08:00 AM
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May 24, 2025	0	7:57	9:50	67 min	08:30 PM	06:30 AM
May 23, 2025	1	10:21	11:57	23 min	08:00 PM	08:30 AM
May 22, 2025	0	11:22	11:36	14 min	08:00 PM	08:00 AM
May 21, 2025	0	10:30	12:00	81 min	08:30 PM	08:30 AM
Apr 27, 2025	0	10:15	10:33	11 min	08:30 PM	07:00 AM
Apr 26, 2025	0	13:49	16:22	16 min	07:30 PM	12:00 PM
Apr 25, 2025	0	8:30	11:56	14 min	08:00 PM	08:00 AM
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Apr 21, 2025	1	10:35	13:56	113 min	10:30 PM	12:30 PM
Apr 20, 2025	0	9:52	11:57	54 min	07:30 PM	07:30 AM
Apr 19, 2025	0	13:22	13:58	18 min	08:30 PM	10:30 AM

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Apr 16, 2025	0	9:20	10:46	45 min	08:00 PM	10:00 AM

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