

# RiverWoods Durham — 1118 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
Nov 19, 2025	1	4:36	10:17	53 min	10:30 PM	08:30 AM
Nov 15, 2025	0	11:39	13:50	68 min	09:00 PM	11:00 AM
Nov 14, 2025	0	14:27	21:48	214 min	02:00 PM	05:00 PM
Nov 13, 2025	0	7:31	12:03	18 min	08:00 PM	08:00 AM
Nov 12, 2025	0	15:10	18:11	22 min	07:00 PM	01:00 PM
Nov 11, 2025	0	18:32	23:07	29 min	02:30 PM	01:30 PM
Nov 10, 2025	0	12:50	14:29	35 min	09:30 PM	12:00 PM
Nov 09, 2025	0	7:21	9:36	34 min	08:00 PM	05:30 AM
Nov 08, 2025	0	7:21	9:16	36 min	11:00 PM	08:00 AM
Nov 07, 2025	1	24:12	33:53	254 min	11:30 PM	10:00 AM
Nov 05, 2025	0	7:43	9:19	37 min	10:00 PM	07:30 AM
Nov 04, 2025	0	6:49	9:10	56 min	09:00 PM	06:00 AM
Nov 03, 2025	0	18:18	22:51	162 min	10:00 AM	08:30 AM
Nov 02, 2025	1	28:46	34:54	33 min	08:30 PM	07:30 AM
Oct 31, 2025	0	12:11	15:52	168 min	01:30 PM	05:30 AM
Oct 30, 2025	1	15:38	21:27	129 min	12:00 PM	09:30 AM
Oct 29, 2025	0	9:16	14:12	133 min	05:30 PM	08:00 AM
Oct 28, 2025	0	9:17	11:00	29 min	09:30 PM	08:30 AM
Oct 27, 2025	0	9:16	11:36	41 min	08:30 PM	08:30 AM
Oct 26, 2025	0	12:42	13:49	57 min	07:00 PM	08:30 AM
Oct 20, 2025	0	11:19	13:07	24 min	09:00 PM	10:30 AM
Oct 19, 2025	0	12:11	13:34	46 min	09:00 PM	10:30 AM
Oct 18, 2025	1	11:09	12:55	22 min	06:30 PM	08:30 AM
Sep 15, 2025	0	7:28	11:43	16 min	07:00 PM	07:00 AM
Sep 14, 2025	2	9:39	13:55	20 min	06:30 PM	09:00 AM
Sep 13, 2025	1	13:53	18:31	13 min	12:00 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Sep 12, 2025	1	9:10	11:21	16 min	06:30 PM	06:30 AM
Sep 11, 2025	0	11:12	11:41	15 min	07:30 PM	07:00 AM
Sep 10, 2025	0	10:21	16:37	71 min	07:00 PM	04:30 PM
Sep 09, 2025	0	12:15	14:39	27 min	07:30 PM	10:00 AM
Sep 08, 2025	1	12:51	15:06	23 min	07:30 PM	05:00 PM
Sep 07, 2025	1	12:24	13:54	13 min	10:00 PM	12:00 PM
Sep 06, 2025	0	8:22	12:41	19 min	08:00 PM	09:00 AM
Sep 05, 2025	0	10:55	12:02	16 min	08:00 PM	08:00 AM
Sep 04, 2025	0	11:38	12:06	19 min	07:00 PM	07:00 AM
Sep 03, 2025	1	16:59	19:07	16 min	02:00 PM	09:00 AM
Sep 02, 2025	0	10:32	11:04	18 min	10:00 PM	09:00 AM
Sep 01, 2025	0	12:04	18:21	19 min	06:30 PM	01:00 PM
Aug 31, 2025	0	17:03	20:51	67 min	12:00 PM	09:00 AM
Aug 30, 2025	2	12:30	13:23	19 min	07:30 PM	09:30 AM
Aug 29, 2025	0	10:50	14:36	165 min	03:30 PM	08:00 AM
Aug 28, 2025	1	30:09	36:46	14 min	08:00 PM	09:00 AM
Aug 26, 2025	1	13:32	15:46	65 min	02:00 PM	08:00 AM
Aug 25, 2025	0	10:58	14:04	50 min	05:00 PM	08:30 AM
Aug 24, 2025	0	9:22	10:21	34 min	09:30 PM	08:00 AM
Aug 23, 2025	1	10:06	14:37	24 min	06:30 PM	09:00 AM
Aug 22, 2025	0	11:22	11:37	15 min	08:00 PM	07:30 AM
Aug 21, 2025	0	8:32	11:55	22 min	07:00 PM	07:00 AM
Aug 20, 2025	0	7:16	9:23	15 min	06:30 PM	04:00 AM
Aug 19, 2025	0	11:39	12:20	14 min	06:00 PM	06:30 AM
Aug 18, 2025	0	12:29	14:15	13 min	07:00 PM	09:30 AM
Aug 17, 2025	0	9:00	9:25	11 min	07:30 PM	05:00 AM
Aug 16, 2025	0	11:41	12:54	20 min	07:00 PM	08:00 AM
Aug 15, 2025	1	10:46	12:23	10 min	07:30 PM	08:00 AM
Aug 14, 2025	0	10:19	11:12	5 min	10:00 PM	09:30 AM
Aug 13, 2025	0	10:36	11:29	11 min	07:30 PM	07:00 AM
Aug 12, 2025	1	31:52	33:21	17 min	08:00 PM	07:00 AM
Aug 10, 2025	0	8:43	11:10	28 min	07:00 PM	06:30 AM
Aug 09, 2025	0	9:15	11:35	30 min	09:00 PM	08:30 AM
Aug 08, 2025	0	3:52	4:29	16 min	11:00 PM	03:30 AM
Aug 07, 2025	0	8:49	9:15	13 min	10:30 PM	07:30 AM
Aug 06, 2025	0	12:36	15:04	148 min	03:30 PM	06:30 AM
Aug 05, 2025	1	88:59	104:23	31 min	09:00 PM	12:30 PM
Jul 31, 2025	1	28:20	30:46	21 min	09:00 PM	05:00 AM
Jul 29, 2025	3	53:54	62:32	24 min	10:30 PM	05:00 PM
Jul 26, 2025	1	12:02	13:04	11 min	06:30 PM	08:00 AM
Jul 25, 2025	2	30:50	37:07	260 min	10:30 PM	02:00 PM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jul 23, 2025	1	12:16	14:57	45 min	07:30 PM	07:30 PM
Jul 22, 2025	1	25:08	31:47	18 min	06:00 PM	05:30 AM
Jul 20, 2025	0	9:52	12:14	9 min	09:30 PM	10:00 AM
Jul 19, 2025	1	27:59	33:03	78 min	08:30 PM	08:00 AM
Jul 17, 2025	1	9:58	10:34	9 min	08:30 PM	07:00 AM
Jul 16, 2025	0	11:33	14:40	90 min	07:00 PM	10:00 AM
Jul 15, 2025	0	7:04	9:16	8 min	07:30 PM	05:00 AM
Jul 14, 2025	1	10:21	12:39	13 min	06:30 PM	07:00 AM
Jul 13, 2025	0	9:00	9:36	22 min	08:00 PM	05:30 AM
Jul 12, 2025	0	11:57	13:48	90 min	08:30 PM	05:00 PM
Jul 11, 2025	0	9:25	11:01	96 min	06:30 AM	05:30 PM
Jul 10, 2025	0	9:27	13:06	122 min	07:00 PM	06:30 PM
Jul 09, 2025	1	10:12	11:16	9 min	07:30 PM	07:30 AM
Jul 08, 2025	0	9:19	9:55	12 min	08:00 PM	06:00 AM
Jul 07, 2025	1	29:51	35:46	87 min	07:30 PM	09:00 AM
Jul 05, 2025	0	8:54	11:05	21 min	07:30 PM	09:30 AM
Jul 04, 2025	1	32:14	35:59	86 min	05:00 PM	06:30 AM
Jul 02, 2025	0	29:29	32:52	26 min	09:00 PM	07:00 AM
Jun 30, 2025	1	10:24	11:21	55 min	12:00 AM	11:30 AM
Jun 29, 2025	3	21:55	25:49	26 min	02:30 PM	05:30 PM
Jun 28, 2025	1	9:22	9:53	25 min	10:00 PM	08:00 AM
Jun 27, 2025	0	12:08	13:53	77 min	08:00 PM	08:00 PM
Jun 26, 2025	2	74:10	79:54	8 min	07:00 PM	06:30 AM
Jun 22, 2025	0	10:49	11:58	69 min	10:00 PM	10:00 AM
Jun 21, 2025	0	10:31	11:59	88 min	06:30 AM	06:30 PM
Jun 20, 2025	0	11:31	11:45	14 min	08:30 PM	08:30 AM
Jun 19, 2025	2	9:45	11:38	13 min	08:00 PM	08:00 AM
Jun 18, 2025	1	9:45	10:56	12 min	08:00 PM	07:30 AM
Jun 03, 2025	2	3:33	6:13	11 min	08:30 PM	06:00 AM
Jun 02, 2025	0	9:54	12:00	30 min	10:00 PM	10:00 AM
Jun 01, 2025	1	11:48	12:38	14 min	07:30 PM	08:30 AM
May 31, 2025	1	2:12	3:54	41 min	09:00 PM	06:30 AM
May 30, 2025	0	9:29	10:40	17 min	08:00 PM	06:30 AM
May 29, 2025	0	3:41	4:06	12 min	09:00 PM	01:30 AM
May 27, 2025	0	11:03	11:13	10 min	07:30 PM	06:30 AM
May 26, 2025	0	9:01	9:14	13 min	10:00 PM	07:00 AM
May 24, 2025	2	7:31	9:09	22 min	08:30 PM	06:00 AM
May 23, 2025	0	10:16	10:33	10 min	10:00 PM	08:30 AM
May 22, 2025	0	2:50	4:02	19 min	10:00 PM	02:00 AM
May 21, 2025	1	10:13	12:14	24 min	06:30 PM	07:00 AM
May 20, 2025	1	10:14	11:19	17 min	07:00 PM	06:30 AM

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May 07, 2025	0	6:26	7:11	9 min	09:00 PM	04:00 AM
May 06, 2025	1	10:23	12:07	16 min	07:00 PM	08:00 AM
May 05, 2025	2	10:23	12:13	12 min	07:00 PM	09:00 AM
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May 03, 2025	1	10:27	12:25	12 min	07:00 PM	07:30 AM
May 02, 2025	0	10:10	10:42	12 min	08:00 PM	06:30 AM
May 01, 2025	0	9:18	9:53	12 min	07:00 PM	05:00 AM
Apr 30, 2025	0	9:39	10:51	24 min	09:00 PM	08:30 AM
Apr 29, 2025	0	9:58	10:23	11 min	07:30 PM	05:30 AM
Apr 28, 2025	0	5:53	6:34	15 min	08:00 PM	02:30 AM
Apr 27, 2025	1	6:06	6:37	12 min	11:30 PM	06:30 AM
Apr 26, 2025	2	10:09	12:07	11 min	08:00 PM	09:00 AM
Apr 25, 2025	0	10:15	11:18	9 min	06:30 PM	05:30 AM
Apr 24, 2025	0	7:51	8:38	35 min	08:30 PM	05:00 AM
Apr 23, 2025	1	8:21	9:53	16 min	07:30 PM	06:00 AM
Apr 16, 2025	2	6:07	8:30	9 min	08:00 PM	05:00 AM