

# 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
Oct 06, 2025	0	9:43	12:02	86 min	07:30 PM	07:30 AM
Oct 05, 2025	0	12:06	13:30	59 min	09:30 PM	11:00 AM
Oct 04, 2025	1	51:56	58:56	26 min	08:00 PM	09:30 AM
Sep 18, 2025	1	12:06	14:02	51 min	07:30 PM	10:00 AM
Sep 17, 2025	0	11:05	12:57	67 min	10:00 PM	11:00 AM
Sep 16, 2025	0	10:16	10:51	28 min	09:00 PM	08:00 AM
Sep 03, 2025	1	11:15	12:13	34 min	07:30 PM	08:00 AM
Sep 02, 2025	2	19:55	21:45	37 min	10:30 AM	09:00 AM
Sep 01, 2025	1	11:55	15:14	28 min	03:30 PM	08:00 AM
Aug 31, 2025	0	11:20	12:39	36 min	05:30 PM	06:30 AM
Aug 30, 2025	1	10:51	12:08	48 min	07:00 PM	07:30 AM
Aug 29, 2025	2	30:33	33:05	33 min	09:00 PM	06:30 AM
Aug 27, 2025	5	41:17	45:50	78 min	06:00 PM	06:30 PM
Aug 25, 2025	2	13:47	15:49	48 min	03:30 PM	08:00 AM
Aug 24, 2025	0	11:54	12:41	21 min	09:00 PM	10:00 AM
Aug 23, 2025	1	20:34	24:37	20 min	05:00 PM	07:00 PM
Aug 22, 2025	3	11:15	13:50	72 min	05:30 PM	07:30 AM
Aug 21, 2025	0	11:31	13:12	24 min	06:30 PM	08:30 AM
Aug 20, 2025	1	15:40	16:44	42 min	02:00 PM	07:00 AM
Aug 19, 2025	0	5:57	7:35	31 min	02:00 AM	10:30 AM
Aug 18, 2025	0	11:35	16:21	237 min	04:30 PM	08:00 PM
Aug 17, 2025	2	12:45	14:49	87 min	05:00 PM	08:00 AM
Aug 16, 2025	0	9:49	10:06	10 min	09:00 PM	07:30 AM
Aug 15, 2025	0	11:09	12:02	37 min	06:00 PM	06:00 AM
Aug 14, 2025	0	5:10	6:37	65 min	06:00 PM	01:00 AM
Aug 13, 2025	1	11:05	12:01	33 min	07:30 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Aug 12, 2025	2	31:23	34:36	9 min	07:30 PM	09:00 AM
Aug 10, 2025	2	12:32	14:10	16 min	06:00 PM	08:30 AM
Aug 09, 2025	0	11:09	11:41	13 min	07:30 PM	07:00 AM
Aug 08, 2025	0	1:02	10:27	216 min	09:30 PM	08:00 AM
Aug 07, 2025	0	10:15	12:04	35 min	06:00 PM	06:30 AM
Aug 06, 2025	1	13:03	14:25	14 min	07:00 PM	10:00 AM
Aug 05, 2025	2	10:16	13:54	122 min	05:30 PM	08:00 AM
Aug 04, 2025	0	8:37	10:26	19 min	08:30 PM	07:00 AM
Aug 03, 2025	1	9:04	12:04	23 min	06:00 PM	06:30 AM
Aug 02, 2025	0	9:22	13:25	20 min	06:30 PM	08:30 AM
Aug 01, 2025	2	10:00	14:31	51 min	07:30 PM	11:00 AM
Jul 31, 2025	0	11:10	11:53	12 min	07:30 PM	07:30 AM
Jul 30, 2025	1	11:10	12:52	62 min	08:00 PM	09:00 AM
Jul 29, 2025	1	7:16	9:48	37 min	09:00 PM	07:00 AM
Jul 28, 2025	2	10:04	12:25	33 min	07:00 PM	07:30 AM
Jul 27, 2025	1	12:43	16:36	108 min	12:30 PM	05:30 AM
Jul 26, 2025	2	8:31	13:40	26 min	06:30 PM	09:00 AM
Jul 25, 2025	1	13:24	17:35	87 min	04:00 PM	10:30 AM
Jul 24, 2025	2	12:27	14:27	37 min	07:30 PM	10:30 AM
Jul 23, 2025	1	10:33	11:46	20 min	08:00 PM	09:00 AM
Jul 22, 2025	2	9:51	12:08	11 min	08:00 PM	08:30 AM
Jul 21, 2025	1	16:52	20:41	13 min	07:00 PM	04:00 PM
Jul 20, 2025	0	8:40	11:56	73 min	07:30 PM	07:30 AM
Jul 19, 2025	1	12:02	13:49	12 min	06:30 PM	08:30 AM
Jul 18, 2025	0	10:12	11:12	16 min	06:30 PM	05:30 AM
Jul 17, 2025	1	7:33	9:11	10 min	09:30 PM	08:30 AM
Jul 16, 2025	0	8:18	9:54	14 min	08:30 PM	06:30 AM
Jul 15, 2025	1	11:18	13:36	18 min	08:00 PM	09:30 AM
Jul 14, 2025	0	9:52	11:29	18 min	06:30 PM	06:00 AM
Jul 13, 2025	1	8:18	11:27	24 min	08:00 PM	08:00 AM
Jul 12, 2025	0	7:47	9:28	13 min	08:30 PM	06:00 AM
Jul 11, 2025	1	14:37	15:35	13 min	07:00 PM	11:30 AM
Jul 10, 2025	0	10:42	11:39	15 min	08:30 PM	08:00 AM
Jul 09, 2025	1	11:32	12:04	17 min	07:30 PM	07:30 AM
Jul 08, 2025	0	10:02	11:29	22 min	08:30 PM	08:00 AM
Jul 07, 2025	1	10:36	13:19	19 min	08:00 PM	09:30 AM
Jul 06, 2025	1	11:30	13:53	22 min	06:30 PM	10:00 AM
Jul 05, 2025	0	10:50	11:52	35 min	08:00 PM	10:00 AM
Jul 04, 2025	0	8:00	9:15	29 min	07:00 PM	04:30 AM
Jul 03, 2025	0	8:34	10:17	23 min	09:00 PM	08:00 AM
Jul 02, 2025	0	8:45	10:38	23 min	09:30 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jul 01, 2025	0	17:08	19:55	153 min	01:00 PM	09:00 AM
Jun 30, 2025	0	9:06	9:38	23 min	06:30 PM	04:00 AM
Jun 29, 2025	0	11:21	12:02	7 min	10:00 PM	10:00 AM
Jun 28, 2025	1	11:15	13:36	19 min	07:30 PM	09:30 AM
Jun 27, 2025	0	11:11	12:23	63 min	09:30 PM	10:00 AM
Jun 26, 2025	0	8:23	10:29	18 min	06:30 PM	05:00 AM
Jun 25, 2025	1	12:40	15:23	47 min	07:00 PM	10:30 AM
Jun 24, 2025	0	11:42	14:00	43 min	08:00 PM	10:00 AM
Jun 23, 2025	1	12:17	15:48	90 min	06:30 PM	10:30 AM
Jun 22, 2025	0	11:50	15:44	109 min	08:00 PM	12:30 PM
Jun 21, 2025	1	10:43	19:53	75 min	12:00 PM	10:30 AM
Jun 20, 2025	0	9:16	12:00	32 min	07:30 PM	07:30 AM
Jun 19, 2025	1	15:00	18:14	56 min	03:00 PM	09:30 AM
Jun 09, 2025	2	25:35	30:17	59 min	12:00 PM	09:00 PM
Jun 08, 2025	0	33:27	37:03	15 min	06:30 PM	09:00 AM
Jun 06, 2025	2	18:03	19:08	15 min	08:00 PM	04:00 PM
Jun 05, 2025	2	78:26	84:26	15 min	06:00 PM	11:00 AM
Jun 01, 2025	2	19:04	23:12	158 min	06:00 AM	06:30 AM
May 31, 2025	0	3:43	4:09	16 min	09:30 PM	02:30 AM
May 30, 2025	0	23:22	25:22	18 min	06:00 PM	07:00 PM
May 29, 2025	4	10:17	11:59	12 min	06:00 PM	07:00 AM
May 28, 2025	2	26:45	31:28	19 min	07:30 PM	06:30 AM
May 26, 2025	0	7:51	11:33	19 min	05:00 PM	07:00 AM
May 25, 2025	2	39:25	42:45	15 min	06:30 PM	02:30 PM
May 23, 2025	1	8:39	11:12	47 min	06:00 PM	06:00 AM
May 22, 2025	2	29:49	34:58	18 min	05:30 PM	06:30 AM
May 20, 2025	1	10:00	11:39	15 min	06:30 PM	07:30 AM
May 19, 2025	1	12:55	14:57	16 min	05:30 PM	09:00 AM
May 18, 2025	2	8:57	9:57	19 min	06:00 PM	04:30 AM
May 17, 2025	2	10:37	12:21	17 min	06:00 PM	07:00 AM
May 16, 2025	2	8:57	9:49	25 min	09:00 PM	07:00 AM
May 15, 2025	3	9:45	10:18	15 min	07:30 PM	06:30 AM
May 14, 2025	1	8:12	11:29	14 min	07:30 PM	08:30 AM
May 13, 2025	2	7:00	7:58	19 min	07:00 PM	04:30 AM
May 12, 2025	0	9:11	10:51	29 min	07:30 PM	07:00 AM
May 11, 2025	3	10:23	12:20	19 min	06:30 PM	08:00 AM
May 10, 2025	4	8:25	11:06	13 min	07:00 PM	07:00 AM
Apr 28, 2025	3	16:17	17:21	34 min	06:00 PM	11:00 PM
Apr 27, 2025	1	10:33	12:54	23 min	06:00 PM	07:30 AM
Apr 26, 2025	1	13:06	14:58	14 min	07:00 PM	10:00 AM
Apr 25, 2025	1	10:16	11:34	32 min	06:00 PM	08:00 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Apr 24, 2025	0	10:50	11:38	21 min	06:30 PM	06:00 AM
Apr 23, 2025	1	14:50	16:54	50 min	02:30 PM	03:00 PM
Apr 22, 2025	1	12:14	13:56	11 min	07:30 PM	11:00 AM
Apr 21, 2025	1	9:09	9:48	16 min	08:30 PM	06:30 AM
Apr 20, 2025	1	9:26	11:05	13 min	06:00 PM	06:00 AM
Apr 19, 2025	1	9:39	10:24	15 min	08:30 PM	07:00 AM
Apr 18, 2025	0	6:18	6:54	21 min	01:30 AM	08:30 AM
Apr 17, 2025	2	12:14	15:14	67 min	09:00 PM	11:00 PM
Apr 16, 2025	2	10:21	11:58	9 min	06:00 PM	06:30 AM