

RiverWoods Durham — 1124 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 | 1 | 5:01 | 10:48 | 24 min | 10:30 PM | 09:30 AM |
| Mar 08, 2026 | 2 | 8:30 | 13:43 | 105 min | 02:00 PM | 05:30 AM |
| Mar 07, 2026 | 0 | 0:10 | 1:01 | 18 min | 10:00 AM | 11:00 AM |
| Mar 06, 2026 | 1 | 4:05 | 8:01 | 71 min | 01:00 PM | 10:30 PM |
| Mar 05, 2026 | 0 | 2:35 | 4:23 | 19 min | 09:30 PM | 01:30 AM |
| Mar 04, 2026 | 0 | 7:00 | 11:59 | 18 min | 09:00 PM | 09:00 AM |
| Mar 03, 2026 | 0 | 9:58 | 13:51 | 190 min | 02:30 AM | 07:00 PM |
| Mar 02, 2026 | 0 | 6:27 | 9:23 | 21 min | 10:00 PM | 07:00 AM |
| Mar 01, 2026 | 1 | 5:56 | 9:26 | 62 min | 08:00 PM | 12:00 PM |
| Feb 28, 2026 | 0 | 2:42 | 6:01 | 28 min | 12:00 AM | 10:00 AM |
| Feb 26, 2026 | 0 | 11:13 | 14:04 | 15 min | 10:00 PM | 12:00 PM |
| Feb 25, 2026 | 0 | 6:45 | 8:24 | 28 min | 02:00 AM | 10:30 AM |
| Feb 24, 2026 | 0 | 4:41 | 10:33 | 22 min | 07:00 PM | 05:30 AM |
| Feb 23, 2026 | 0 | 8:46 | 9:53 | 19 min | 03:30 PM | 01:30 AM |
| Feb 17, 2026 | 0 | 17:44 | 24:22 | 348 min | 12:00 PM | 07:30 PM |
| Feb 16, 2026 | 0 | 0:58 | 1:27 | 29 min | 07:30 AM | 09:00 AM |
| Feb 15, 2026 | 0 | 4:32 | 7:28 | 14 min | 08:30 PM | 05:00 AM |
| Feb 14, 2026 | 0 | 2:31 | 4:00 | 73 min | 08:00 PM | 12:00 AM |
| Feb 09, 2026 | 1 | 5:14 | 6:39 | 48 min | 09:30 PM | 07:00 PM |
| Feb 08, 2026 | 2 | 9:08 | 13:14 | 52 min | 04:00 AM | 05:30 PM |
| Feb 07, 2026 | 0 | 8:30 | 14:21 | 62 min | 03:00 PM | 06:00 AM |
| Feb 06, 2026 | 1 | 6:02 | 6:36 | 10 min | 10:30 PM | 05:30 AM |
| Feb 05, 2026 | 1 | 6:15 | 7:05 | 12 min | 12:30 AM | 08:00 AM |
| Feb 04, 2026 | 1 | 14:40 | 25:41 | 139 min | 08:00 AM | 12:00 PM |
| Feb 03, 2026 | 0 | 0:31 | 1:01 | 27 min | 01:30 AM | 02:30 AM |
| Feb 02, 2026 | 1 | 7:18 | 13:15 | 50 min | 08:00 PM | 09:30 AM |
| Feb 01, 2026 | 1 | 3:38 | 5:01 | 26 min | 09:00 PM | 02:00 AM |
| Jan 31, 2026 | 1 | 4:22 | 7:55 | 17 min | 11:00 PM | 07:30 AM |
| Jan 30, 2026 | 1 | 9:28 | 13:31 | 33 min | 09:00 PM | 11:00 AM |
| Jan 28, 2026 | 0 | 4:09 | 6:54 | 57 min | 08:30 PM | 10:30 AM |
| Jan 27, 2026 | 1 | 5:09 | 11:38 | 21 min | 10:00 PM | 09:30 AM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Jan 26, 2026 | 3 | 6:59 | 9:13 | 9 min | 10:30 PM | 08:00 AM |
| Jan 25, 2026 | 1 | 9:39 | 15:57 | 45 min | 11:30 AM | 04:30 AM |
| Jan 24, 2026 | 1 | 8:50 | 11:06 | 19 min | 09:30 PM | 09:00 AM |
| Jan 23, 2026 | 1 | 6:47 | 10:52 | 103 min | 08:00 PM | 08:00 AM |
| Jan 22, 2026 | 0 | 6:48 | 7:20 | 19 min | 12:30 AM | 07:30 AM |
| Jan 21, 2026 | 0 | 5:43 | 8:28 | 112 min | 11:00 PM | 06:00 PM |
| Jan 20, 2026 | 0 | 2:24 | 2:55 | 16 min | 04:30 AM | 07:30 AM |
| Jan 19, 2026 | 0 | 3:10 | 8:29 | 18 min | 01:00 AM | 09:00 AM |
| Jan 18, 2026 | 1 | 13:55 | 19:02 | 30 min | 10:00 PM | 07:00 PM |
| Jan 17, 2026 | 0 | 2:46 | 5:13 | 36 min | 11:00 PM | 06:30 AM |
| Jan 16, 2026 | 1 | 2:00 | 3:24 | 17 min | 12:00 AM | 04:30 AM |
| Jan 15, 2026 | 1 | 8:35 | 11:59 | 41 min | 10:30 PM | 11:00 AM |
| Jan 14, 2026 | 1 | 10:13 | 12:17 | 27 min | 05:30 AM | 06:30 PM |
| Jan 13, 2026 | 0 | 2:44 | 6:28 | 174 min | 09:00 PM | 08:30 AM |
| Jan 12, 2026 | 0 | 4:49 | 15:37 | 285 min | 08:30 PM | 12:30 PM |
| Jan 11, 2026 | 2 | 6:00 | 10:10 | 13 min | 10:30 PM | 09:30 AM |
| Jan 09, 2026 | 0 | 6:00 | 12:31 | 28 min | 11:30 PM | 11:00 PM |
| Jan 08, 2026 | 0 | 1:05 | 2:07 | 62 min | 05:30 AM | 07:30 AM |
| Jan 07, 2026 | 0 | 10:10 | 10:22 | 12 min | 10:30 PM | 09:00 AM |
| Jan 06, 2026 | 0 | 10:26 | 11:47 | 26 min | 08:30 PM | 08:30 AM |
| Jan 05, 2026 | 0 | 2:20 | 3:37 | 18 min | 04:30 AM | 08:30 AM |
| Jan 03, 2026 | 2 | 13:01 | 16:40 | 34 min | 11:00 PM | 07:30 PM |
| Jan 02, 2026 | 0 | 3:00 | 3:53 | 35 min | 10:30 PM | 02:30 AM |
| Jan 01, 2026 | 0 | 4:21 | 9:29 | 50 min | 10:30 PM | 12:00 PM |
| Dec 31, 2025 | 1 | 7:22 | 11:10 | 109 min | 09:30 PM | 11:00 AM |
| Dec 30, 2025 | 0 | 3:35 | 5:49 | 68 min | 09:30 PM | 03:00 AM |
| Dec 29, 2025 | 0 | 5:48 | 6:17 | 21 min | 10:00 PM | 04:30 AM |
| Dec 28, 2025 | 0 | 0:23 | 0:36 | 13 min | 02:30 AM | 03:00 AM |
| Dec 27, 2025 | 0 | 2:20 | 8:42 | 156 min | 09:30 PM | 08:00 AM |
| Dec 26, 2025 | 0 | 7:22 | 8:32 | 26 min | 10:30 PM | 07:00 AM |
| Dec 25, 2025 | 1 | 3:53 | 6:16 | 132 min | 11:00 PM | 05:30 AM |
| Dec 24, 2025 | 0 | 4:14 | 5:45 | 43 min | 02:30 AM | 08:30 AM |
| Dec 23, 2025 | 0 | 6:58 | 8:03 | 65 min | 03:30 AM | 11:30 AM |
| Dec 22, 2025 | 0 | 6:56 | 11:08 | 87 min | 09:00 PM | 08:30 AM |
| Dec 21, 2025 | 0 | 10:31 | 11:05 | 16 min | 05:30 AM | 05:00 PM |
| Dec 20, 2025 | 0 | 10:05 | 15:03 | 219 min | 02:30 PM | 08:00 PM |
| Dec 19, 2025 | 1 | 11:08 | 12:01 | 52 min | 10:00 PM | 10:00 AM |
| Dec 18, 2025 | 0 | 1:50 | 4:44 | 149 min | 11:30 PM | 04:00 AM |
| Dec 17, 2025 | 1 | 1:02 | 6:00 | 29 min | 12:30 AM | 08:00 AM |
| Dec 16, 2025 | 0 | 3:14 | 3:58 | 44 min | 10:30 PM | 02:30 AM |
| Dec 15, 2025 | 0 | 8:14 | 13:18 | 12 min | 10:30 PM | 01:30 PM |

| DATE | BED EXITS | TOTAL SLEEP TIME | TIME IN BED | SLEEP LATENCY | BEDTIME | WAKE |
|--------------|-----------|------------------|-------------|---------------|----------|----------|
| Dec 14, 2025 | 1 | 10:43 | 14:20 | 135 min | 03:00 PM | 06:00 AM |
| Dec 13, 2025 | 0 | 7:50 | 12:00 | 35 min | 11:00 PM | 11:00 AM |
| Dec 12, 2025 | 0 | 1:31 | 5:17 | 226 min | 10:30 PM | 04:00 AM |
| Dec 11, 2025 | 0 | 27:06 | 34:20 | 31 min | 10:30 PM | 12:30 PM |

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