

# Sleep Charts

Zeigler, Sophie  
Feb 18, 2025 – Aug 17, 2025

Avg sleep: 7.75 h (7h 45m)  
Avg start: 11:09 PM  
Avg end: 6:54 AM  
Avg interruptions: 0.32 h (0h 19m)  
Avg intr. start: 2:43 AM  
Avg intr. end: 4:04 AM



# Sleep Charts

Zeigler, Sophie  
Feb 5, 2025 - Feb 17, 2025

Avg sleep: 6.70 h (6h 42m)  
Avg start: 10:09 PM  
Avg end: 4:51 AM  
Avg interruptions: 0.91 h (0h 55m)  
Avg intr. start: 11:38 PM  
Avg intr. end: 1:24 AM

Sleep duration — Zeigler, Sophie

