

Sleep Charts

Robbins, Alexandra Julia
Mar 24, 2025 – Aug 17, 2025

Avg sleep: 8.06 h (8h 04m)

Avg start: 7:18 PM

Avg end: 3:22 AM

Avg interruptions: 0.95 h (0h 57m)

Avg intr. start: 1:01 AM

Avg intr. end: 3:28 AM

Sleep duration — Robbins, Alexandra Julia

