

# Sleep Charts

Fields, Nathan

Feb 18, 2025 – Aug 17, 2025

Avg sleep: 8.70 h (8h 42m)

Avg start: 8:44 PM

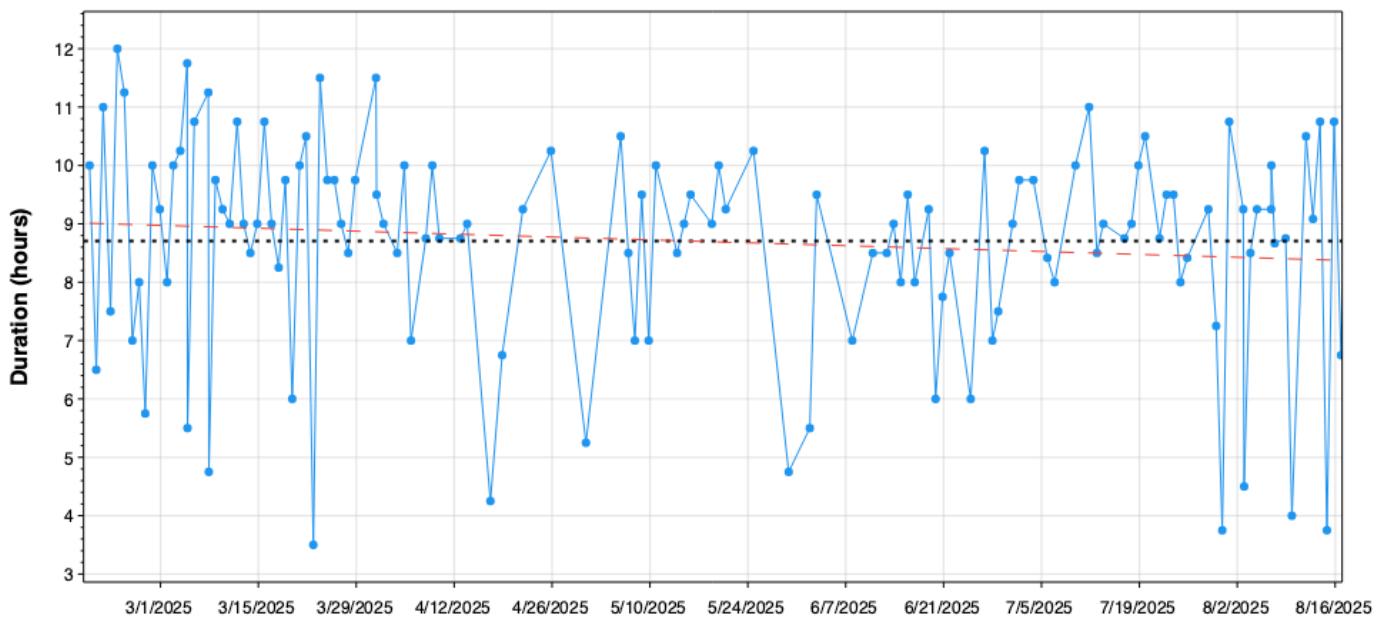
Avg end: 5:26 AM

Avg interruptions: 0.14 h (0h 08m)

Avg intr. start: 1:55 AM

Avg intr. end: 3:04 AM

**Sleep duration — Fields, Nathan**



# Sleep Charts

Fields, Nathan

Feb 6, 2025 – Feb 17, 2025

Avg sleep: 10.25 h (10h 15m)

Avg start: 8:17 PM

Avg end: 6:32 AM

Avg interruptions: 0.22 h (0h 13m)

Avg intr. start: 3:52 AM

Avg intr. end: 4:30 AM

**Sleep duration — Fields, Nathan**

