

# Sleep Charts

Robbins, Alexandra Julia  
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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



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