

# Sleep Charts

Cichocki, Erica  
Jul 22, 2025 – Aug 17, 2025

Avg sleep: 7.23 h (7h 14m)  
Avg start: 11:28 PM  
Avg end: 6:42 AM  
Avg interruptions: 0.65 h (0h 39m)  
Avg intr. start: 3:06 AM  
Avg intr. end: 4:25 AM

Sleep duration — Cichocki, Erica

