

# Sleep Charts

Zeigler, Sophie

Feb 18, 2025 – Aug 17, 2025

Avg sleep: 7.75 h (7h 45m)

Avg start: 11:09 PM

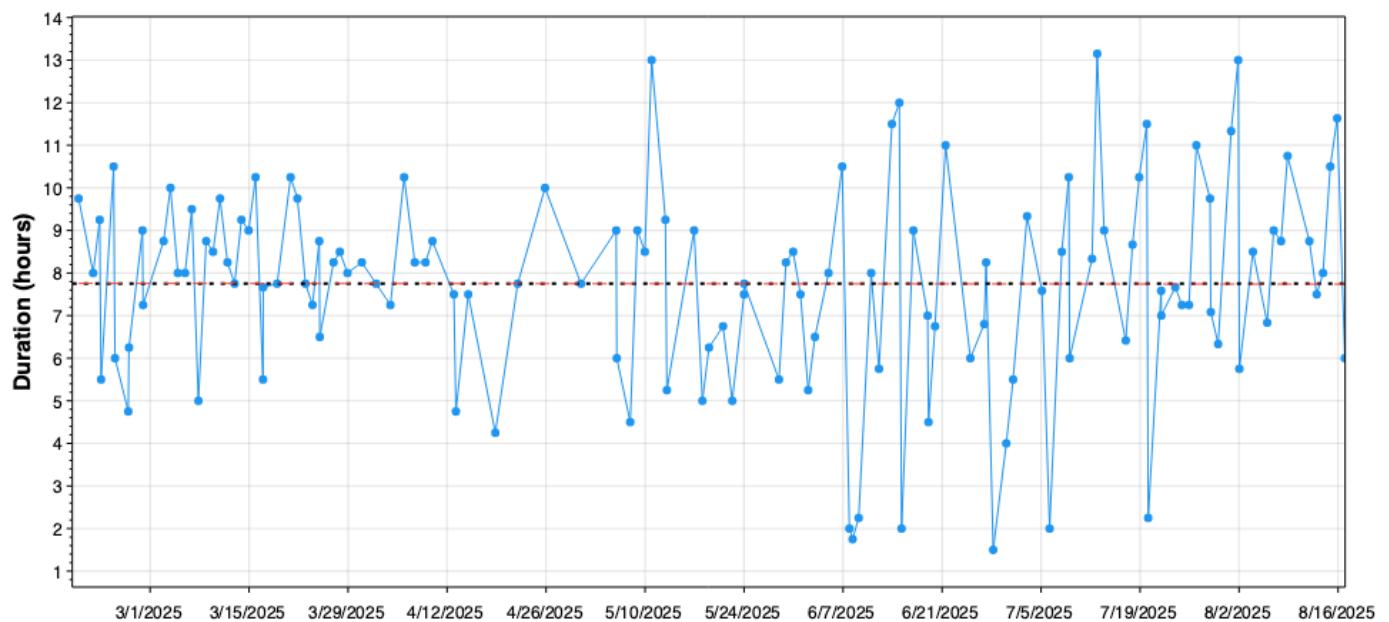
Avg end: 6:54 AM

Avg interruptions: 0.32 h (0h 19m)

Avg intr. start: 2:43 AM

Avg intr. end: 4:04 AM

**Sleep duration — Zeigler, Sophie**



# 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**

