

Sleep Charts

Outman, Emily

Feb 18, 2025 – Aug 17, 2025

Avg sleep: 9.67 h (9h 40m)

Avg start: 7:20 PM

Avg end: 5:00 AM

Avg interruptions: 0.15 h (0h 09m)

Avg intr. start: 12:27 AM

Avg intr. end: 1:38 AM

Sleep duration — Outman, Emily

