

Sleep Charts

Jennerich, John

Feb 18, 2025 – Aug 17, 2025

Avg sleep: 9.90 h (9h 54m)

Avg start: 8:00 PM

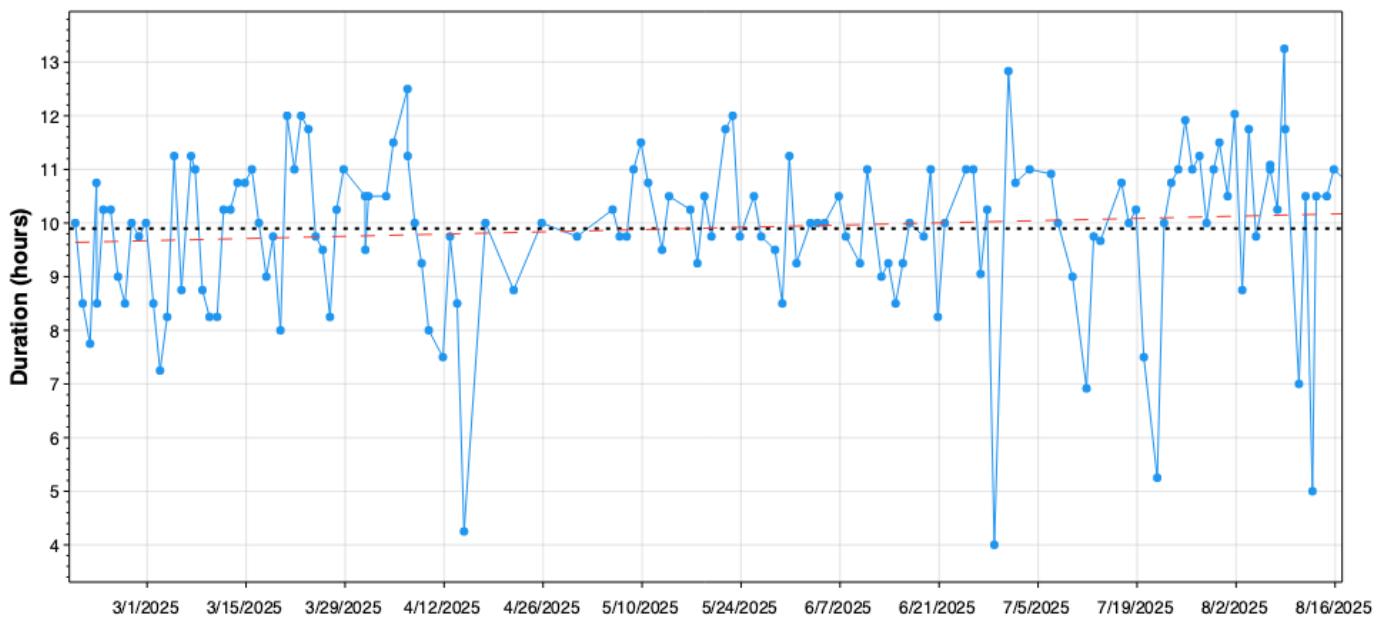
Avg end: 5:54 AM

Avg interruptions: 0.45 h (0h 27m)

Avg intr. start: 2:59 AM

Avg intr. end: 3:23 AM

Sleep duration — Jennerich, John



Sleep Charts

Jennerich, John

Feb 5, 2025 – Feb 17, 2025

Avg sleep: 9.93 h (9h 56m)

Avg start: 8:37 PM

Avg end: 6:33 AM

Avg interruptions: 0.60 h (0h 36m)

Avg intr. start: 2:02 AM

Avg intr. end: 1:42 AM

Sleep duration — Jennerich, John

