

Sleep Charts

Santiago, Nathaniel

May 17, 2025 – Jul 14, 2025

Avg sleep: 8.92 h (8h 55m)

Avg start: 8:07 PM

Avg end: 5:02 AM

Avg interruptions: 0.29 h (0h 17m)

Avg intr. start: 2:11 AM

Avg intr. end: 3:33 AM

Sleep duration — Santiago, Nathaniel

