

Sleep Charts

Travers, Lindsey
Apr 25, 2025 - Aug 17, 2025

Avg sleep: 8.54 h (8h 33m)
Avg start: 8:54 PM
Avg end: 5:27 AM
Avg interruptions: 0.60 h (0h 36m)
Avg intr. start: 12:47 AM
Avg intr. end: 1:30 AM

Sleep duration — Travers, Lindsey

