

Jennerich, John
Feb 18, 2025 - Aug 17, 2025

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Avg end: 5:54 AM

Avg intr. start: 2:59 AM

Avg intr. end: 3:23 AM

The graph displays two data series over time. The 'Longest path' (solid blue line) shows significant fluctuations, with peaks reaching approximately 13.2 hours and troughs dropping to about 4.2 hours. The 'Shortest path' (dashed red line) remains relatively stable, fluctuating between 9.6 and 10.2 hours. Both series show a general trend of staying near the 10-hour mark, with the longest path exhibiting much higher variance.

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

