

# 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

