

Sleep Charts

Santiago, Matthew

May 18, 2025 – Jul 13, 2025

Avg sleep: 7.53 h (7h 32m)

Avg start: 8:53 PM

Avg end: 4:25 AM

Avg interruptions: 0.15 h (0h 09m)

Avg intr. start: 12:27 AM

Avg intr. end: 3:09 AM

Sleep duration — Santiago, Matthew

