

# 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

