

# Sleep Charts

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

Avg sleep: 9.90 h (9h 54m)  
Avg start: 8:00 PM  
Avg end: 5:54 AM  
Avg interruptions: 0.45 h (0h 27m)  
Avg intr. start: 2:59 AM  
Avg intr. end: 3:23 AM



# 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

