

# Sleep Charts

Beecher, Lexi  
Mar 4, 2025 - Aug 17, 2025

Avg sleep: 10.43 h (10h 26m)  
Avg start: 7:31 PM  
Avg end: 5:57 AM  
Avg interruptions: 0.39 h (0h 23m)  
Avg intr. start: 12:04 AM  
Avg intr. end: 1:02 AM

Sleep duration — Beecher, Lexi

