

# Sleep Charts

Outman, Emily  
Feb 18, 2025 - Aug 17, 2025

Avg sleep: 9.67 h (9h 40m)  
Avg start: 7:20 PM  
Avg end: 5:00 AM  
Avg interruptions: 0.15 h (0h 09m)  
Avg intr. start: 12:27 AM  
Avg intr. end: 1:38 AM



# Sleep Charts

Outman, Emily