

# Sleep Charts

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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

