

Sleep Charts

Zeigler, Sophie
Feb 18, 2025 – Aug 17, 2025

Avg sleep: 7.75 h (7h 45m)
Avg start: 11:09 PM
Avg end: 6:54 AM
Avg interruptions: 0.32 h (0h 19m)
Avg intr. start: 2:43 AM
Avg intr. end: 4:04 AM

Sleep duration — Zeigler, Sophie



Sleep Charts

Zeigler, Sophie
Feb 5, 2025 - Feb 17, 2025

Avg sleep: 6.70 h (6h 42m)
Avg start: 10:09 PM
Avg end: 4:51 AM
Avg interruptions: 0.91 h (0h 55m)
Avg intr. start: 11:38 PM
Avg intr. end: 1:24 AM

Sleep duration — Zeigler, Sophie



Sleep Charts

Zeigler, Sophie