

# Sleep Charts

Prendergast, Declan  
Jul 17, 2025 - Aug 17, 2025

Avg sleep: 8.29 h (8h 18m)  
Avg start: 10:20 PM  
Avg end: 6:38 AM  
Avg interruptions: 0.17 h (0h 10m)  
Avg intr. start: 11:17 PM  
Avg intr. end: 2:06 AM

Sleep duration — Prendergast, Declan

