

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

