

# Sleep Charts

Cichocki, Erica

Jul 22, 2025 – Aug 17, 2025

Avg sleep: 7.23 h (7h 14m)

Avg start: 11:28 PM

Avg end: 6:42 AM

Avg interruptions: 0.65 h (0h 39m)

Avg intr. start: 3:06 AM

Avg intr. end: 4:25 AM

**Sleep duration — Cichocki, Erica**

