

# Sleep Charts

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Avg sleep: 8.92 h (8h 55m)  
Avg start: 8:07 PM  
Avg end: 5:02 AM  
Avg interruptions: 0.29 h (0h 17m)  
Avg intr. start: 2:11 AM  
Avg intr. end: 3:33 AM



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