

Sleep Charts

Jennerich, John
Feb 18, 2025 – Aug 17, 2025

Avg sleep: 9.90 h (9h 54m)
Avg start: 8:00 PM
Avg end: 5:54 AM
Avg interruptions: 0.45 h (0h 27m)
Avg intr. start: 2:59 AM
Avg intr. end: 3:23 AM



Sleep Charts

Jennerich, John
Feb 5, 2025 – Feb 17, 2025

Avg sleep: 9.93 h (9h 56m)
Avg start: 8:37 PM
Avg end: 6:33 AM
Avg interruptions: 0.60 h (0h 36m)
Avg intr. start: 2:02 AM
Avg intr. end: 1:42 AM

Sleep duration — Jennerich, John

