

# Sleep Charts

Fields, Nathan  
Feb 18, 2025 – Aug 17, 2025

Avg sleep: 8.70 h (8h 42m)  
Avg start: 8:44 PM  
Avg end: 5:26 AM  
Avg interruptions: 0.14 h (0h 08m)  
Avg intr. start: 1:55 AM  
Avg intr. end: 3:04 AM

Sleep duration — Fields, Nathan



# Sleep Charts

Fields, Nathan  
Feb 6, 2025 – Feb 17, 2025

Avg sleep: 10.25 h (10h 15m)  
Avg start: 8:17 PM  
Avg end: 6:32 AM  
Avg interruptions: 0.22 h (0h 13m)  
Avg intr. start: 3:52 AM  
Avg intr. end: 4:30 AM

Sleep duration — Fields, Nathan

