

Sleep Charts

Santiago, Matthew
May 18, 2025 – Jul 13, 2025

Avg sleep: 7.53 h (7h 32m)
Avg start: 8:53 PM
Avg end: 4:25 AM
Avg interruptions: 0.15 h (0h 09m)
Avg intr. start: 12:27 AM
Avg intr. end: 3:09 AM



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