

# Sleep Charts

Beecher, Lexi

Mar 4, 2025 - Aug 17, 2025

Avg sleep: 10.43 h (10h 26m)

Avg start: 7:31 PM

Avg end: 5:57 AM

Avg interruptions: 0.39 h (0h 23m)

Avg intr. start: 12:04 AM

Avg intr. end: 1:02 AM

**Sleep duration — Beecher, Lexi**

