

# Sleep Charts

McAvoy, Isabella  
Feb 18, 2025 - Aug 17, 2025

Avg sleep: 11.21 h (11h 13m)  
Avg start: 8:00 PM  
Avg end: 7:13 AM  
Avg interruptions: 0.33 h (0h 20m)  
Avg intr. start: 2:57 AM  
Avg intr. end: 3:57 AM



# Sleep Charts

McAvoy, Isabella

Feb 5, 2025 – Feb 17, 2025

Avg sleep: 10.46 h (10h 27m)

Avg start: 8:01 PM

Avg end: 6:28 AM

Avg interruptions: 0.33 h (0h 20m)

Avg intr. start: 3:18 AM

Avg intr. end: 5:10 AM

Sleep duration — McAvoy, Isabella

