

Sleep Charts

Cichocki, Erica
Jul 22, 2025 – Aug 17, 2025

Avg sleep: 7.23 h (7h 14m)
Avg start: 11:28 PM
Avg end: 6:42 AM
Avg interruptions: 0.65 h (0h 39m)
Avg intr. start: 3:06 AM
Avg intr. end: 4:25 AM

Sleep duration — Cichocki, Erica

