

# Sleep Charts

Dominguez, Hiroshy  
May 9, 2025 – Aug 17, 2025

Avg sleep: 9.47 h (9h 28m)  
Avg start: 8:07 PM  
Avg end: 5:35 AM  
Avg interruptions: 0.28 h (0h 17m)  
Avg intr. start: 12:46 AM  
Avg intr. end: 1:50 AM

Sleep duration — Dominguez, Hiroshy

