Snuggle

Sleeping report

Lina

18 Oct 2026 – 16 Nov 2026

Generated on 17 Nov 2026



Overview

320 h 13	59 h 54	380 h 07	6 h 55
Night sleep	Naps	Total sleep	Longest stretch

Days

18 Oct 2026 — 10 h 56 night · 1 h 41 naps



19 Oct 2026 — 10 h 38 night · 2 h 08 naps



20 Oct 2026 — 9 h 57 night · 1 h 59 naps



21 Oct 2026 — 10 h 49 night · 1 h 45 naps



22 Oct 2026 — 11 h 13 night · 1 h 58 naps



23 Oct 2026 — 10 h 57 night · 1 h 44 naps



24 Oct 2026 — 9 h 58 night · 2 h 05 naps



25 Oct 2026 — 10 h 48 night · 1 h 45 naps



26 Oct 2026 — 11 h 06 night · 1 h 38 naps



27 Oct 2026 — 10 h 24 night · 2 h 11 naps



28 Oct 2026 — 10 h 42 night · 2 h 28 naps



29 Oct 2026 — 10 h 53 night · 2 h 34 naps



30 Oct 2026 — 10 h 51 night · 2 h 15 naps



31 Oct 2026 — 10 h 34 night · 1 h 31 naps



1 Nov 2026 — 10 h 10 night · 1 h 24 naps



2 Nov 2026 — 11 h 04 night · 2 h 06 naps



3 Nov 2026 — 10 h 49 night · 2 h 35 naps



4 Nov 2026 — 9 h 58 night · 2 h 04 naps



5 Nov 2026 — 10 h 59 night · 1 h 46 naps



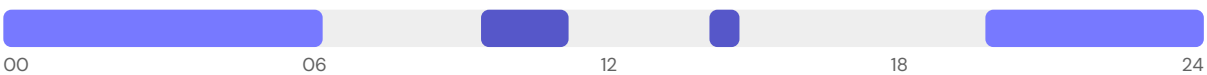
6 Nov 2026 — 10 h 55 night · 2 h 13 naps



7 Nov 2026 — 9 h 56 night · 2 h 33 naps



8 Nov 2026 — 10 h 45 night · 2 h 21 naps



9 Nov 2026 — 10 h 47 night · 2 h 10 naps



10 Nov 2026 — 10 h 38 night · 2 h 25 naps

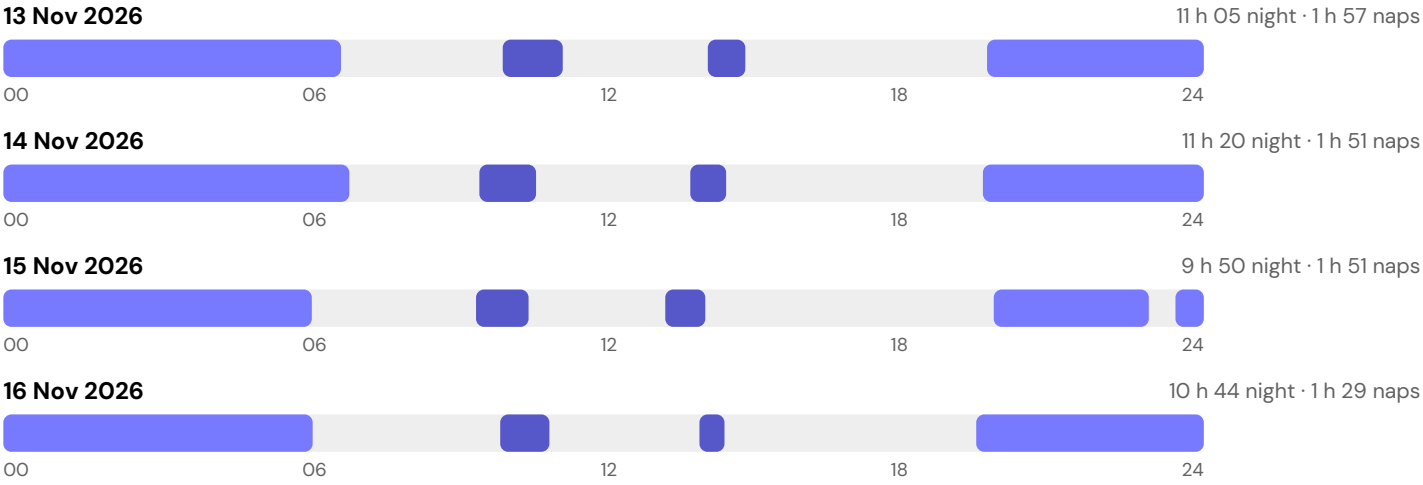


11 Nov 2026 — 10 h 41 night · 1 h 47 naps



12 Nov 2026 — 10 h 46 night · 1 h 40 naps





Period averages

20:50
Bedtime

11:22
Wake time

2.0
Naps per day

6 h 55
Longest night stretch

0.0
Night wakings

Last 14 sleeps

Date	Time	Duration	Details
16 Nov 2026	19:27–06:19	10 h 52	—
16 Nov 2026	13:55–14:25	30 min	—
16 Nov 2026	09:56–10:55	59 min	—
15 Nov 2026	23:26–06:11	6 h 45	—
15 Nov 2026	19:48–22:54	3 h 06	—
15 Nov 2026	13:14–14:02	48 min	—
15 Nov 2026	09:27–10:30	1 h 03	—
14 Nov 2026	19:35–06:10	10 h 35	—
14 Nov 2026	13:44–14:27	43 min	—
14 Nov 2026	09:31–10:39	1 h 08	—
13 Nov 2026	19:40–06:55	11 h 15	—
13 Nov 2026	14:05–14:50	45 min	—
13 Nov 2026	09:59–11:11	1 h 12	—
12 Nov 2026	19:35–06:45	11 h 10	—

Next sleep window

16:35–17:17. Estimate, not medical advice.