

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep

7h 1m



Time in bed

8h 35m



Sleep efficiency

82%



Resting heart rate

39 bpm



Sleep Score

77

Good



Sleep contributors

Total sleep

7h 1m



Efficiency

82%



Restfulness

Pay attention



REM sleep

1h 19m, 19%



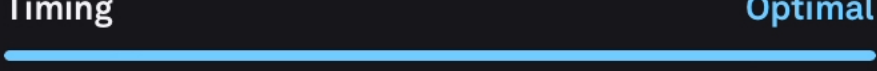
Deep sleep

1h 12m, 17%



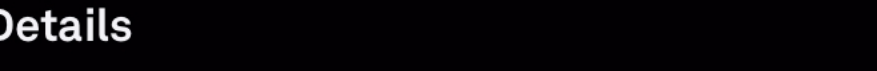
Latency

7m



Timing

Optimal



Details

Time asleep

7h 1m



Total duration 8h 35m



Movement



- Awake 1h 35m
- REM 1h 19m 19%
- Light 4h 30m 64%
- Deep 1h 12m 17%



Average oxygen saturation

99%



Breathing regularity

Optimal

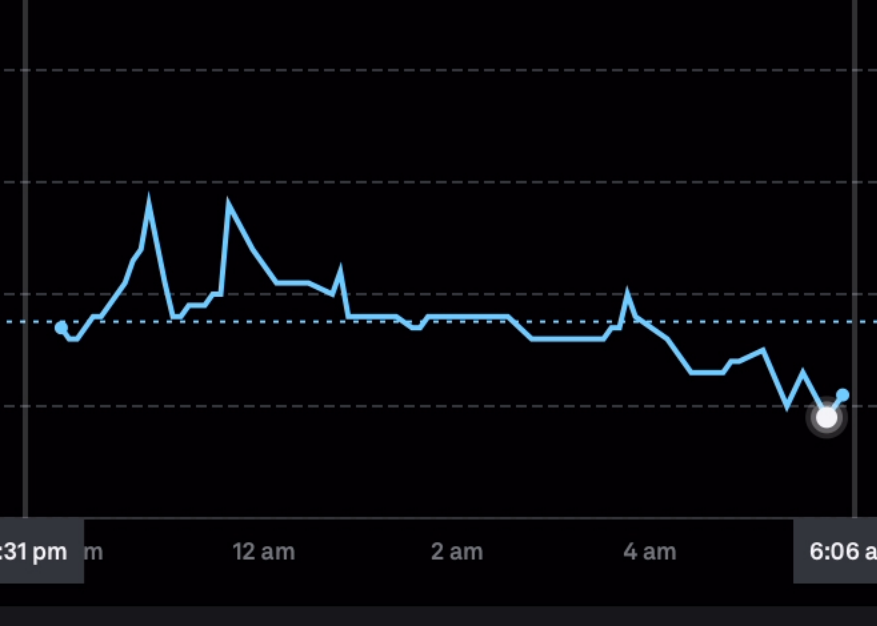


No significant variations in your blood oxygen levels were detected. This can indicate that you experienced no breathing disturbances in your sleep.

Lowest heart rate

39 bpm

Average 47 bpm



Average HRV

37 ms

Max 104 ms

