

Awake
 REM
 Light
 Deep

Total sleep

7h 54m

Time in bed

9h 41m

Sleep efficiency

82%

Resting heart rate

42 bpm

Sleep Score

79

Good

Sleep contributors

Total sleep

7h 54m

Efficiency

82%

Restfulness

Pay attention

REM sleep

0h 49m, 10%

Deep sleep

2h 0m, 25%

Latency

7m

Timing

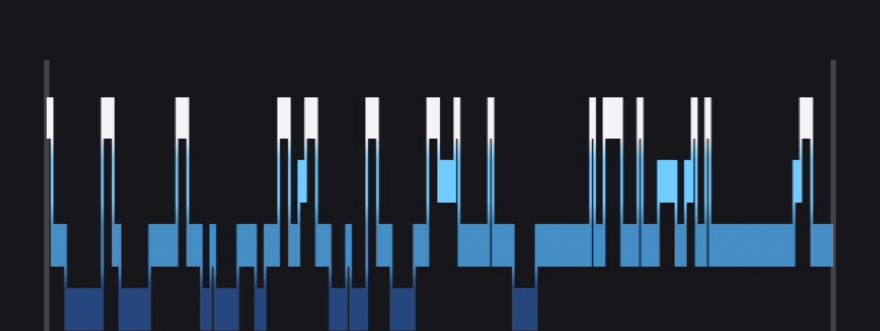
Optimal

Details

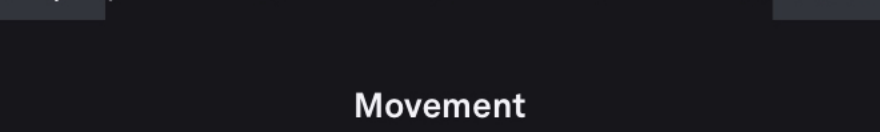
Time asleep

7 h 54 m

Total duration 9h 41m



Movement



Awake 1h 47m

REM 0h 49m 10%

Light 5h 6m 65%

Deep 2h 0m 25%

Awake
 REM
 Light
 Deep

Breathing regularity



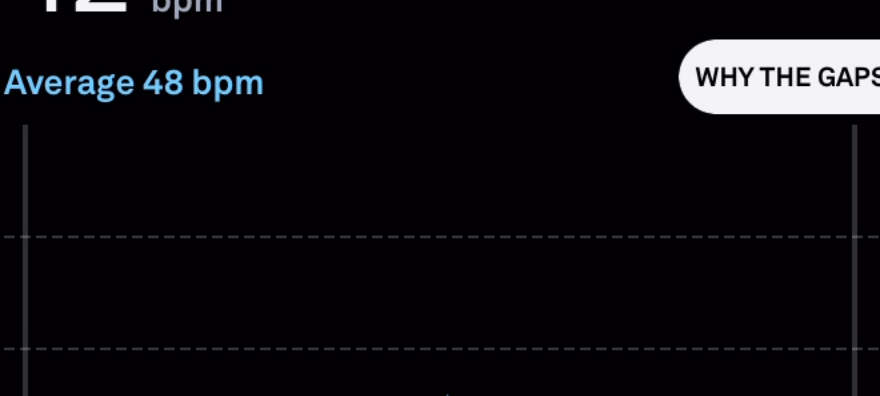
Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate

42 bpm

Average 48 bpm

WHY THE GAPS?



Average HRV

33 ms

Max 97 ms

WHY THE GAPS?

