

Awake
REM
Light
Deep

Total sleep
7h 19m >

Time in bed
9h 3m >

Sleep efficiency
81% >


Resting heart rate
41 bpm >

Sleep Score
77 Good >

Sleep contributors

- Total sleep **7h 19m**
- Efficiency **81%**
- Restfulness **Pay attention**
- REM sleep **0h 51m, 11%**
- Deep sleep **1h 35m, 22%**
- Latency **10m**
- Timing **Optimal**

Details

Time asleep **7h 19m** 

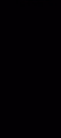
Total duration **9h 3m**

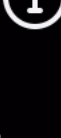
9:25 pm m 12 am 2 am 4 am 6:28 am

Movement

- Awake 1h 44m
- REM 0h 51m 11%
- Light 4h 53m 67%
- Deep 1h 35m 22%

Awake
REM
Light
Deep

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 **41 bpm**

Average **46 bpm**

9:25 pm m 12 am 2 am 4 am 6:28 am

Average HRV **42 ms**

Max **96 ms**

9:25 pm m 12 am 2 am 4 am 6:28 am