

Awake
REM
Light
Deep

Total sleep
7h 19m

Time in bed
8h 46m

Sleep efficiency
83%

Resting heart rate
42 bpm

Sleep Score
79 Good

Sleep contributors

Total sleep **7h 19m**

Efficiency **83%**

Restfulness **Pay attention**

REM sleep **1h 24m, 19%**

Deep sleep **1h 17m, 17%**

Latency **4m**

Timing **Optimal**

Details

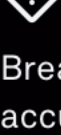
Time asleep
7h 19m

Total duration **8h 46m**



- Awake 1h 27m
- REM 1h 24m 19%
- Light 4h 39m 64%
- Deep 1h 17m 17%

Awake
REM
Light
Deep

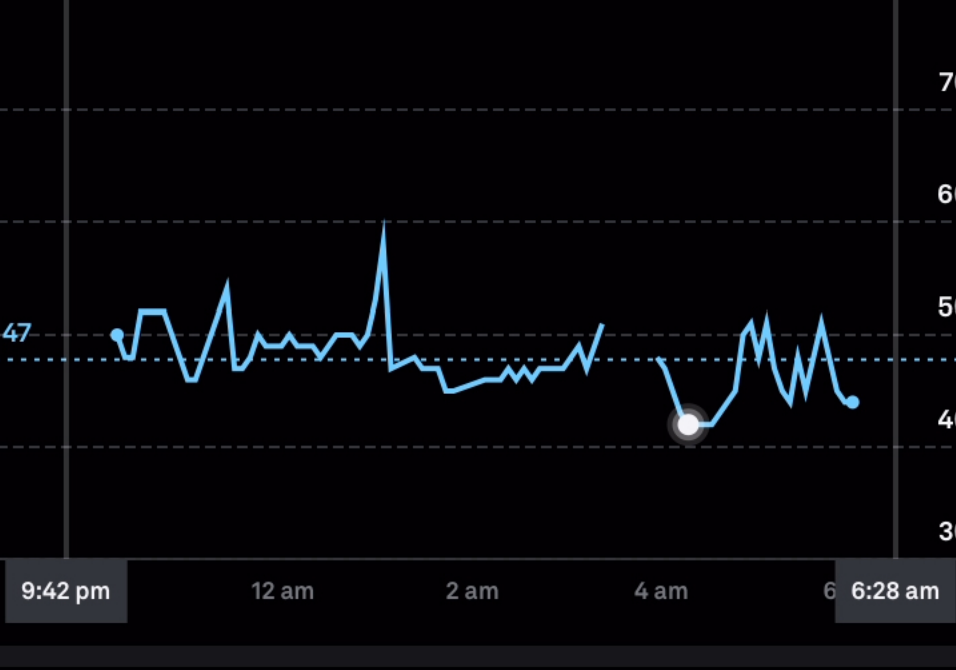
Breathing regularity 

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 **47 bpm**

WHY THE GAPS?



Average HRV
36 ms

Max **65 ms**

WHY THE GAPS?

