

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep
5h 49m

Time in bed
8h 26m

Sleep efficiency
69%

Resting heart rate
46 bpm

Sleep Score
56 Pay attention

Sleep contributors

Total sleep **5h 49m**

Efficiency **69%**

Restfulness **Pay attention**

REM sleep **0h 27m, 8%**

Deep sleep **0h 9m, 2%**

Latency **18m**

Timing **Optimal**

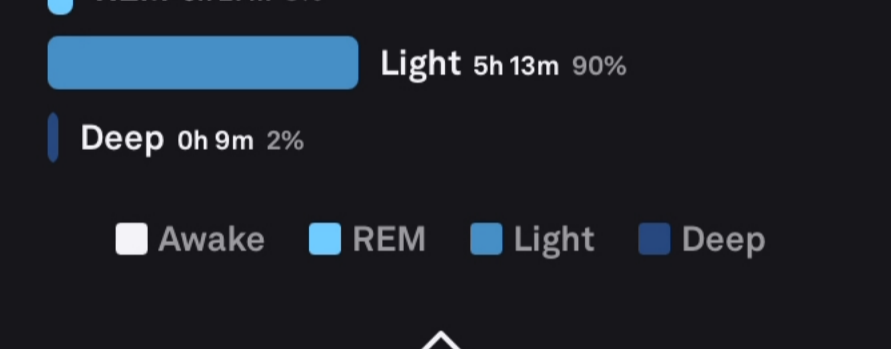
Details

Time asleep
5h 49m

Total duration **8h 26m**



Movement



■ Awake 2h 37m
 ■ REM 0h 27m 8%
 ■ Light 5h 13m 90%
 ■ Deep 0h 9m 2%

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Average oxygen saturation
98%

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
46 bpm

Average **57 bpm**

WHY THE GAPS?



Average HRV
27 ms

Max **119 ms**

WHY THE GAPS?

