

Awake REM Light Deep

Total sleep 7h 3m

Time in bed 8h 46m

Sleep efficiency 80%

Resting heart rate 39 bpm

Sleep Score 75 Good

Sleep contributors

Total sleep 7h 3m

Efficiency 80%

Restfulness Pay attention

REM sleep 1h 12m, 17%

Deep sleep 1h 2m, 15%

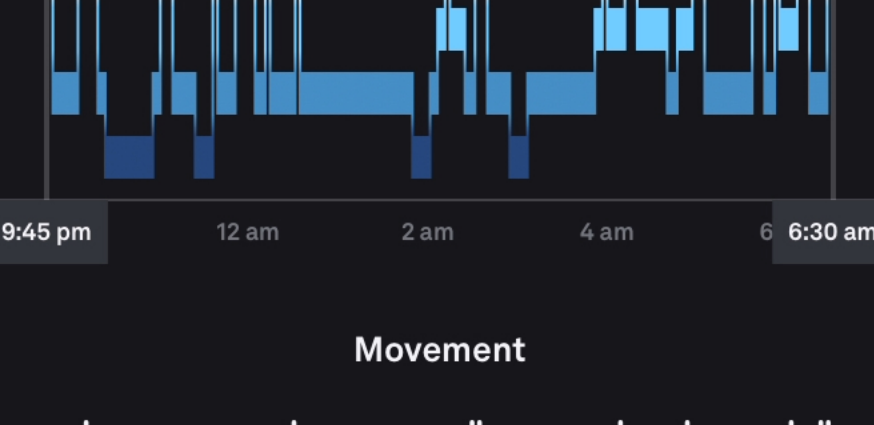
Latency 5m

Timing Optimal

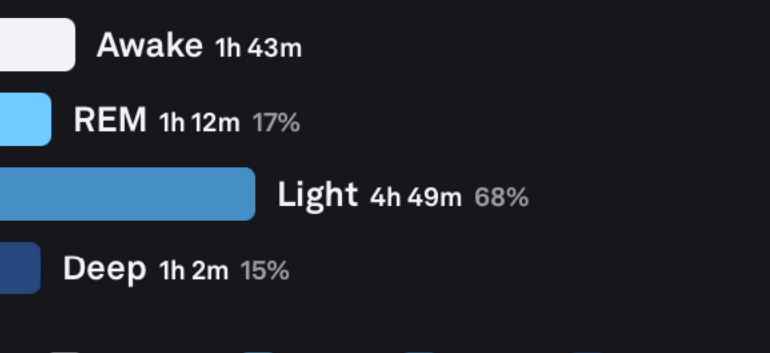
Details

Time asleep 7h 3m

Total duration 8h 46m



Movement



Awake 1h 43m, REM 1h 12m 17%, Light 4h 49m 68%, Deep 1h 2m 15%

Average oxygen saturation 98%

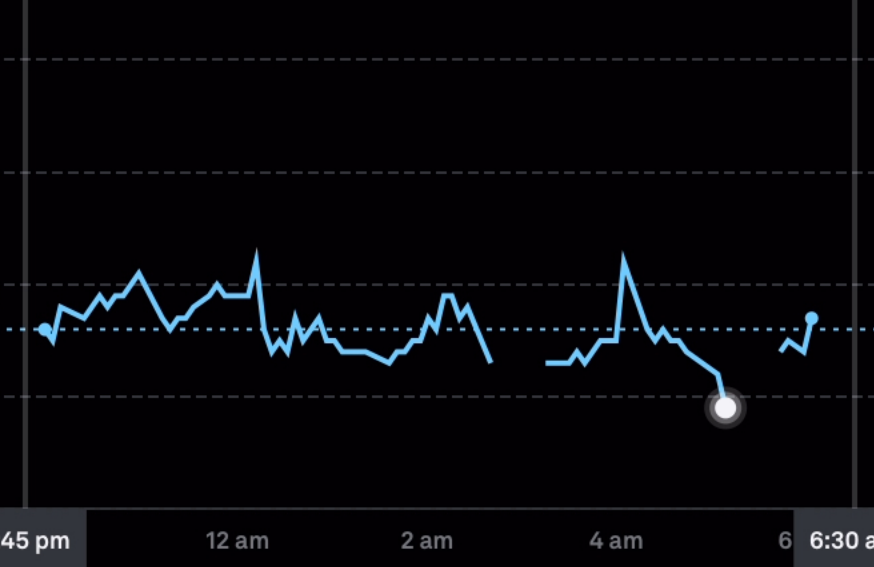
Breathing regularity Optimal

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 39 bpm

Average 46 bpm

WHY THE GAPS?



Average HRV 41 ms

Max 85 ms

WHY THE GAPS?

