

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep

7h 7m



Time in bed

8h 38m



Sleep efficiency

82%



Resting heart rate

37 bpm



Sleep Score

75

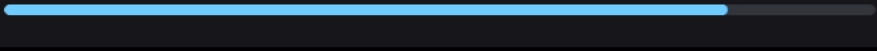
Good



### Sleep contributors

Total sleep

7h 7m



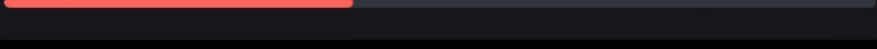
Efficiency

82%



Restfulness

Pay attention



REM sleep

1h 24m, 20%



Deep sleep

0h 41m, 9%



Latency

11m



Timing

Optimal



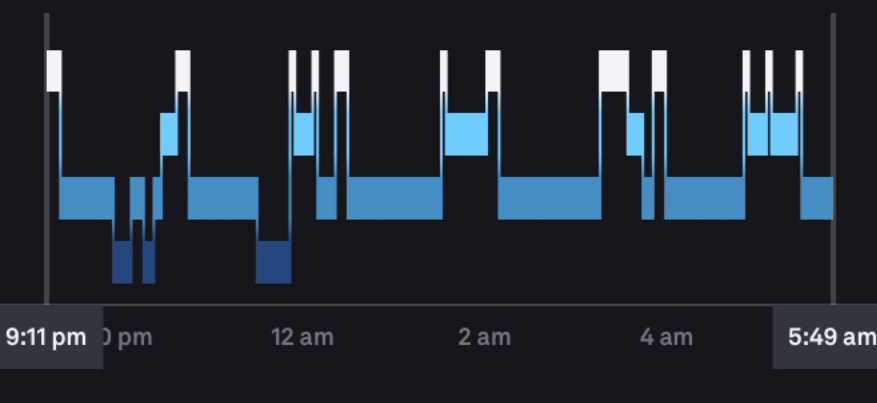
### Details

Time asleep

7 h 7 m



Total duration 8h 38m



#### Movement



Awake 1h 31m



REM 1h 24m 20%



Light 5h 3m 71%



Deep 0h 41m 9%

■ 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

37 bpm

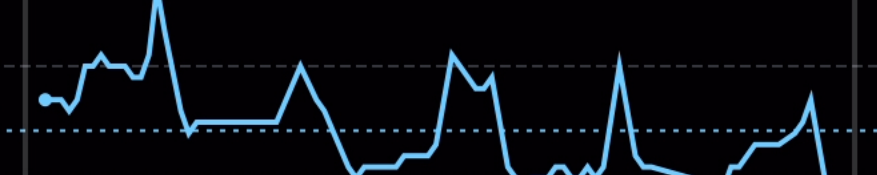
Average 44 bpm



Average HRV

50 ms

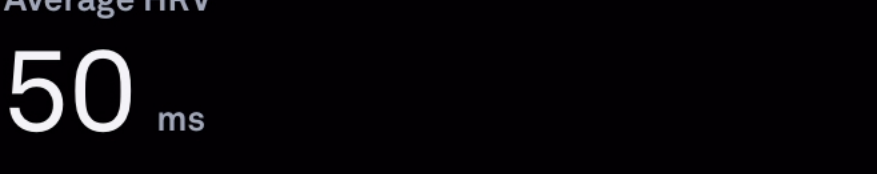
Max 90 ms



Average HRV

50 ms

Max 90 ms



Home



Readiness



Sleep



Activity



Resilience