

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep
7h 41m

Time in bed
9h 35m

Sleep efficiency
80%

Resting heart rate
41 bpm

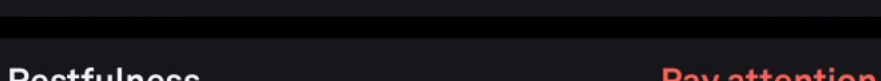
Sleep Score
78 Good

Sleep contributors

Total sleep **7h 41m**



Efficiency **80%**



Restfulness **Pay attention**



REM sleep **0h 58m, 13%**



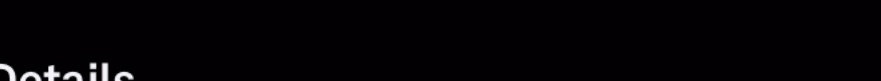
Deep sleep **1h 43m, 22%**



Latency **4m**



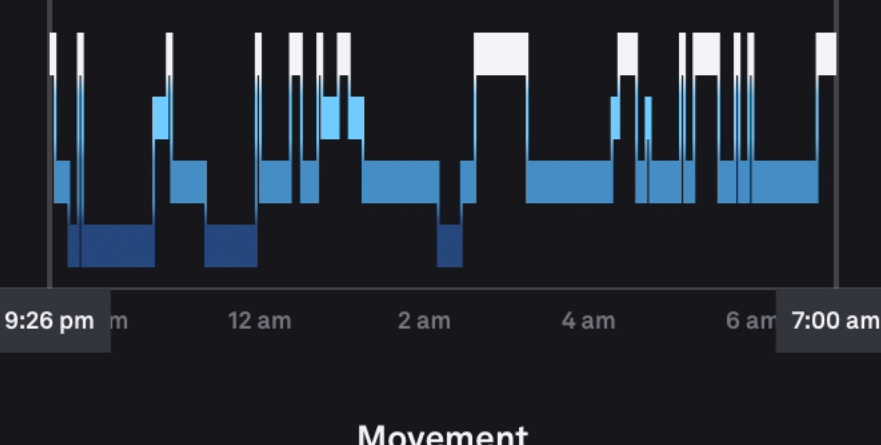
Timing **Optimal**



Details


Time asleep
7 h 41 m


Total duration **9h 35m**



- Awake 1h 54m
- REM 0h 58m 13%
- Light 5h 1m 65%
- Deep 1h 43m 22%

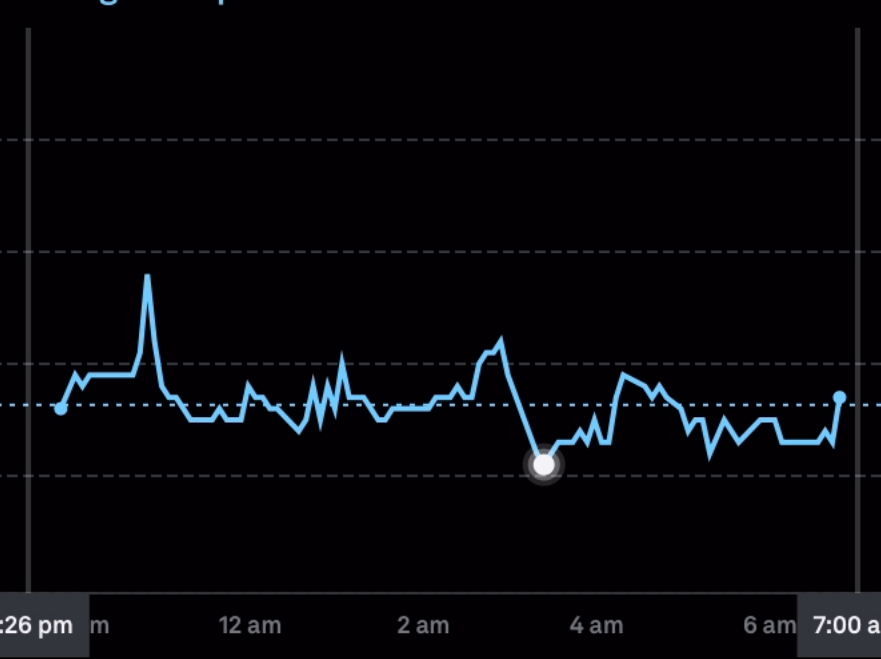
■ Awake
 ■ REM
 ■ Light
 ■ Deep

Breathing regularity 

 Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate
41 bpm

Average **46 bpm**



Average HRV
41 ms

Max **74 ms**

