

Awake
  REM
  Light
  Deep

Total sleep

7h 1m



Time in bed

8h 40m



Sleep efficiency

81%



Resting heart rate

42 bpm



Sleep Score

73

Good



### Sleep contributors

Total sleep

7h 1m

Efficiency

81%

Restfulness

Pay attention

REM sleep

0h 49m, 12%

Deep sleep

1h 3m, 15%

Latency

4m

Timing

Optimal

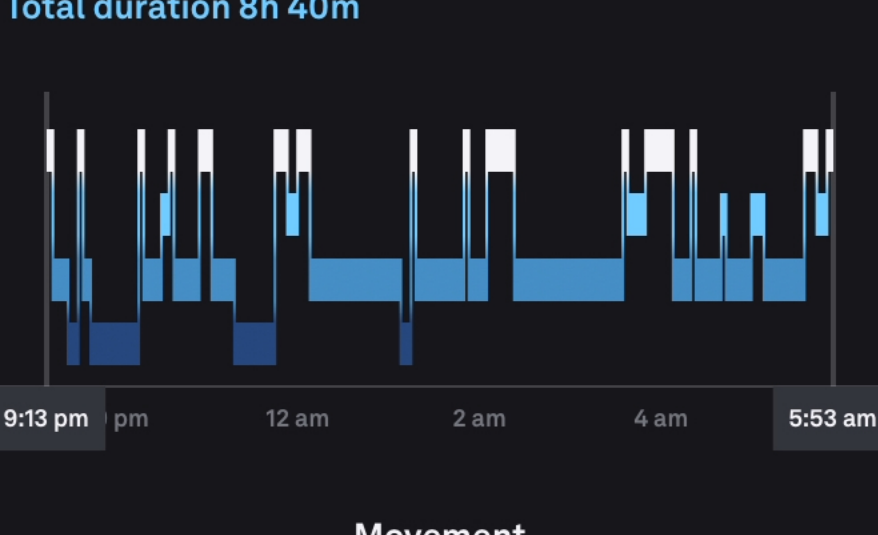
### Details

Time asleep

7h 1m




Total duration 8h 40m

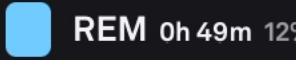


#### Movement



 Awake 1h 39m

 REM 0h 49m 12%

 Light 5h 10m 73%

 Deep 1h 3m 15%

Awake
  REM
  Light
  Deep



Breathing regularity

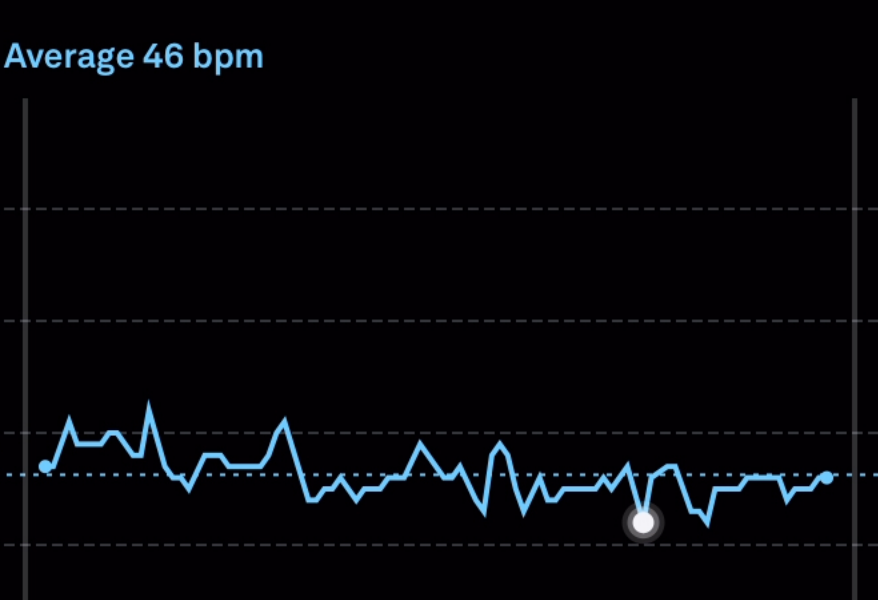


Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate

42 bpm

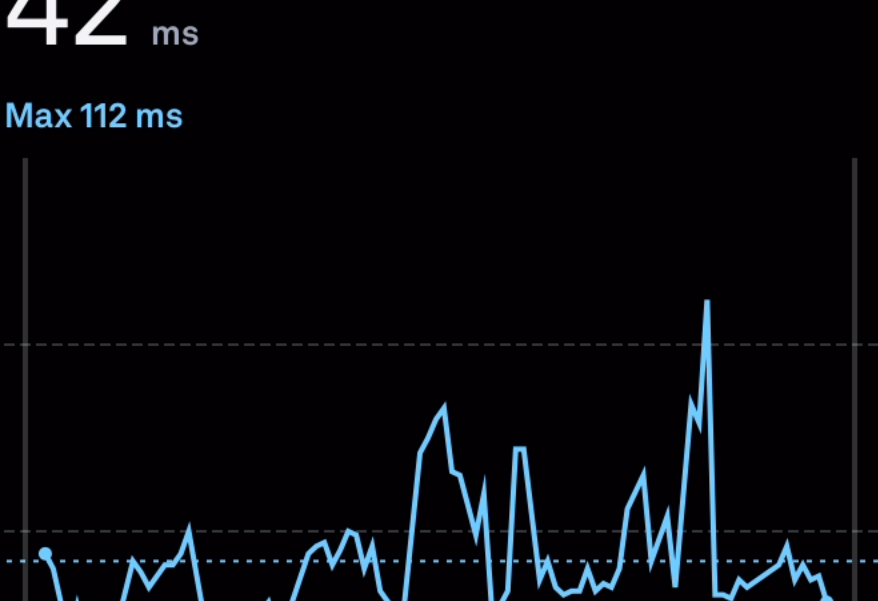
Average 46 bpm



Average HRV

42 ms

Max 112 ms



Home



Readiness



Sleep



Activity



Resilience