

Awake
  REM
  Light
  Deep

Total sleep  
**6h 20m**

Time in bed  
**7h 59m**

Sleep efficiency  
**79%**

Resting heart rate  
**41 bpm**

Sleep Score

**65** Fair

### Sleep contributors

Total sleep 6h 20m

Efficiency 79%

Restfulness Pay attention

REM sleep 0h 45m, 12%

Deep sleep 0h 47m, 12%

Latency 3m

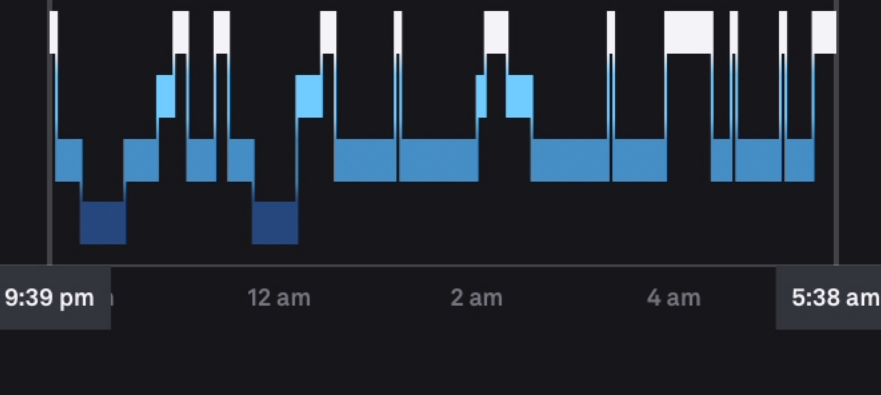
Timing Optimal

### Details

Time asleep

**6 h 20 m**

Total duration 7h 59m



#### Movement



- Awake 1h 39m
- REM 0h 45m 12%
- Light 4h 49m 76%
- Deep 0h 47m 12%

Awake
  REM
  Light
  Deep

### Breathing regularity

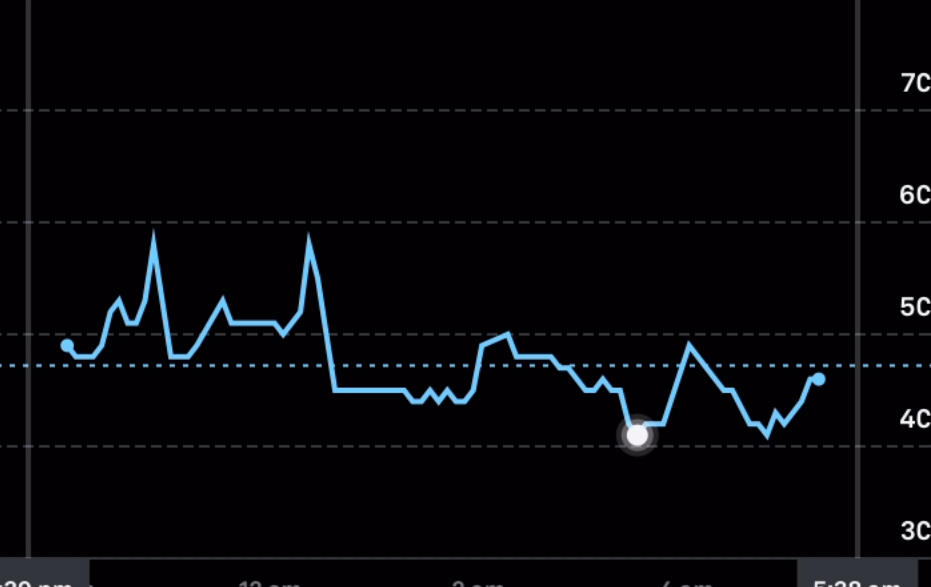


Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

### Lowest heart rate

**41** bpm

Average 47 bpm



### Average HRV

**39** ms

Max 88 ms

