

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep

6h 8m



Time in bed

8h 15m



Sleep efficiency

74%



Resting heart rate

40 bpm



Sleep Score

65

Fair



Sleep contributors

Total sleep

6h 8m



Efficiency

74%



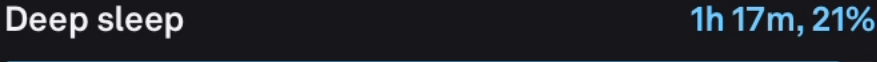
Restfulness

Pay attention



REM sleep

0h 31m, 8%



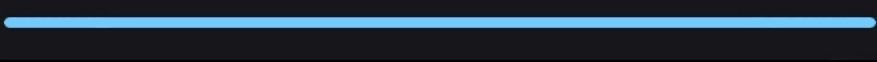
Deep sleep

1h 17m, 21%



Latency

3m



Timing

Optimal



Details

Time asleep

6 h 8 m



Total duration 8h 15m



Movement



Awake 2h 7m

REM 0h 31m 8%

Light 4h 20m 71%

Deep 1h 17m 21%



Average oxygen saturation

98 %



Breathing regularity

Optimal



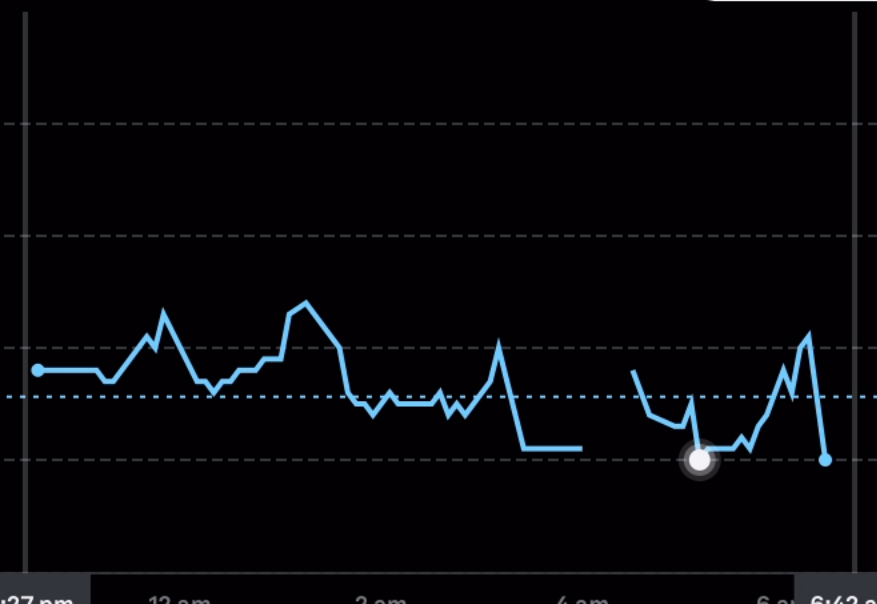
No significant variations in your blood oxygen levels were detected. This can indicate that you experienced no breathing disturbances in your sleep.

Lowest heart rate

40 bpm

Average 45 bpm

WHY THE GAPS?



Average HRV

53 ms

Max 148 ms

WHY THE GAPS?

