



■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep

7h 6m

Time in bed

9h 3m

Sleep efficiency

78%

Resting heart rate

41 bpm

Sleep Score

76

Good

Sleep contributors

Total sleep

7h 6m

Efficiency

78%

Restfulness

Pay attention

REM sleep

1h 8m, 16%

Deep sleep

1h 12m, 17%

Latency

10m

Timing

Optimal

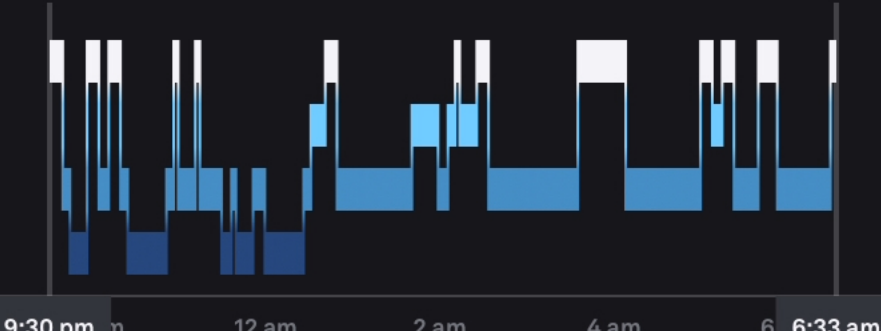
Details

Time asleep

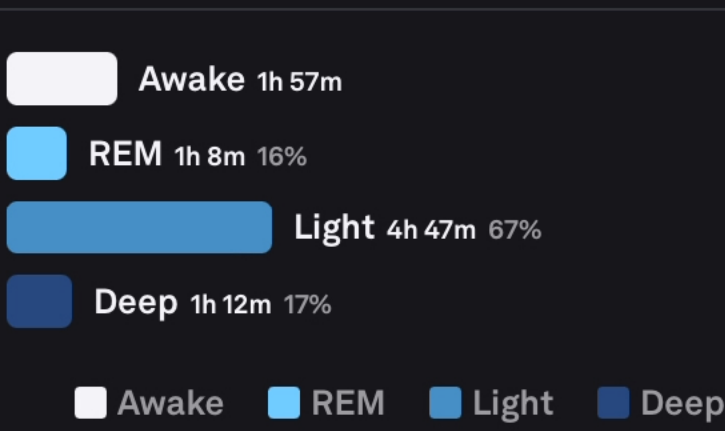
7 h 6 m



Total duration 9h 3m



Movement



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

45 ms

Max 163 ms

