

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep

5h 56m



Time in bed

7h 27m



Sleep efficiency

80%



Resting heart rate

44 bpm



Sleep Score

67 Fair



Sleep contributors

Total sleep

5h 56m



Efficiency

80%



Restfulness

Pay attention



REM sleep

0h 55m, 15%



Deep sleep

0h 56m, 16%



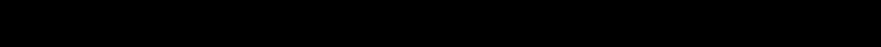
Latency

4m



Timing

Optimal



Details

Time asleep

5 h 56 m



Total duration 7h 27m



Movement



■ Awake 1h 31m

■ REM 0h 55m 15%

■ Light 4h 5m 69%

■ Deep 0h 56m 16%

■ Awake
 ■ REM
 ■ Light
 ■ Deep



Breathing regularity

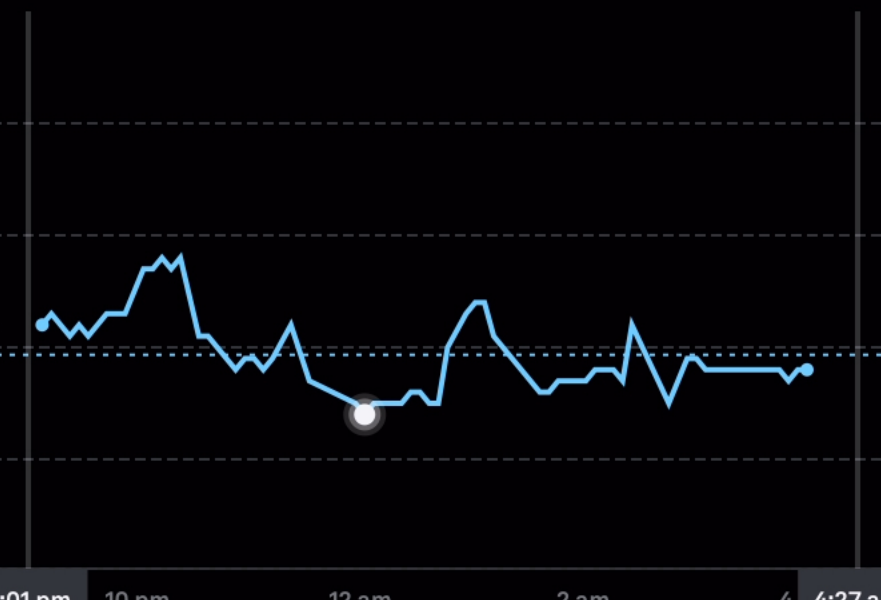


Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate

44 bpm

Average 49 bpm



Average HRV

29 ms

Max 47 ms

