

Awake REM Light Deep

Total sleep
6h 3m

Time in bed
7h 24m

Sleep efficiency
82%

Resting heart rate
42 bpm

Sleep Score

71 Good

Sleep contributors

Total sleep 6h 3m

Efficiency 82%

Restfulness Pay attention

REM sleep 0h 56m, 15%

Deep sleep 1h 44m, 29%

Latency 6m

Timing Optimal

Details

9:48 PM–4:26 AM
Sleep Score 66

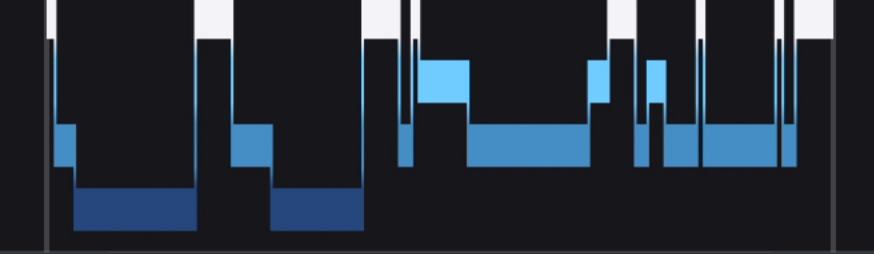
2:08 PM–2:54 PM
Sleep Score +5

Time asleep

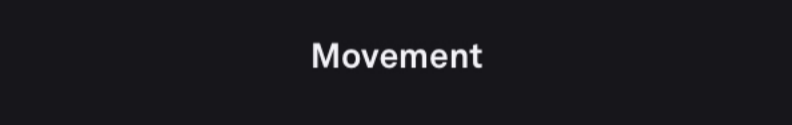
5 h 26 m



Total duration 6h 38m



Movement



Awake 1h 13m

REM 0h 56m 17%

Light 2h 52m 53%

Deep 1h 38m 30%

Awake REM Light Deep

Breathing regularity

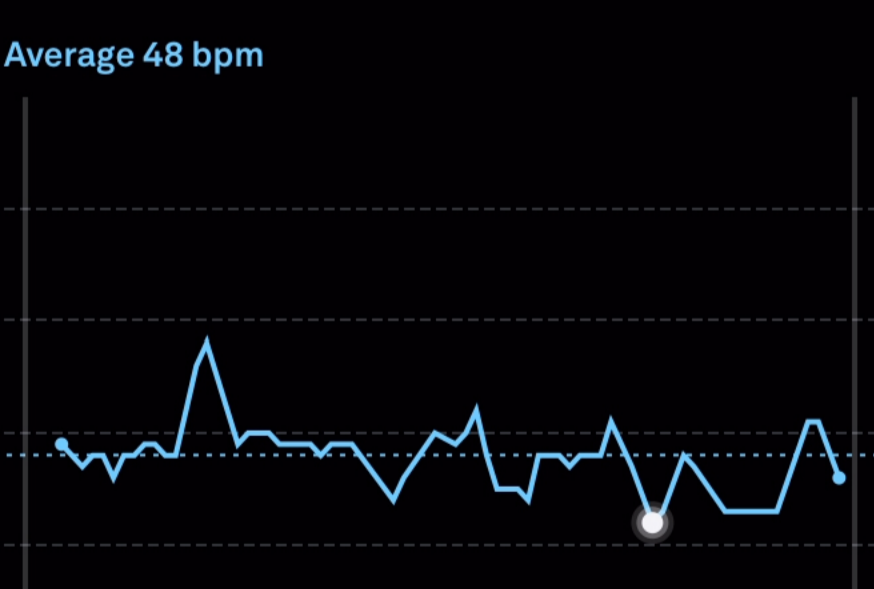


Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate

42 bpm

Average 48 bpm



Average HRV

34 ms

Max 76 ms

