

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep

6h 17m



Time in bed

7h 37m



Sleep efficiency

82%



Resting heart rate

46 bpm



Sleep Score

75

Good



### Sleep contributors

Total sleep

6h 17m

Efficiency

82%

Restfulness

Pay attention

REM sleep

1h 4m, 17%

Deep sleep

1h 3m, 17%

Latency

11m

Timing

Optimal

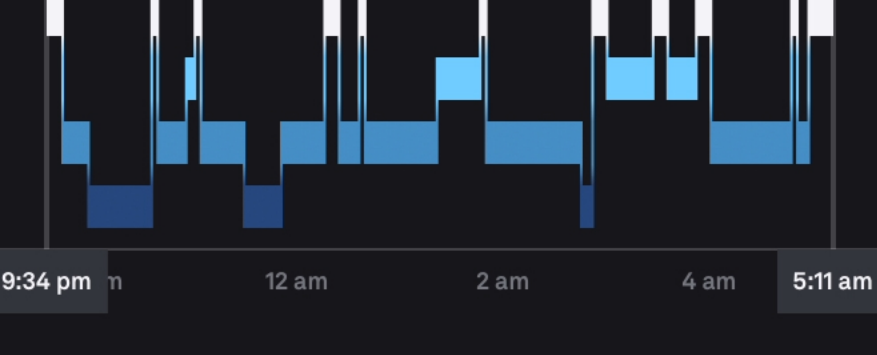
### Details

Time asleep

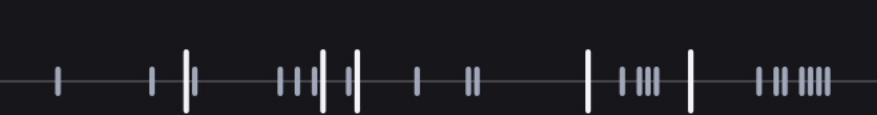
6 h 17 m



Total duration 7h 37m



Movement



- Awake 1h 21m
- REM 1h 4m 17%
- Light 4h 11m 66%
- Deep 1h 3m 17%

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Breathing regularity

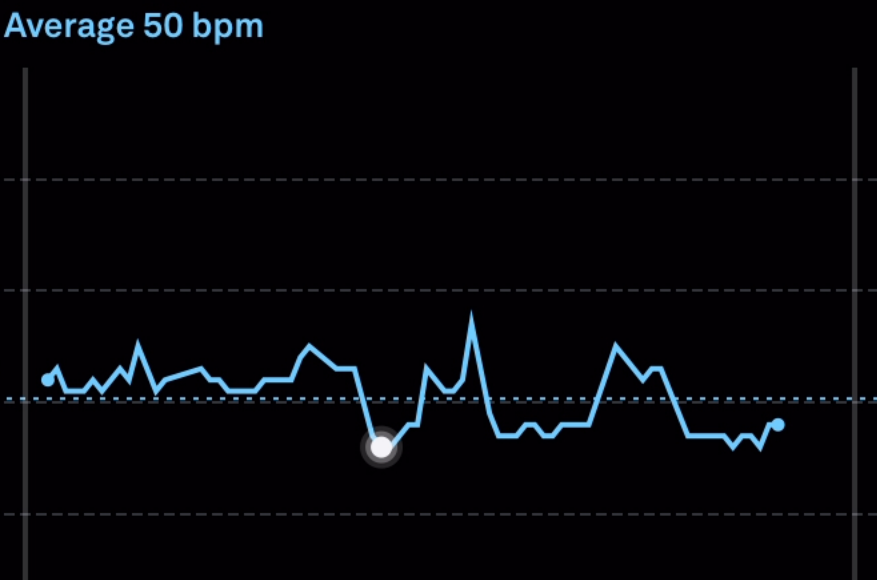


Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate

46 bpm

Average 50 bpm



Average HRV

29 ms

Max 63 ms

