

Awake
  REM
  Light
  Deep

Total sleep

7h 2m

Time in bed

8h 40m

Sleep efficiency

81%

Resting heart rate

42 bpm

Sleep Score

79 Good

### Sleep contributors

Total sleep

7h 2m

Efficiency

81%

Restfulness

Fair

REM sleep

1h 13m, 17%

Deep sleep

1h 23m, 20%

Latency

4m

Timing

Optimal

### Details

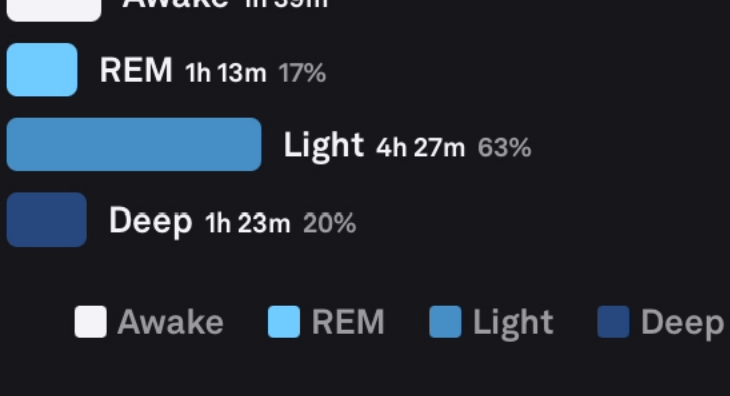
Time asleep

7h 2m

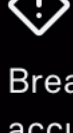
Total duration 8h 40m



#### Movement



#### Breathing regularity

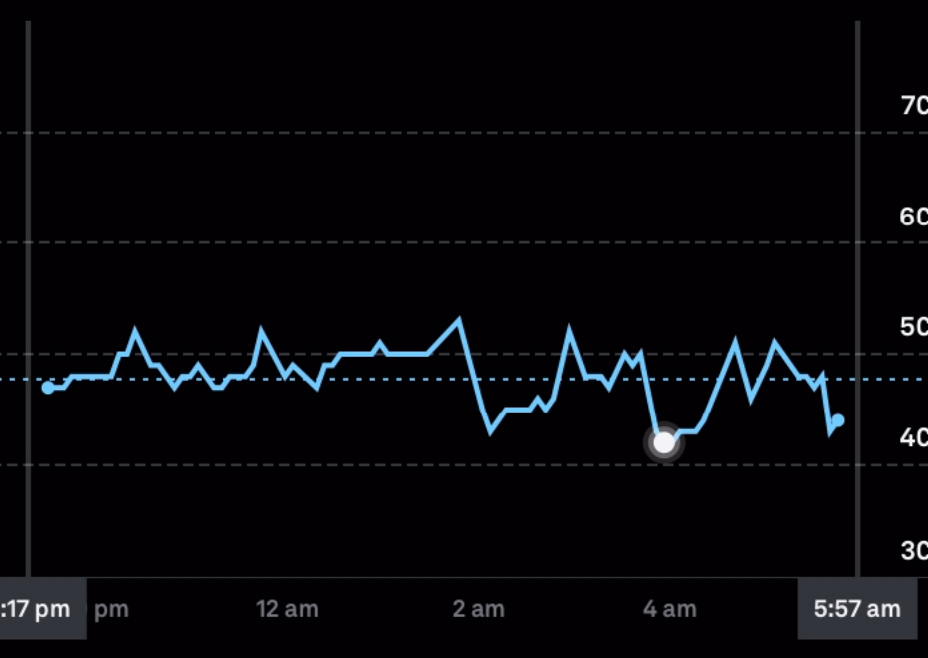


Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

#### Lowest heart rate

42 bpm

Average 47 bpm



#### Average HRV

35 ms

Max 65 ms

