

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep  
**6h 36m**

Time in bed  
**8h 15m**

Sleep efficiency  
**81%**

Resting heart rate  
**42 bpm**

Sleep Score  
**77** Good

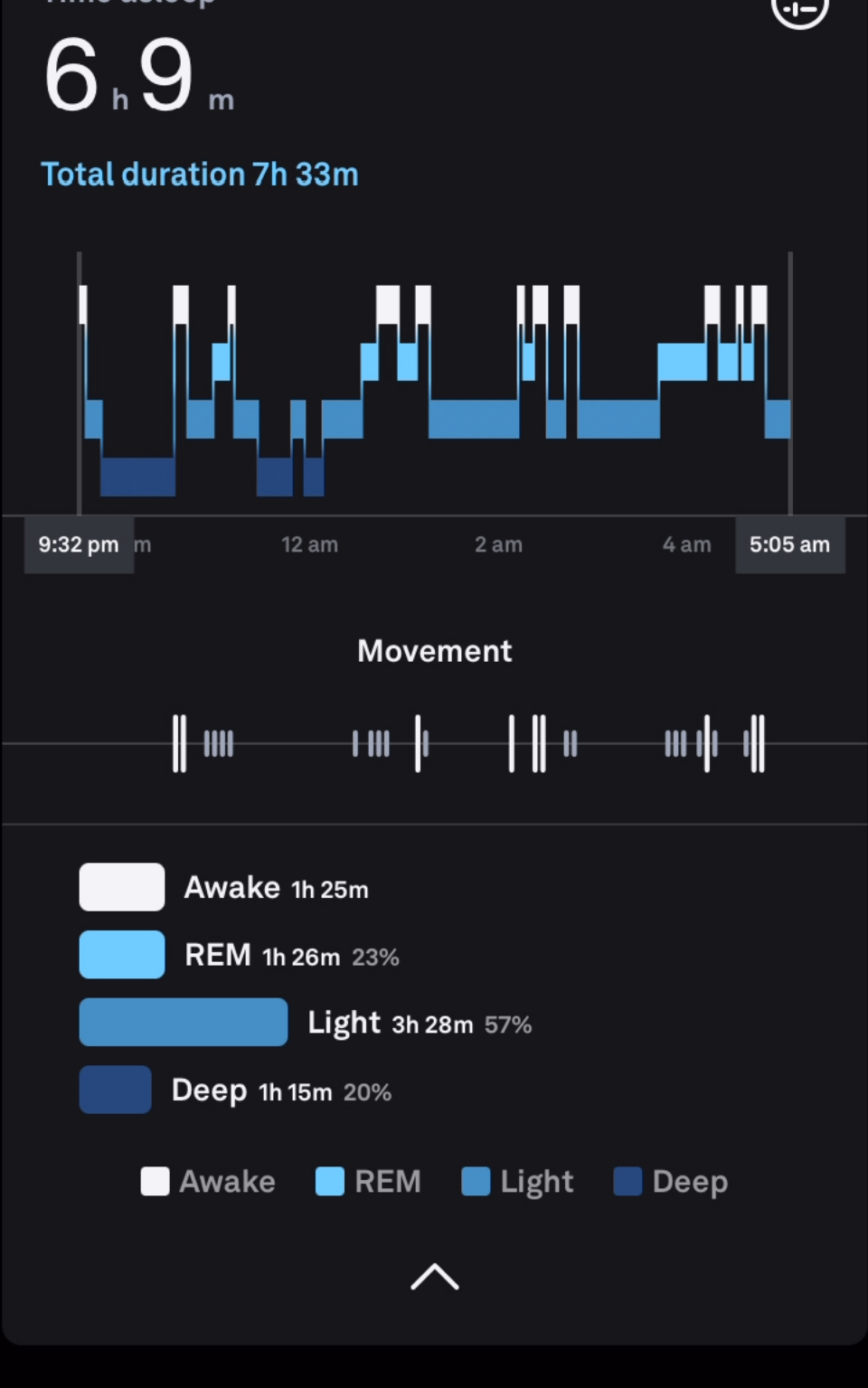
### Sleep contributors

- Total sleep **6h 36m**
- Efficiency **81%**
- Restfulness **Pay attention**
- REM sleep **1h 26m, 22%**
- Deep sleep **1h 16m, 19%**
- Latency **6m**
- Timing **Optimal**

### Details

9:32 PM–5:05 AM  
Sleep Score 74

2:33 PM–3:15 PM  
Sleep Score +3



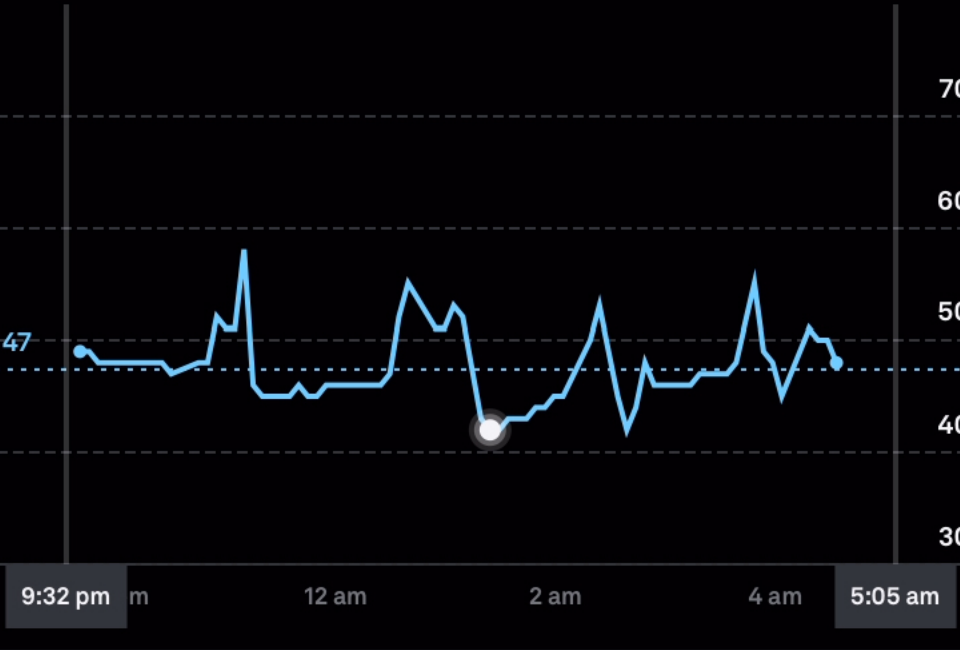
### Breathing regularity

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

**34** ms

Max 60 ms

