
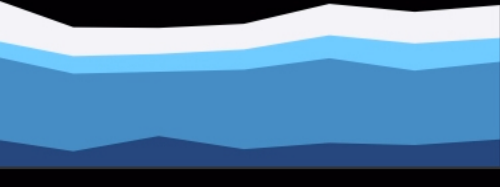


Yesterday

Today 



Awake
  REM
  Light
  Deep

Total sleep

6h 53m



Time in bed

8h 37m



Sleep efficiency

80%



Resting heart rate

41 bpm



Sleep Score

75 Good



### Sleep contributors

Total sleep

6h 53m



Efficiency

80%



Timing

Optimal



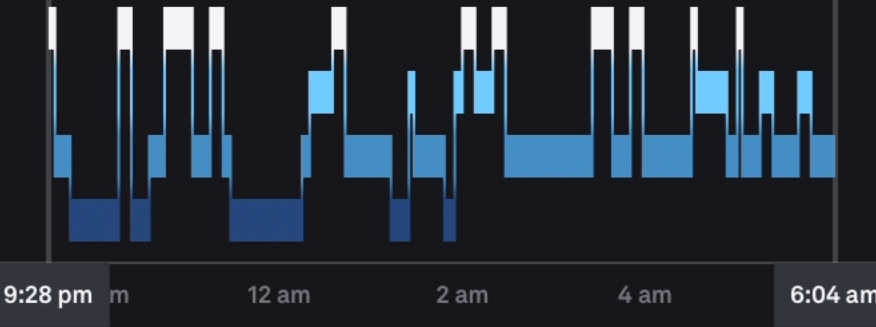
### Details

Time asleep



6 h 53 m

Total duration 8h 37m



9:28 pm m      12 am      2 am      4 am      6:04 am

#### Movement



Awake 1h 44m

REM 1h 15m 18%

Light 4h 5m 59%

Deep 1h 34m 23%

Awake
  REM
  Light
  Deep



#### Breathing regularity

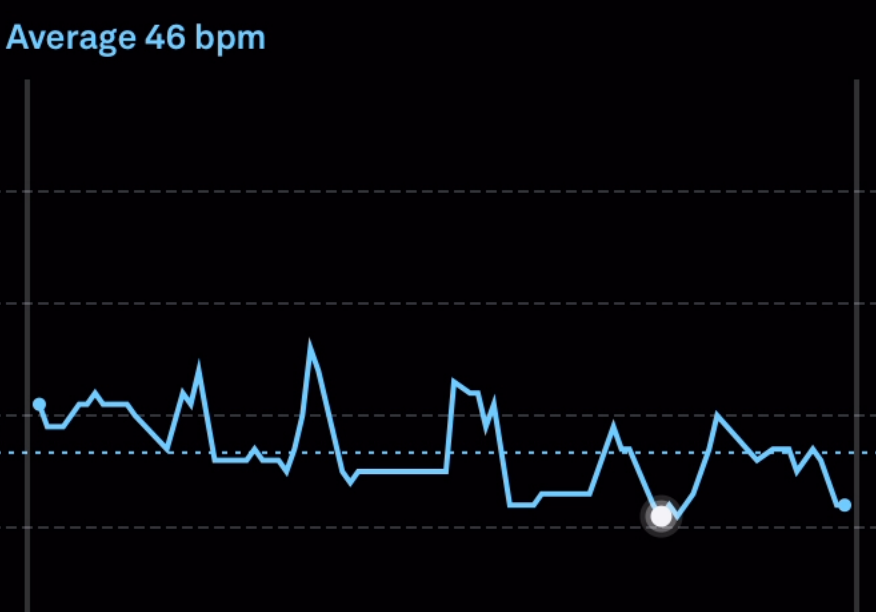


Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

#### Lowest heart rate

41 bpm

Average 46 bpm

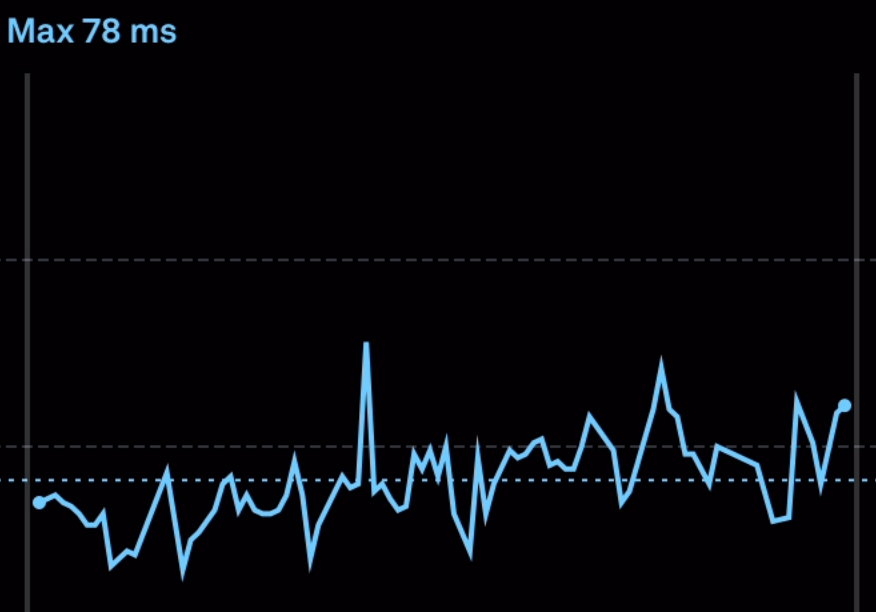


9:28 pm m      12 am      2 am      4 am      6:04 am

#### Average HRV

41 ms

Max 78 ms



9:28 pm m      12 am      2 am      4 am      6:04 am



Home



Readiness



Sleep



Activity



Resilience