

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep

6h 33m

Time in bed

8h 42m

Sleep efficiency

75%

Resting heart rate

42 bpm

Sleep Score

72 Good

Sleep contributors

Total sleep

6h 33m

Efficiency

75%

Restfulness

Pay attention

REM sleep

1h 8m, 17%

Deep sleep

1h 41m, 26%

Latency

10m

Timing

Optimal

Details

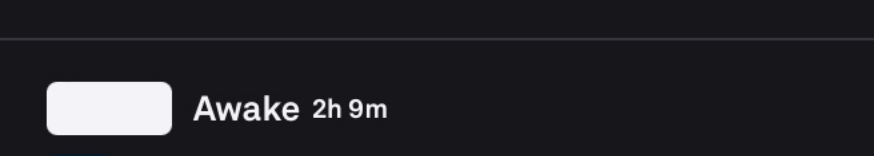
Time asleep

6 h 33 m

Total duration 8h 42m



Movement



- Awake 2h 9m
- REM 1h 8m 17%
- Light 3h 45m 57%
- Deep 1h 41m 26%

Average oxygen saturation

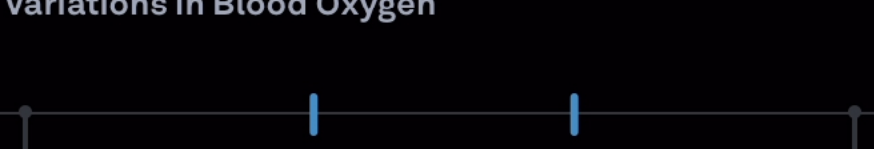
99 %

Breathing regularity

Good

Some variations in your blood oxygen levels were detected. This can indicate that you experienced occasional breathing disturbances in your sleep.

Variations in Blood Oxygen

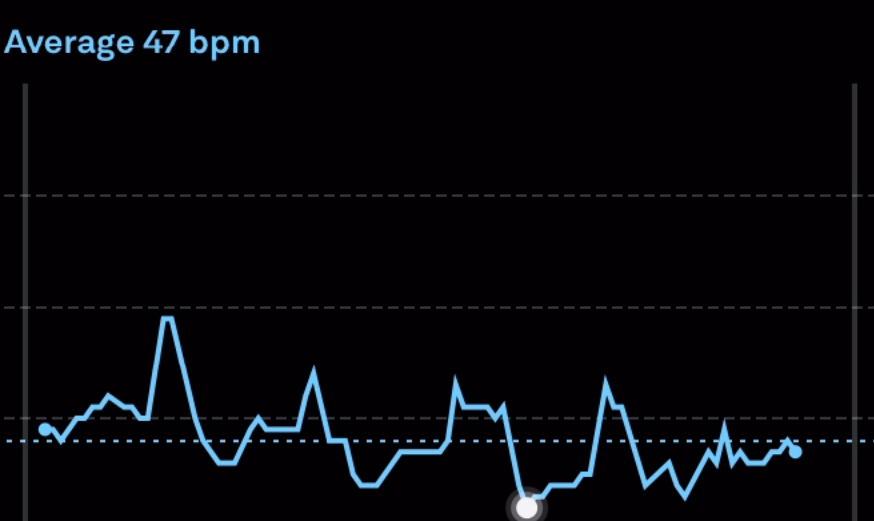


● Few
 ● Occasional
 ● Frequent

Lowest heart rate

42 bpm

Average 47 bpm



Average HRV

35 ms

Max 65 ms

