

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep
6h 54m

Time in bed
9h 12m

Sleep efficiency
75%

Resting heart rate
43 bpm

Sleep Score
65 Fair

Sleep contributors

Total sleep **6h 54m**

Efficiency **75%**

Restfulness **Pay attention**

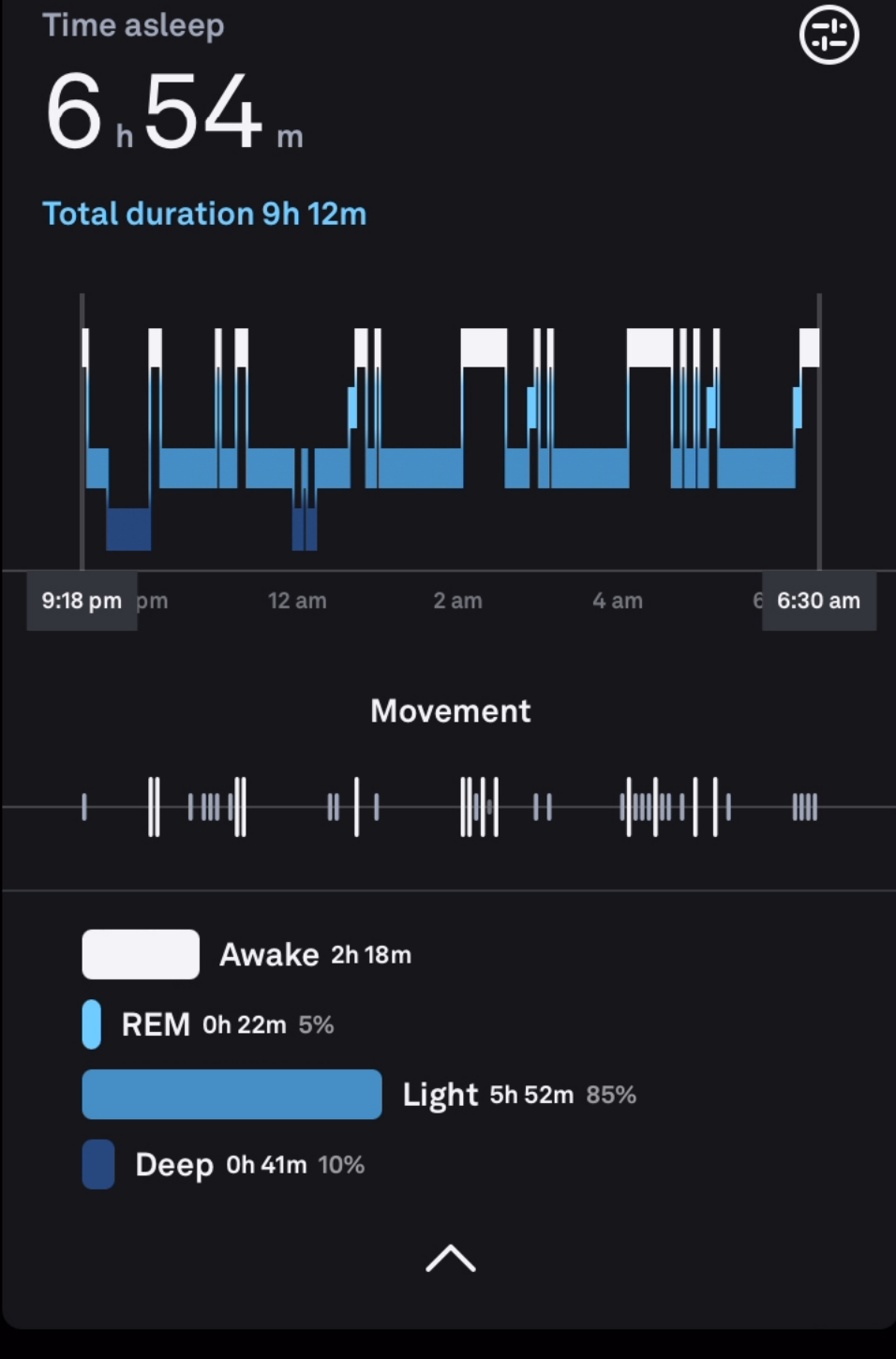
REM sleep **0h 22m, 5%**

Deep sleep **0h 41m, 10%**

Latency **4m**

Timing **Optimal**

Details



Average oxygen saturation **99%**

Breathing regularity **Optimal**

No significant variations in your blood oxygen levels were detected. This can indicate that you experienced no breathing disturbances in your sleep.

