

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep
6h 32m

Time in bed
8h 54m

Sleep efficiency
73%

Resting heart rate
42 bpm

Sleep Score
69 Fair

Sleep contributors

Total sleep **6h 32m**

Efficiency **73%**

Restfulness **Pay attention**

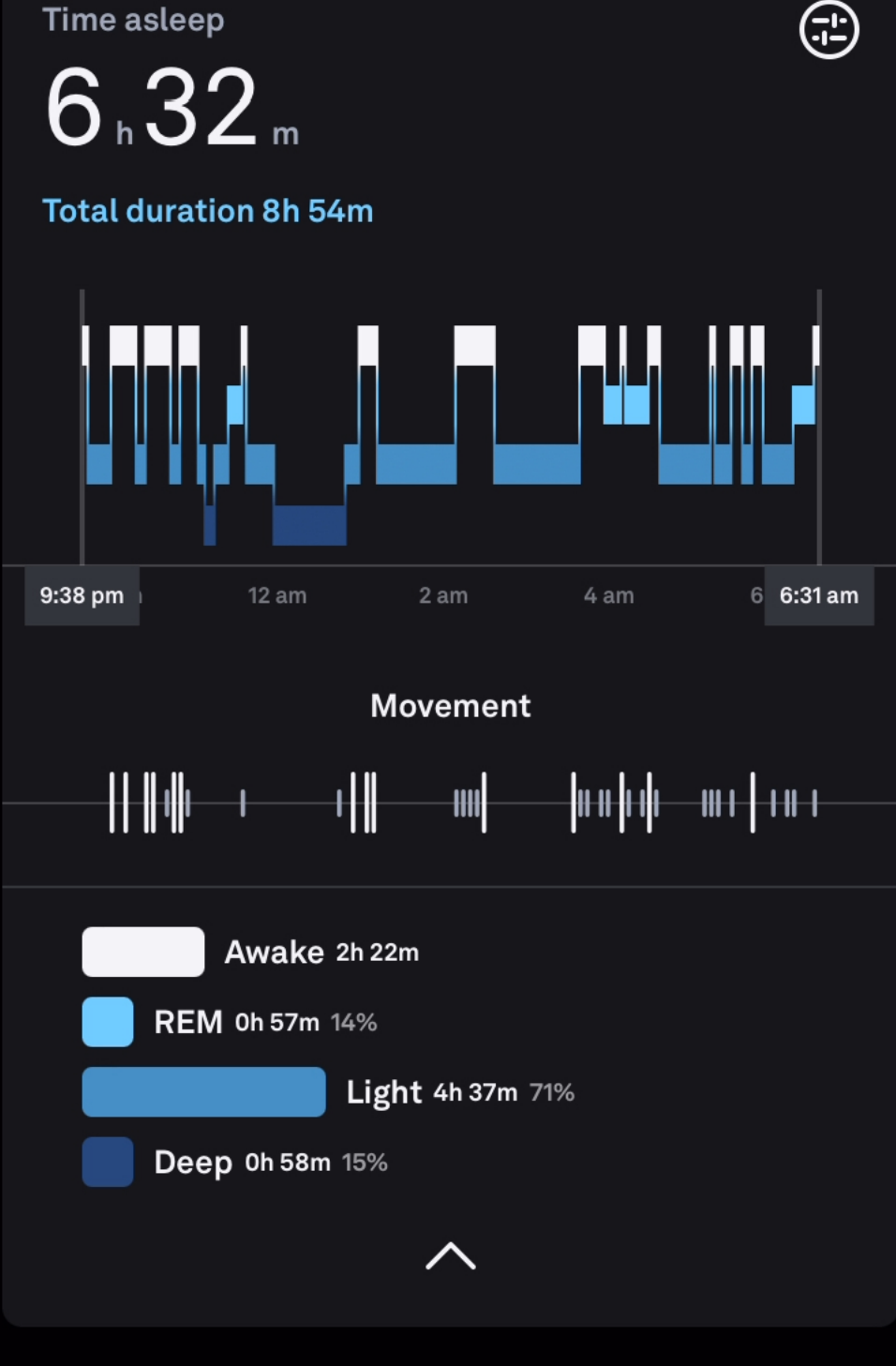
REM sleep **0h 57m, 14%**

Deep sleep **0h 58m, 15%**

Latency **4m**

Timing **Optimal**

Details



Average oxygen saturation **98%**

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.

