

■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep

6h 18m



Time in bed

8h 14m



Sleep efficiency

76%



Resting heart rate

45 bpm



Sleep Score

66 Fair



Sleep contributors

Total sleep

6h 18m

Efficiency

76%

Restfulness

Pay attention

REM sleep

0h 30m, 8%

Deep sleep

1h 23m, 22%

Latency

2m

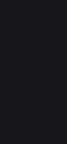
Timing

Optimal

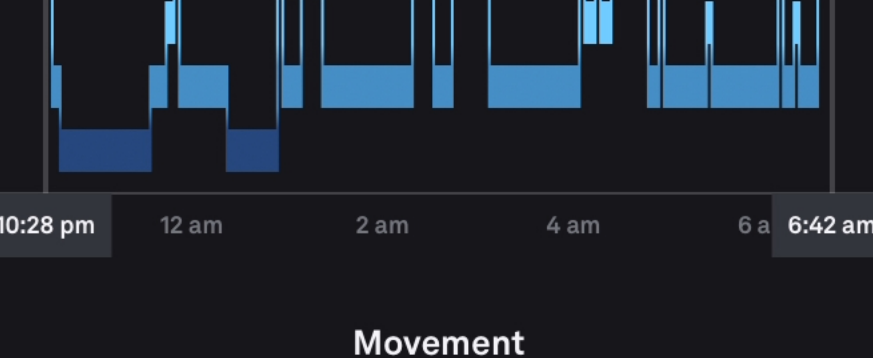
Details

Time asleep

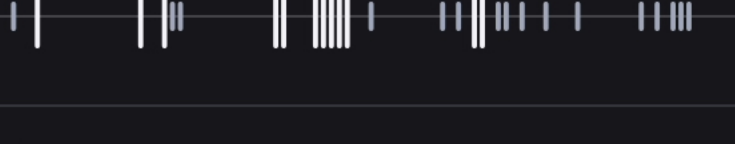
6 h 18 m



Total duration 8h 14m



Movement



- Awake 1h 57m
- REM 0h 30m 8%
- Light 4h 25m 70%
- Deep 1h 23m 22%



Average oxygen saturation

99%



Breathing regularity

Optimal



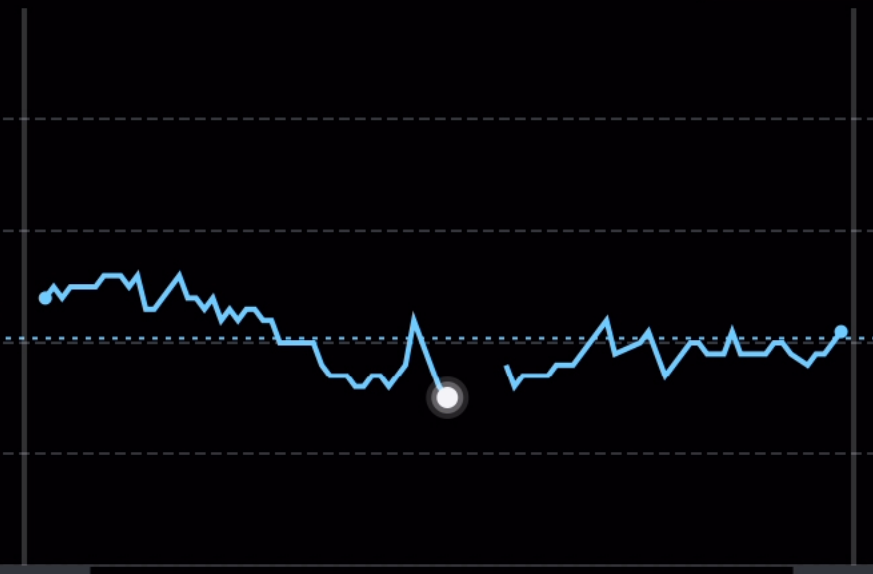
No significant variations in your blood oxygen levels were detected. This can indicate that you experienced no breathing disturbances in your sleep.

Lowest heart rate

45 bpm

Average 50 bpm

WHY THE GAPS?



Average HRV

29 ms

Max 83 ms

WHY THE GAPS?

