

Awake REM Light Deep

Total sleep

6h 9m

Time in bed

8h 18m

Sleep efficiency

74%

Resting heart rate

43 bpm

Sleep Score

66 Fair

Sleep contributors

Total sleep

6h 9m

Efficiency

74%

Restfulness

Pay attention

REM sleep

0h 38m, 10%

Deep sleep

1h 9m, 19%

Latency

6m

Timing

Optimal

Details

Time asleep

6h 9m

Total duration 8h 18m



Movement



- Awake 2h 9m
- REM 0h 38m 10%
- Light 4h 23m 71%
- Deep 1h 9m 19%

Average oxygen saturation

98%

Breathing regularity

Optimal

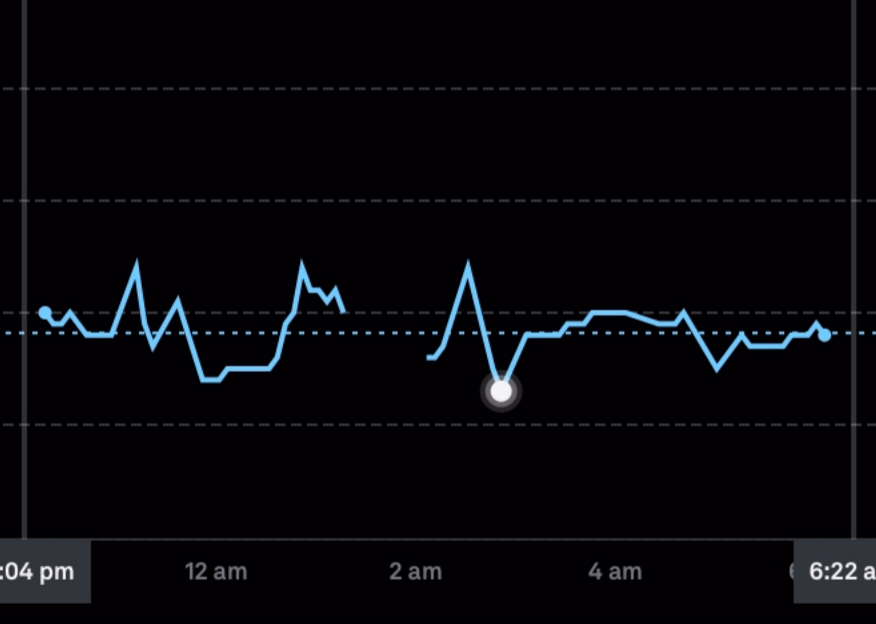
No significant variations in your blood oxygen levels were detected. This can indicate that you experienced no breathing disturbances in your sleep.

Lowest heart rate

43 bpm

Average 48 bpm

WHY THE GAPS?



Average HRV

34 ms

Max 55 ms

WHY THE GAPS?

