

Awake
 REM
 Light
 Deep

Total sleep

7h 27m

Time in bed

9h 45m

Sleep efficiency

76%

Resting heart rate

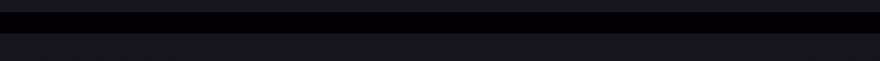
41 bpm

Sleep Score

75 Good

Sleep contributors

Total sleep 7h 27m



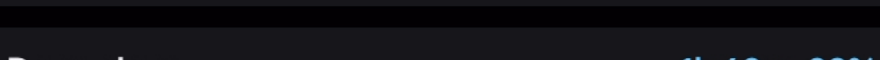
Efficiency 76%



Restfulness Pay attention



REM sleep 0h 45m, 10%



Deep sleep 1h 42m, 23%



Latency 8m



Timing Optimal



Details

Time asleep

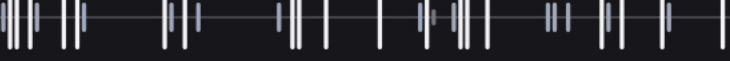
7 h 27 m



Total duration 9h 45m



Movement



- Awake 2h 18m
- REM 0h 45m 10%
- Light 5h 1m 67%
- Deep 1h 42m 23%



Breathing regularity



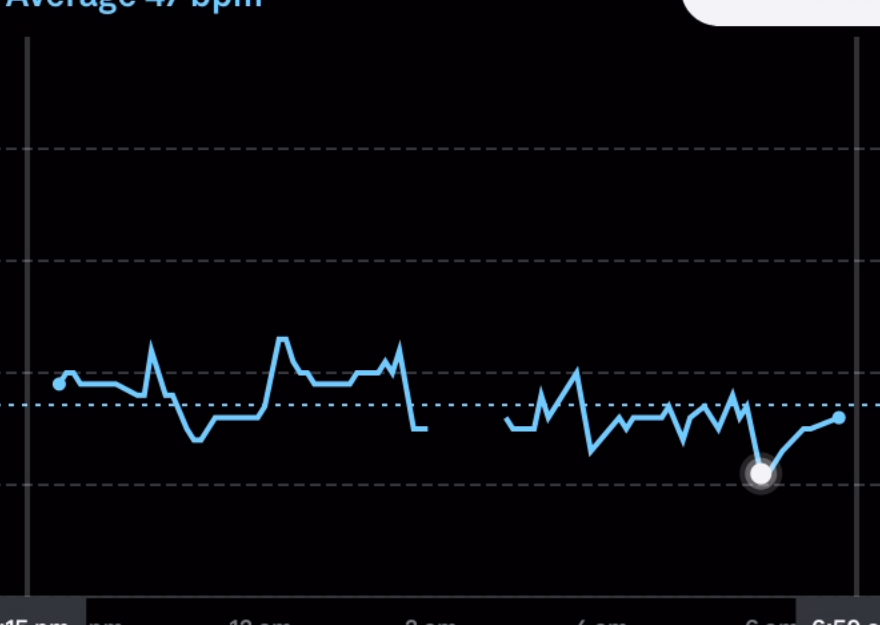
Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate

41 bpm

Average 47 bpm

WHY THE GAPS?



Average HRV

40 ms

Max 120 ms

WHY THE GAPS?



Home



Readiness



Sleep



Activity



Resilience