



■ Awake
 ■ REM
 ■ Light
 ■ Deep

Total sleep  
**6h 16m**

Time in bed  
**8h 34m**

Sleep efficiency  
**73%**

Resting heart rate  
**42 bpm**

Sleep Score

**70** Good

### Sleep contributors

Total sleep **6h 16m**

Efficiency **73%**

Restfulness **Pay attention**

REM sleep **0h 52m, 14%**

Deep sleep **1h 1m, 16%**

Latency **19m**

Timing **Optimal**

### Details

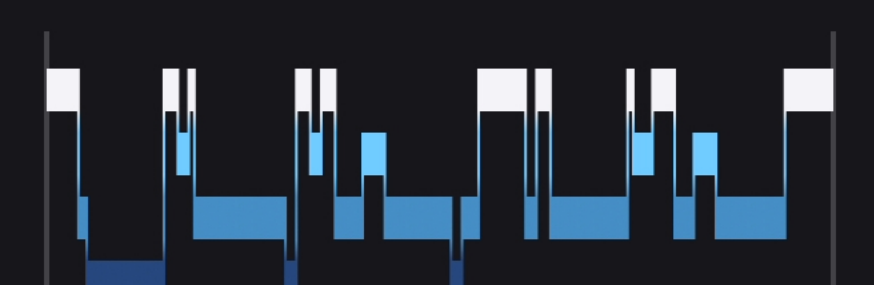
9:53 PM–5:47 AM  
Sleep Score 67

11:20 AM–11:59 AM  
Sleep Score +3

Time asleep

**5 h 46 m**

Total duration 7h 55m



### Movement



- Awake 2h 9m
- REM 0h 52m 15%
- Light 3h 57m 69%
- Deep 0h 57m 16%

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

**42** bpm

Average 46 bpm



Average HRV

**44** ms

Max 79 ms

