

Awake
  REM
  Light
  Deep

Total sleep  
**6h 53m**

Time in bed  
**9h 6m**

Sleep efficiency  
**76%**

Resting heart rate  
**41 bpm**

Sleep Score

**72** Good

Sleep contributors

Total sleep **6h 53m**

Efficiency **76%**

Restfulness **Pay attention**

REM sleep **1h 2m, 15%**

Deep sleep **1h 15m, 18%**

Latency **5m**

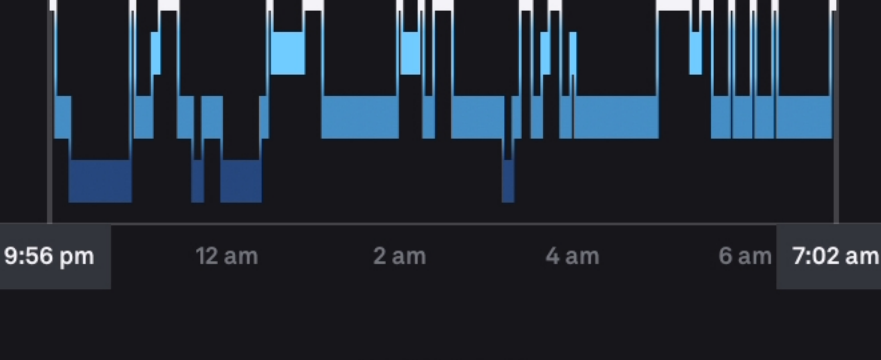
Timing **Optimal**

Details

Time asleep

**6h 53m**

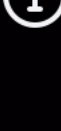
Total duration **9h 6m**



Movement



- Awake 2h 13m
- REM 1h 2m 15%
- Light 4h 37m 67%
- Deep 1h 15m 18%

Breathing regularity 

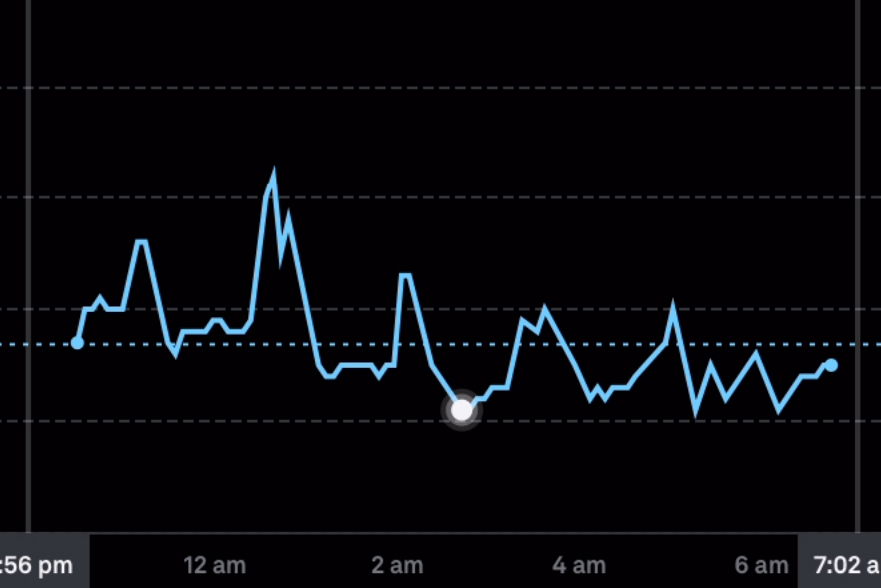


Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate

**41** bpm

Average **46** bpm



Average HRV

**46** ms

Max **113** ms

