

Awake
 REM
 Light
 Deep

Total sleep
6h 45m

Time in bed
8h 33m

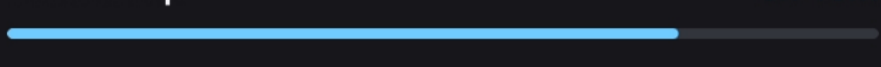
Sleep efficiency
79%

Resting heart rate
42 bpm

Sleep Score
72 Good

Sleep contributors

Total sleep 6h 45m



Efficiency 79%



Restfulness Pay attention



REM sleep 0h 58m, 14%



Deep sleep 1h 6m, 16%



Latency 6m



Timing Optimal



Details

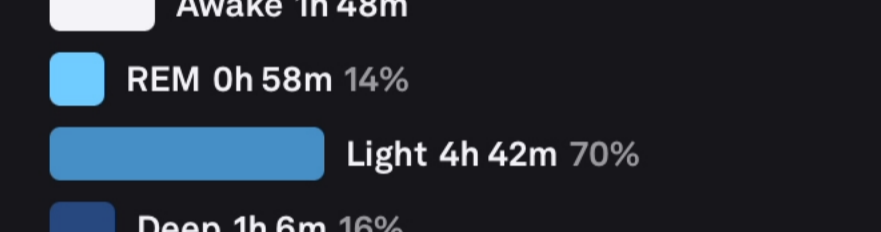
Time asleep 

6 h 45 m

Total duration 8h 33m



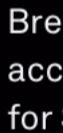
Movement



- Awake 1h 48m
- REM 0h 58m 14%
- Light 4h 42m 70%
- Deep 1h 6m 16%

Awake
 REM
 Light
 Deep

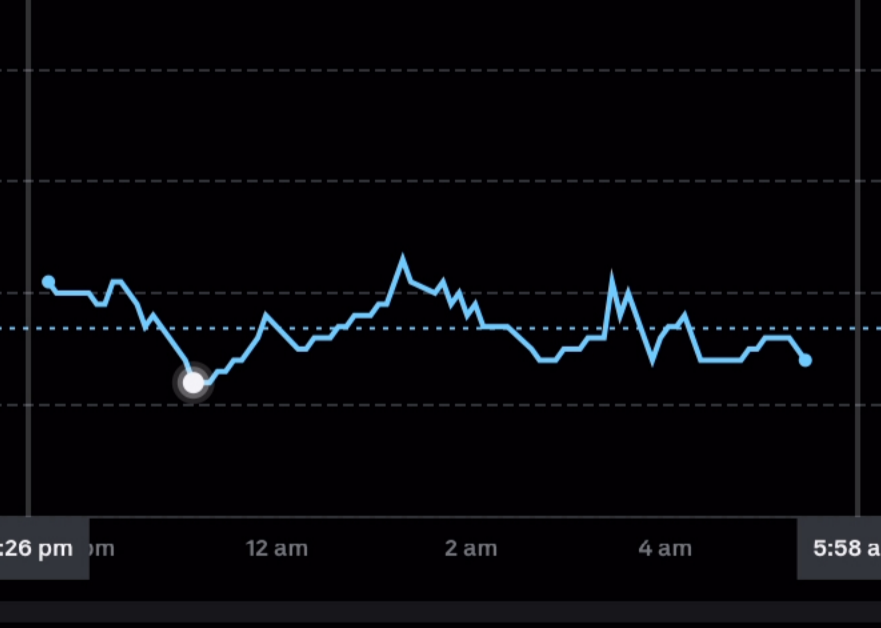
Breathing regularity 

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

Lowest heart rate

42 bpm

Average 46 bpm



Average HRV

57 ms

Max 161 ms

