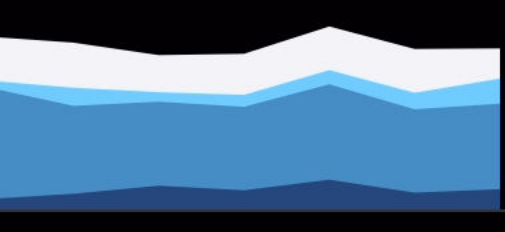
sterday Today



Awake REM Light Deep

Total sleep
7h 1m

Time in bed
8h 35m

Sleep efficiency
82%

Resting heart rate
39 bpm

Sleep Score
77 Good

Sleep contributors

Total sleep 7h 1m

Efficiency 82%

Restfulness Pay attention

REM sleep 1h 19m, 19%

Deep sleep 1h 12m, 17%

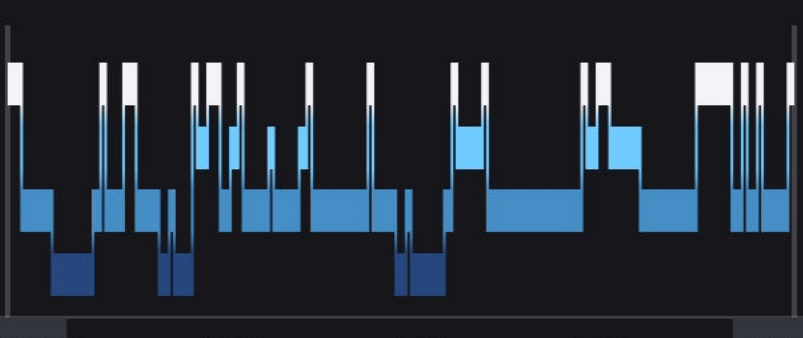
Latency 7m

Timing Optimal

Details

Time asleep
7h 1m

Total duration 8h 35m



9:31 pm m 12 am 2 am 4 am 6:06 am

Movement

Awake 1h 35m
REM 1h 19m 19%
Light 4h 30m 64%
Deep 1h 12m 17%

Average oxygen saturation
99 %

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
39 bpm

Average 47 bpm

Average HRV
37 ms

Max 104 ms

Home Readiness Sleep Activity Resilience