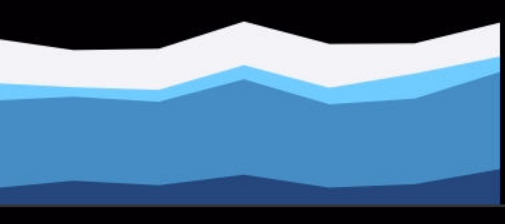
sterday Today



Awake REM Light Deep

Total sleep
7h 54m

Time in bed
9h 41m

Sleep efficiency
82%

Resting heart rate
42 bpm

Sleep Score
79 Good

Sleep contributors

Total sleep 7h 54m

Efficiency 82%

Restfulness Pay attention

REM sleep 0h 49m, 10%

Deep sleep 2h 0m, 25%

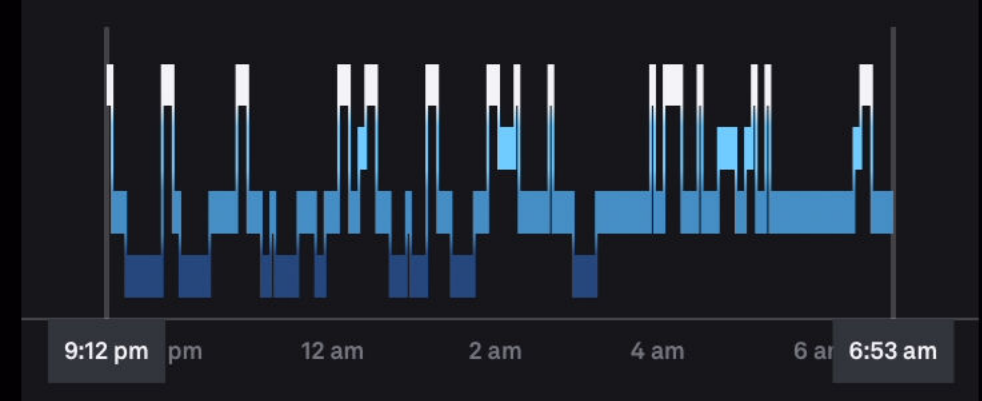
Latency 7m

Timing Optimal

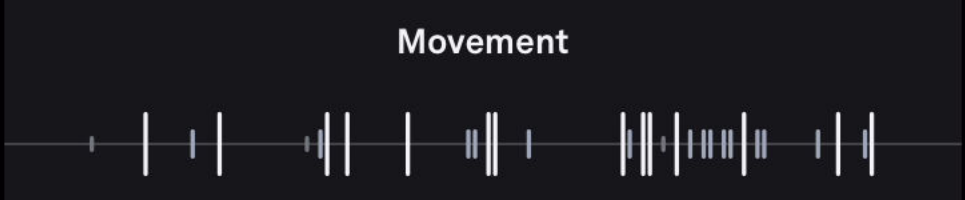
Details

Time asleep
7 h 54 m

Total duration 9h 41m



Movement



Awake 1h 47m
REM 0h 49m 10%
Light 5h 6m 65%
Deep 2h 0m 25%

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 48 bpm

WHY THE GAPS?

Average HRV
33 ms

Max 97 ms

WHY THE GAPS?

Home Readiness Sleep Activity Resilience