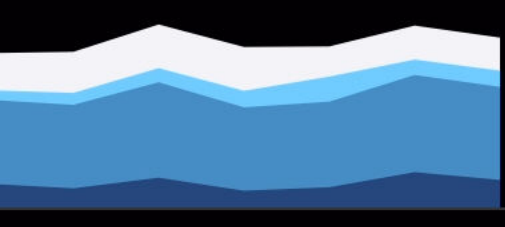
sterday Today



Awake REM Light Deep

Total sleep
7h 19m

Time in bed
9h 3m

Sleep efficiency
81%

Resting heart rate
41 bpm

Sleep Score
77 Good

Sleep contributors

Total sleep 7h 19m

Efficiency 81%

Restfulness Pay attention

REM sleep 0h 51m, 11%

Deep sleep 1h 35m, 22%

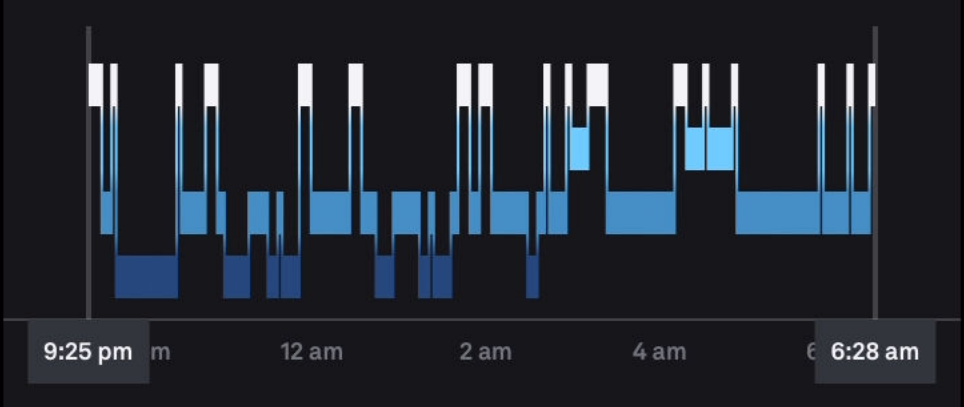
Latency 10m

Timing Optimal

Details

Time asleep
7 h 19 m

Total duration 9h 3m



Movement

Awake 1h 44m
REM 0h 51m 11%
Light 4h 53m 67%
Deep 1h 35m 22%

Awake REM Light Deep

Average oxygen saturation
99 %

Breathing regularity
Optimal

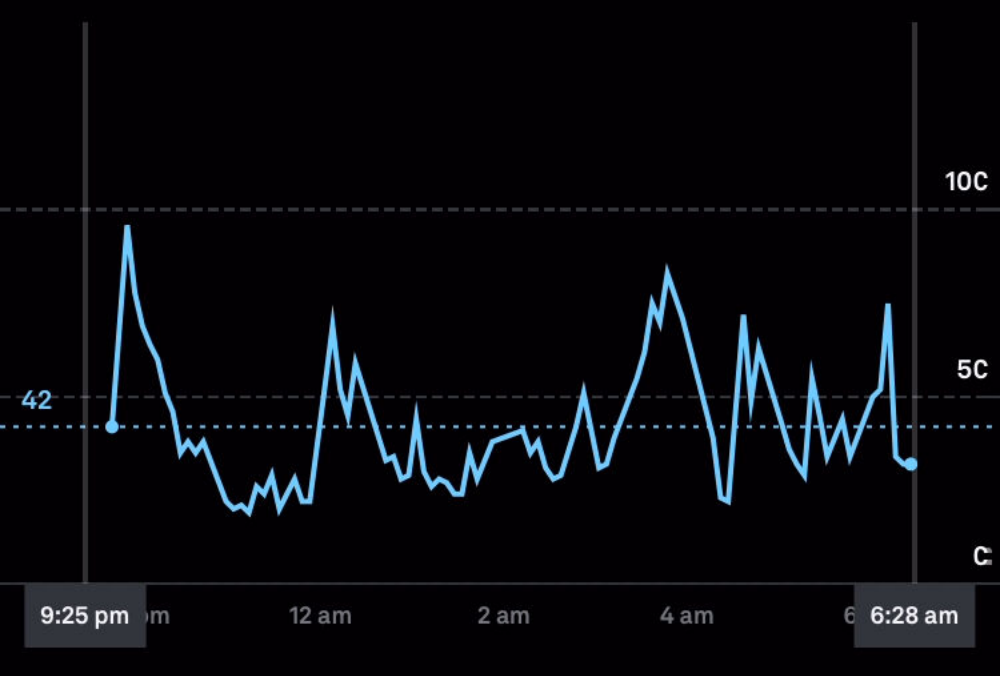
No significant variations in your blood oxygen levels were detected. This can indicate that you experienced no breathing disturbances in your sleep.

Lowest heart rate
41 bpm

Average 46 bpm

Average HRV
42 ms

Max 96 ms



Home Readiness Sleep Activity Resilience