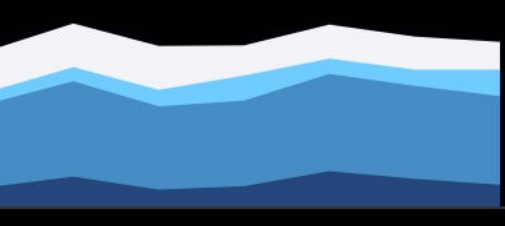
sterday Today



Awake REM Light Deep

Total sleep
7h 19m

Time in bed
8h 46m

Sleep efficiency
83%

Resting heart rate
42 bpm

Sleep Score
79 Good

Sleep contributors

Total sleep 7h 19m

Efficiency 83%

Restfulness Pay attention

REM sleep 1h 24m, 19%

Deep sleep 1h 17m, 17%

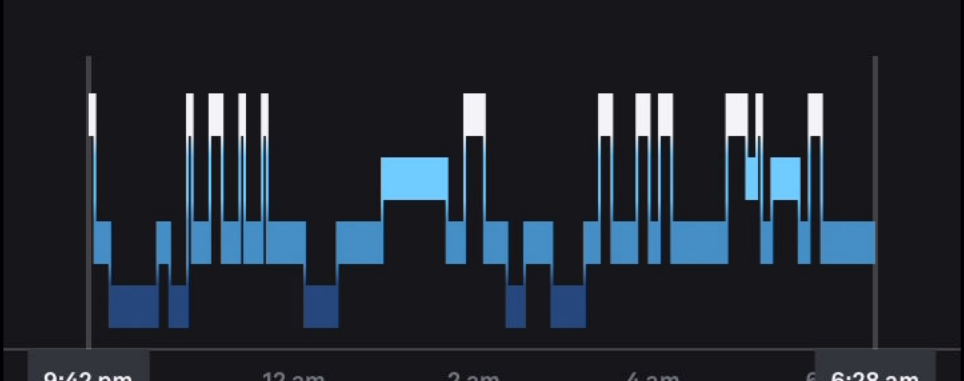
Latency 4m

Timing Optimal

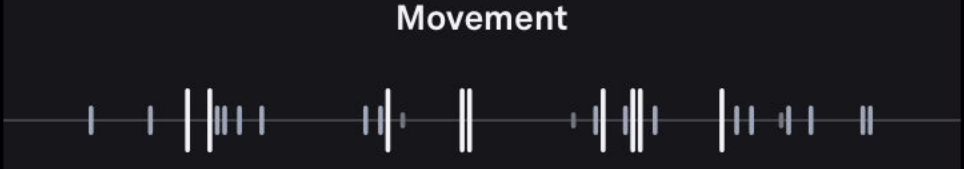
Details

Time asleep
7 h 19 m

Total duration 8h 46m



Movement



Awake 1h 27m
REM 1h 24m 19%
Light 4h 39m 64%
Deep 1h 17m 17%

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 47 bpm

WHY THE GAPS?

Average HRV
36 ms

Max 65 ms

WHY THE GAPS?

Home Readiness Sleep Activity Resilience