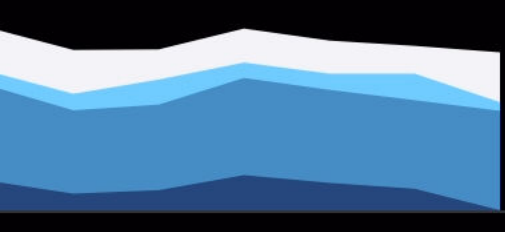
sterday Today



Awake REM Light Deep

Total sleep
5h 49m

Time in bed
8h 26m

Sleep efficiency
69%

Resting heart rate
46 bpm

Sleep Score
56 Pay attention

Sleep contributors

Total sleep 5h 49m

Efficiency 69%

Restfulness Pay attention

REM sleep 0h 27m, 8%

Deep sleep 0h 9m, 2%

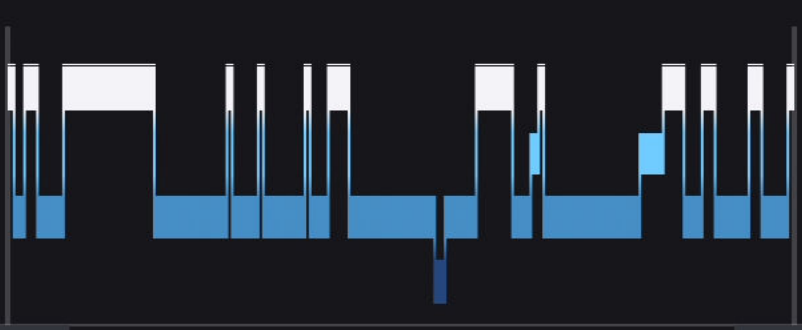
Latency 18m

Timing Optimal

Details

Time asleep
5h 49m

Total duration 8h 26m



10:11 pm 12 am 2 am 4 am 6 a 6:37 am

Movement

Awake 2h 37m
REM 0h 27m 8%
Light 5h 13m 90%
Deep 0h 9m 2%

Awake REM Light Deep

Average oxygen saturation
98 %

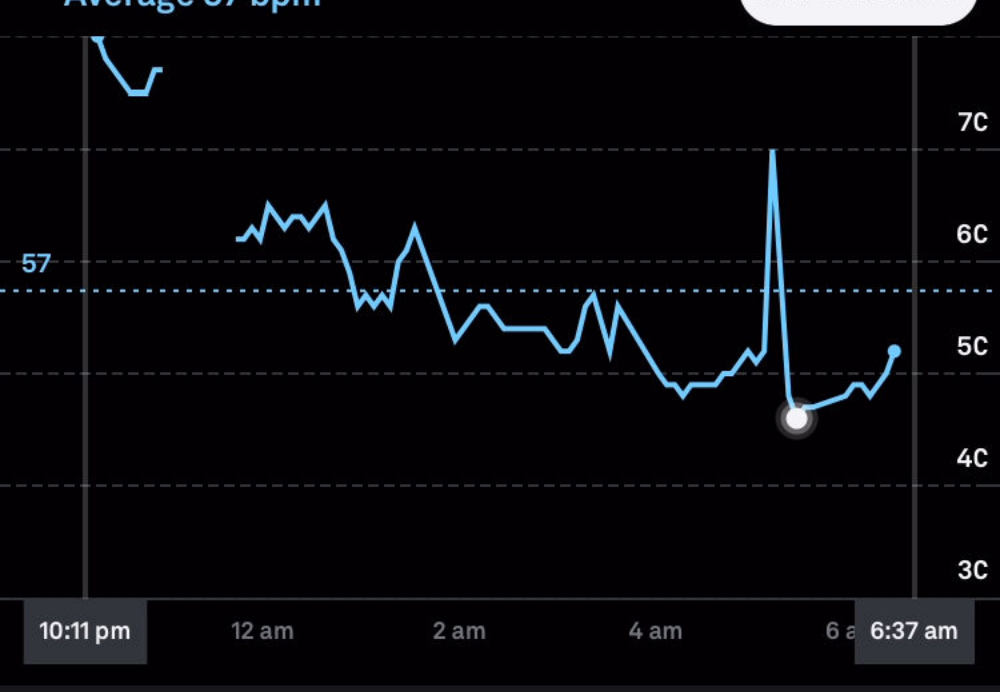
Breathing regularity
Optimal

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
46 bpm

Average 57 bpm

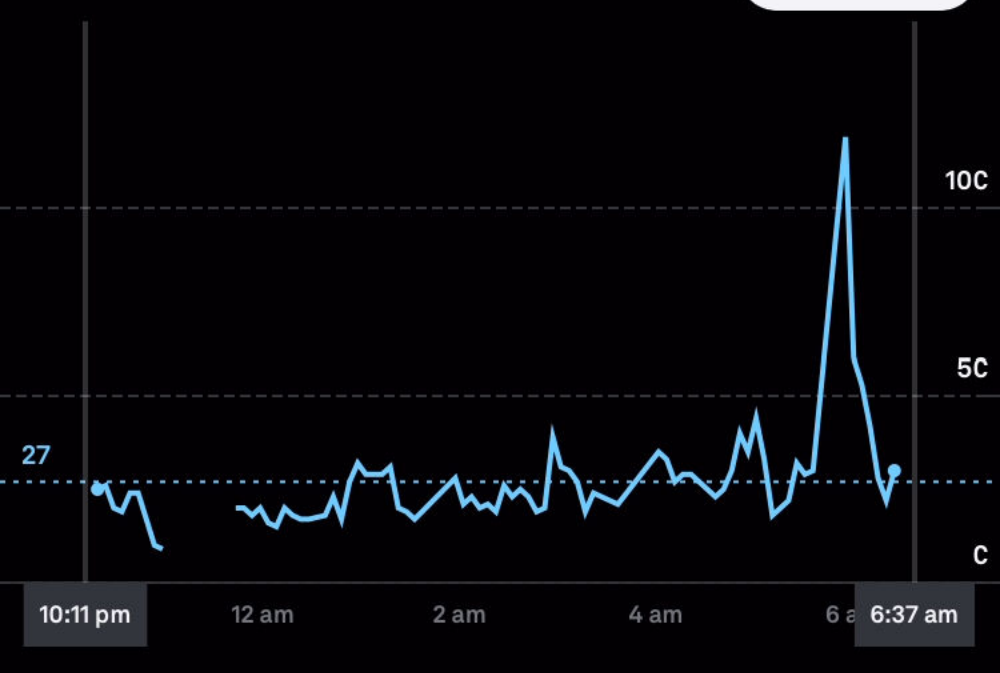
WHY THE GAPS?



Average HRV
27 ms

Max 119 ms

WHY THE GAPS?



Home Readiness Sleep Activity Resilience