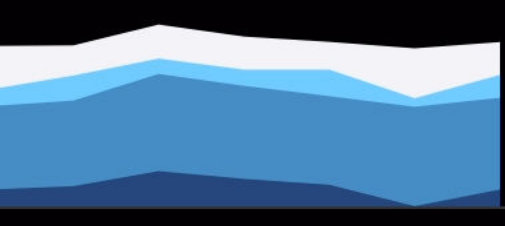
sterday Today



Awake REM Light Deep

Total sleep
7h 3m

Time in bed
8h 46m

Sleep efficiency
80%

Resting heart rate
39 bpm

Sleep Score
75 Good

Sleep contributors

Total sleep 7h 3m

Efficiency 80%

Restfulness Pay attention

REM sleep 1h 12m, 17%

Deep sleep 1h 2m, 15%

Latency 5m

Timing Optimal

Details

Time asleep
7 h 3 m

Total duration 8h 46m

Movement

Awake 1h 43m
REM 1h 12m 17%
Light 4h 49m 68%
Deep 1h 2m 15%

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
39 bpm

Average 46 bpm

WHY THE GAPS?

Average HRV
41 ms

Max 85 ms

WHY THE GAPS?

Home Readiness Sleep Activity Resilience