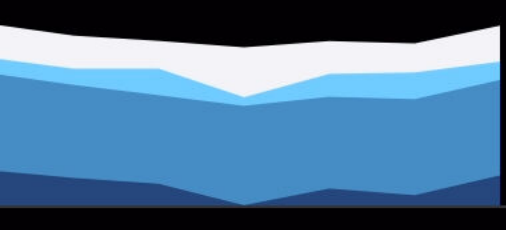
sterday | Today



Awake REM Light Deep

Total sleep
7h 41m

Time in bed
9h 35m

Sleep efficiency
80%

Resting heart rate
41 bpm

Sleep Score
78 Good

Sleep contributors

Total sleep	7h 41m
Efficiency	80%
Restfulness	Pay attention
REM sleep	0h 58m, 13%
Deep sleep	1h 43m, 22%
Latency	4m
Timing	Optimal

Details

Time asleep
7 h 41 m

Total duration 9h 35m

Movement

Awake 1h 54m
REM 0h 58m 13%
Light 5h 1m 65%
Deep 1h 43m 22%

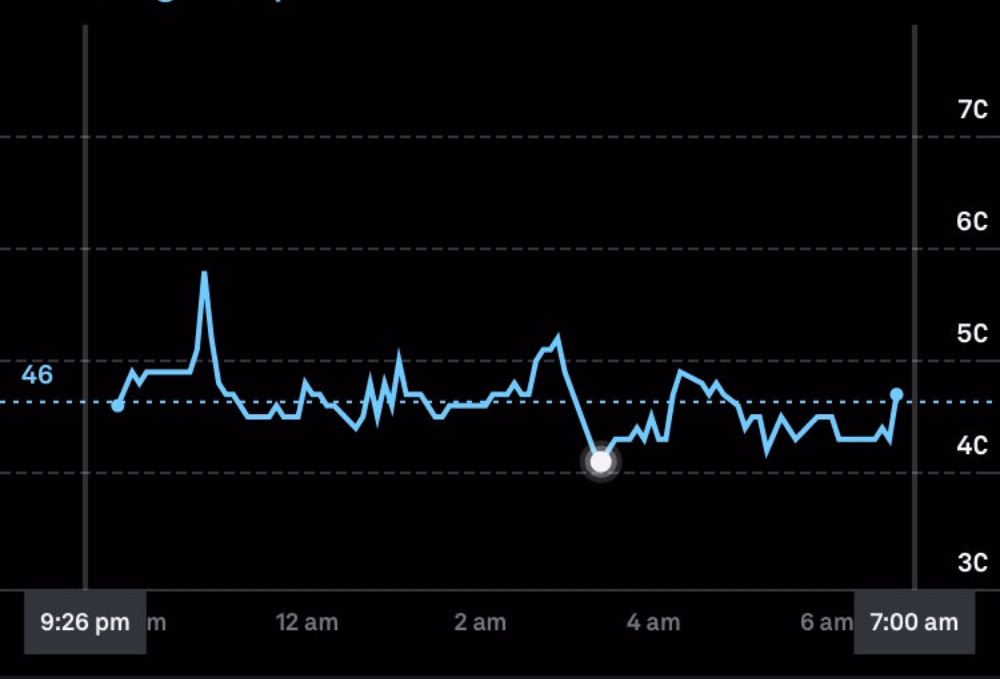
Awake REM Light Deep

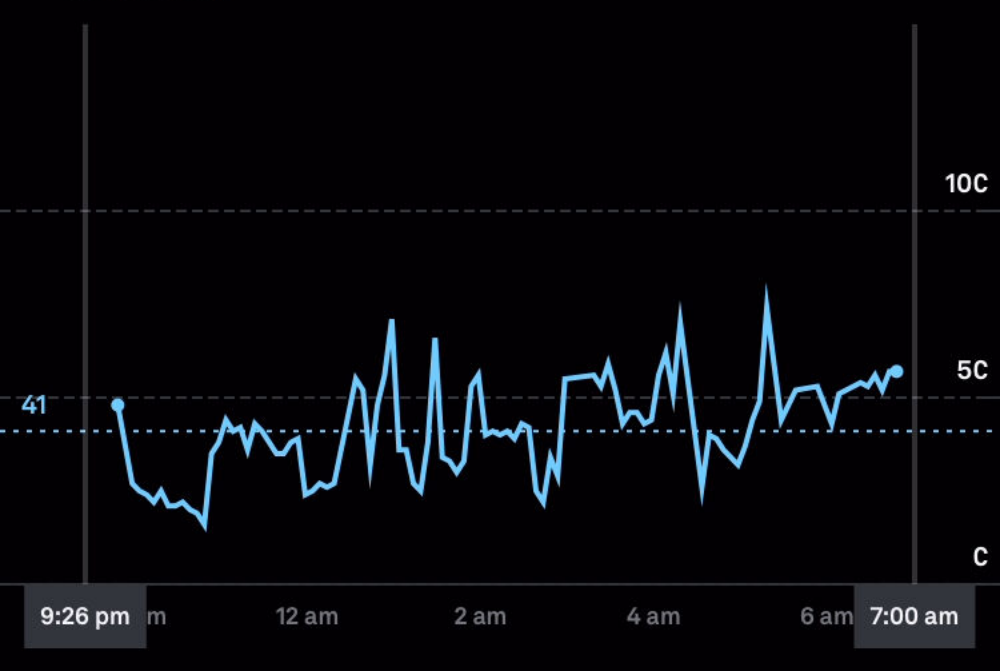
Breathing regularity

Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate
41 bpm

Average 46 bpm



Average HRV
41 ms

Max 74 ms