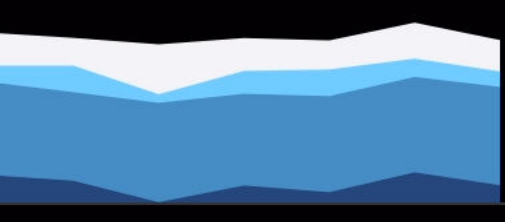
sterday Today



Awake REM Light Deep

Total sleep
7h 1m

Time in bed
8h 40m

Sleep efficiency
81%

Resting heart rate
42 bpm

Sleep Score
73 Good

Sleep contributors

Total sleep 7h 1m

Efficiency 81%

Restfulness Pay attention

REM sleep 0h 49m, 12%

Deep sleep 1h 3m, 15%

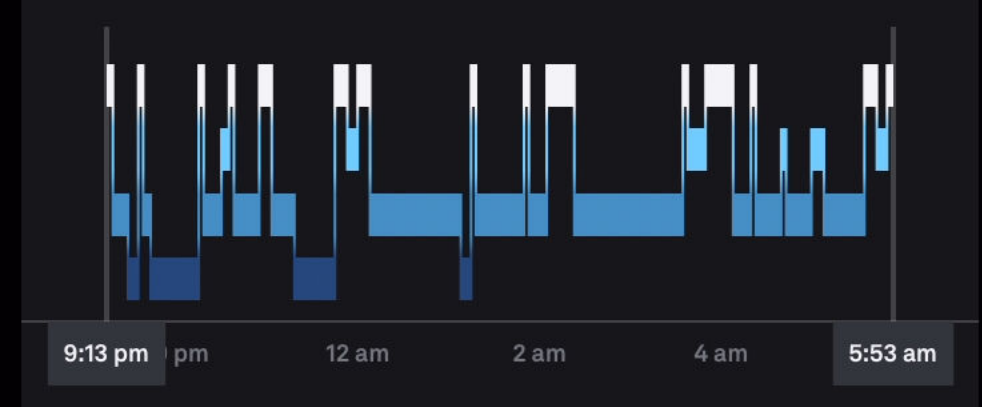
Latency 4m

Timing Optimal

Details

Time asleep
7 h 1 m

Total duration 8h 40m



Movement

Awake 1h 39m
REM 0h 49m 12%
Light 5h 10m 73%
Deep 1h 3m 15%

Awake REM Light Deep

Breathing regularity

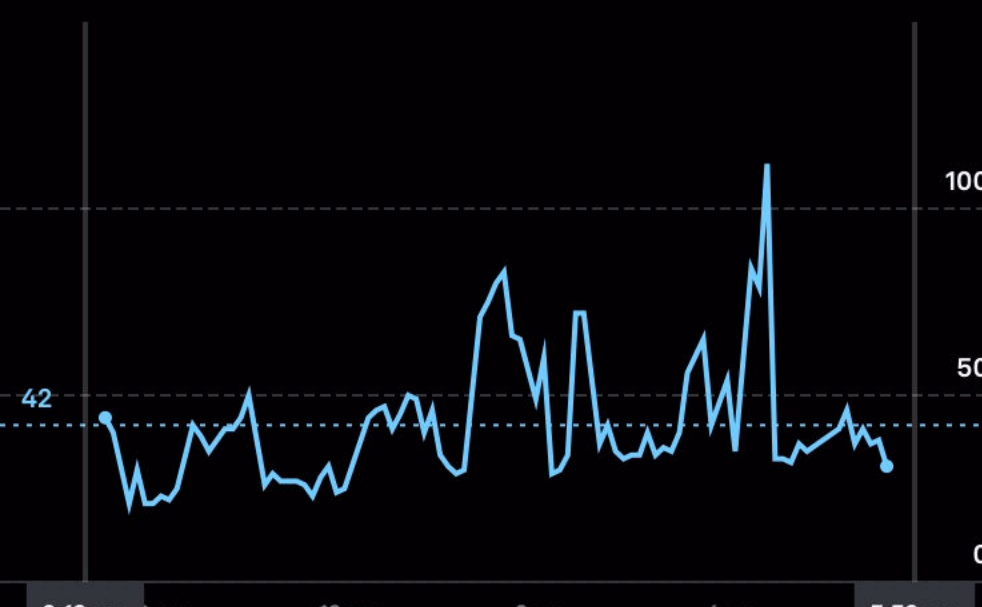
Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate
42 bpm

Average 46 bpm

Average HRV
42 ms

Max 112 ms



Home Readiness Sleep Activity Resilience