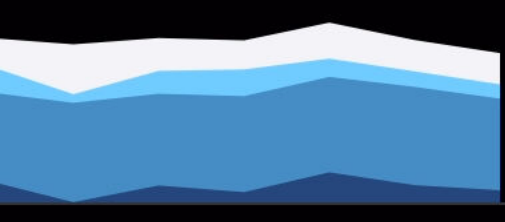


Awake REM Light Deep

Total sleep
6h 20m

Time in bed
7h 59m

Sleep efficiency
79%

Resting heart rate
41 bpm

Sleep Score
65 Fair

Sleep contributors

Total sleep 6h 20m

Efficiency 79%

Restfulness Pay attention

REM sleep 0h 45m, 12%

Deep sleep 0h 47m, 12%

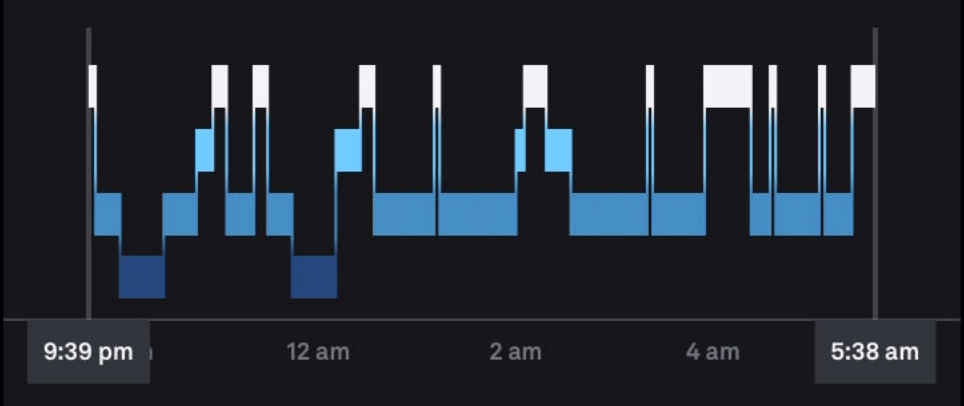
Latency 3m

Timing Optimal

Details

Time asleep
6h 20m

Total duration 7h 59m



Movement

Awake 1h 39m
REM 0h 45m 12%
Light 4h 49m 76%
Deep 0h 47m 12%

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 47 bpm

Average HRV
39 ms

Max 88 ms