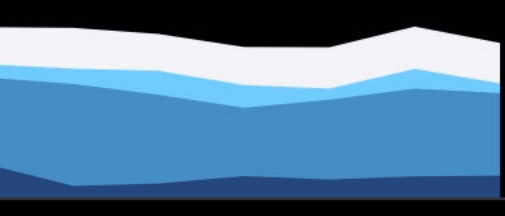
sterday Today



Awake REM Light Deep

Total sleep
6h 8m

Time in bed
8h 15m

Sleep efficiency
74%

Resting heart rate
40 bpm

Sleep Score
65 Fair

Sleep contributors

Total sleep 6h 8m

Efficiency 74%

Restfulness Pay attention

REM sleep 0h 31m, 8%

Deep sleep 1h 17m, 21%

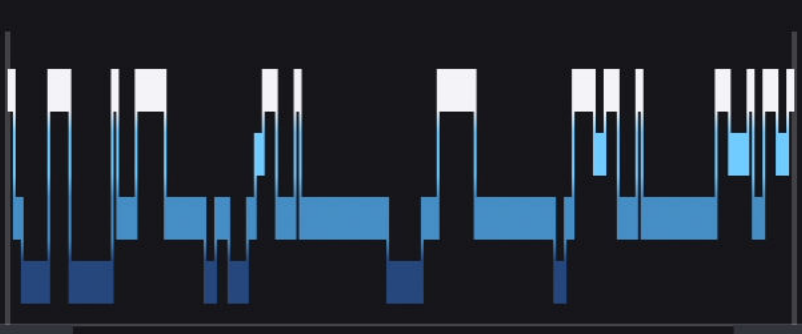
Latency 3m

Timing Optimal

Details

Time asleep
6h 8m

Total duration 8h 15m



10:27 pm 12 am 2 am 4 am 6 a 6:42 am

Movement

Awake 2h 7m
REM 0h 31m 8%
Light 4h 20m 71%
Deep 1h 17m 21%

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
40 bpm

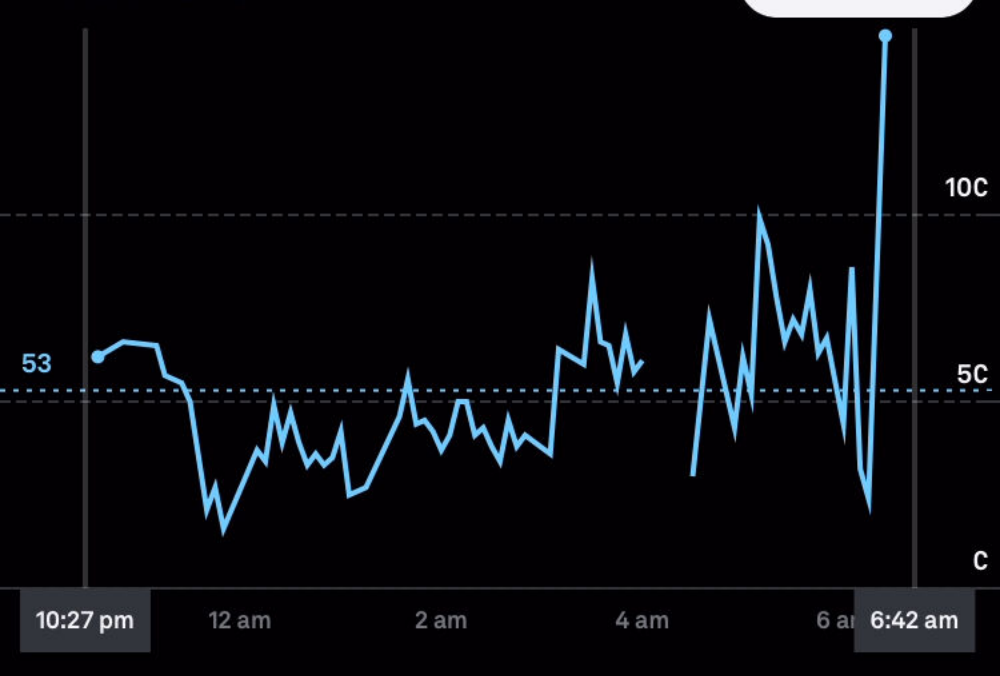
Average 45 bpm

WHY THE GAPS?

Average HRV
53 ms

Max 148 ms

WHY THE GAPS?



Home Readiness Sleep Activity Resilience