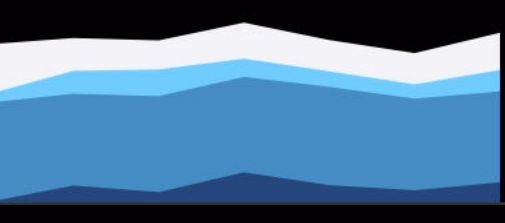
sterday Today



Awake REM Light Deep

Total sleep
7h 6m

Time in bed
9h 3m

Sleep efficiency
78%

Resting heart rate
41 bpm

Sleep Score
76 Good

Sleep contributors

Total sleep 7h 6m

Efficiency 78%

Restfulness Pay attention

REM sleep 1h 8m, 16%

Deep sleep 1h 12m, 17%

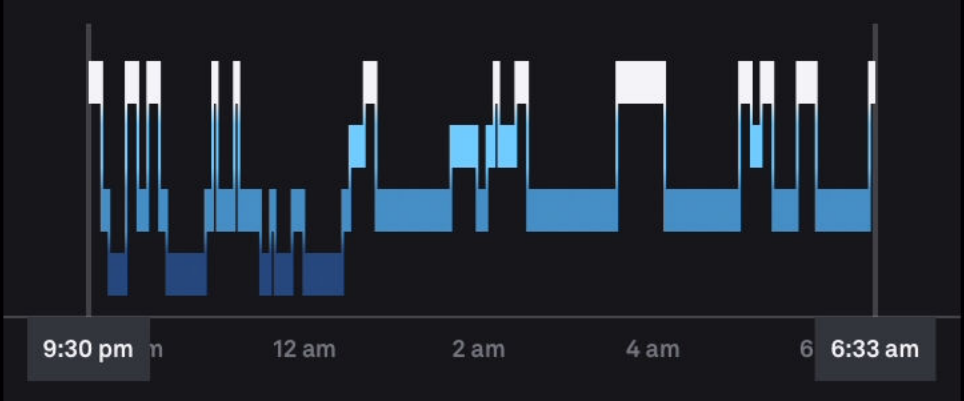
Latency 10m

Timing Optimal

Details

Time asleep
7 h 6 m

Total duration 9h 3m



Movement

Awake 1h 57m
REM 1h 8m 16%
Light 4h 47m 67%
Deep 1h 12m 17%

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
45 ms

Max 163 ms

Home Readiness Sleep Activity Resilience