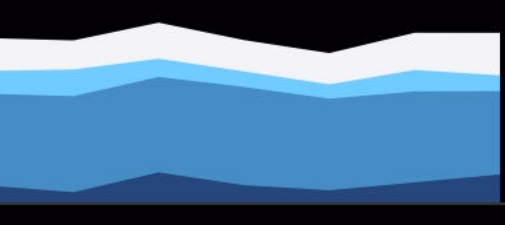
sterday Today



Awake REM Light Deep

Total sleep
6h 49m

Time in bed
9h 2m

Sleep efficiency
75%

Resting heart rate
42 bpm

Sleep Score
68 Fair

Sleep contributors

Total sleep 6h 49m

Efficiency 75%

Restfulness Pay attention

REM sleep 0h 50m, 12%

Deep sleep 1h 37m, 24%

Latency 35m

Timing Optimal

Details

Time asleep
6h 49m

Total duration 9h 2m

Movement

Awake 2h 14m
REM 0h 50m 12%
Light 4h 23m 64%
Deep 1h 37m 24%

Awake REM Light Deep

Average oxygen saturation
98 %

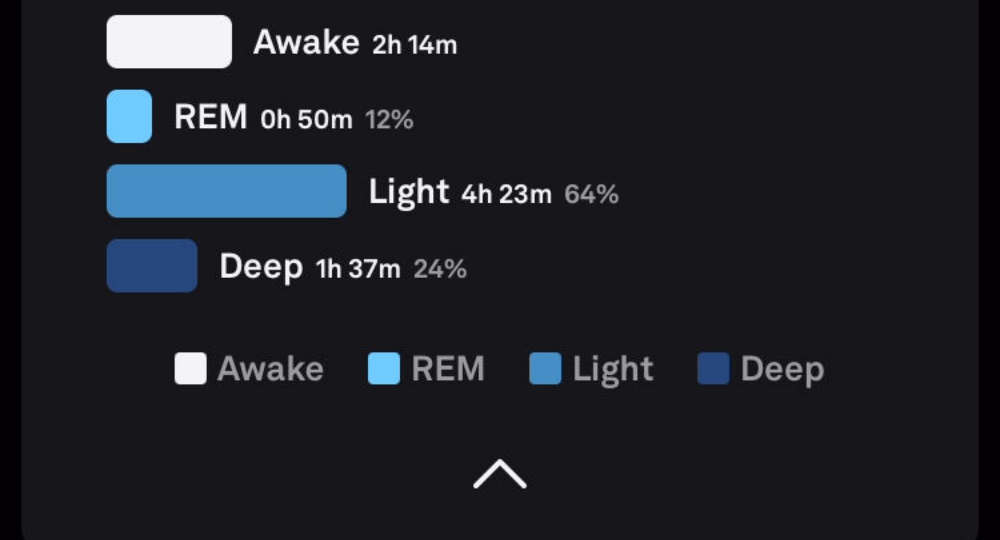
Breathing regularity
Optimal

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
42 bpm

Average 47 bpm

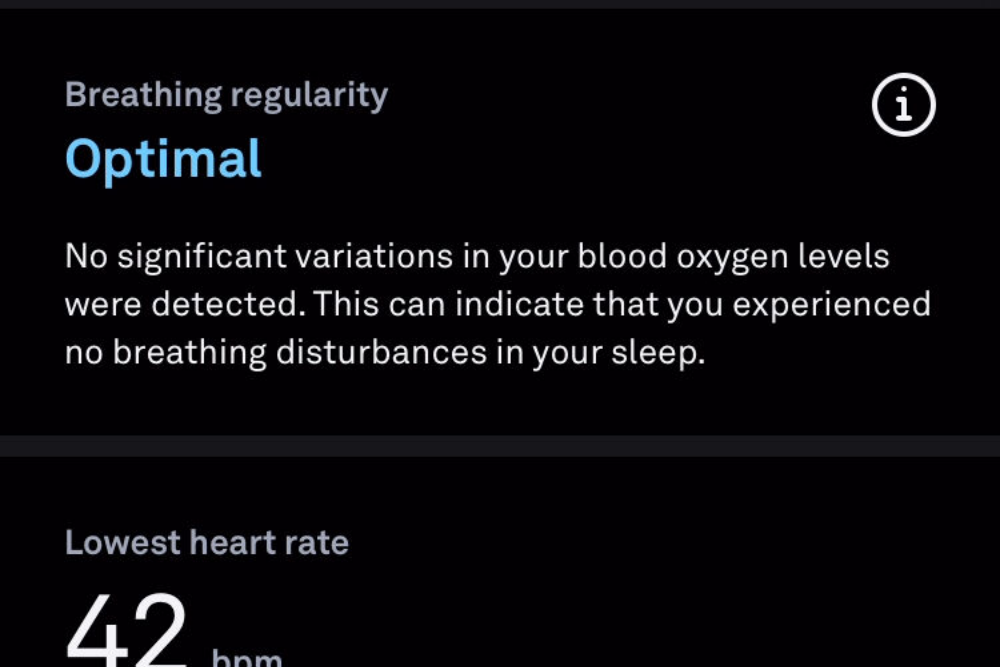
WHY THE GAPS?



Average HRV
41 ms

Max 122 ms

WHY THE GAPS?



Home Readiness Sleep Activity Resilience