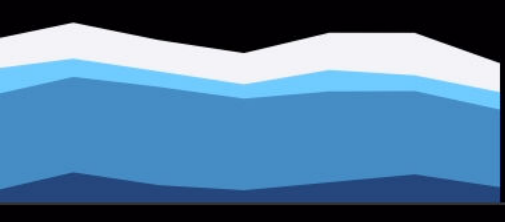
sterday Today



Awake REM Light Deep

Total sleep
5h 56m

Time in bed
7h 27m

Sleep efficiency
80%

Resting heart rate
44 bpm

Sleep Score
67 Fair

Sleep contributors

Total sleep 5h 56m

Efficiency 80%

Restfulness Pay attention

REM sleep 0h 55m, 15%

Deep sleep 0h 56m, 16%

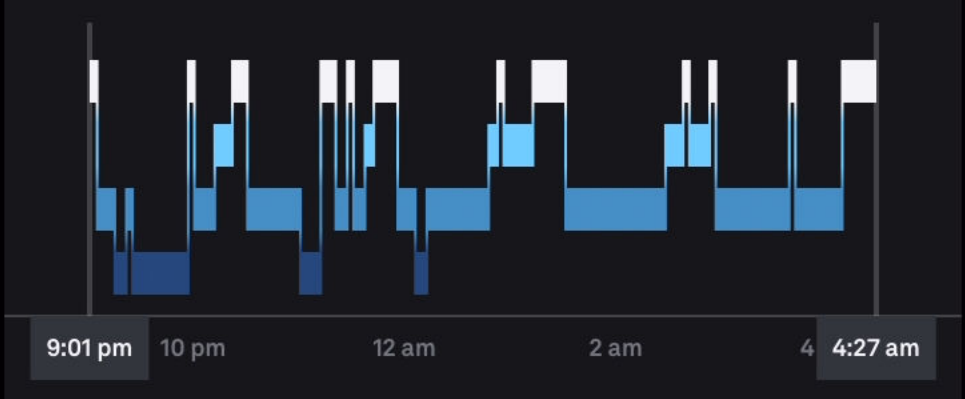
Latency 4m

Timing Optimal

Details

Time asleep
5h 56m

Total duration 7h 27m



Movement

Awake 1h 31m
REM 0h 55m 15%
Light 4h 5m 69%
Deep 0h 56m 16%

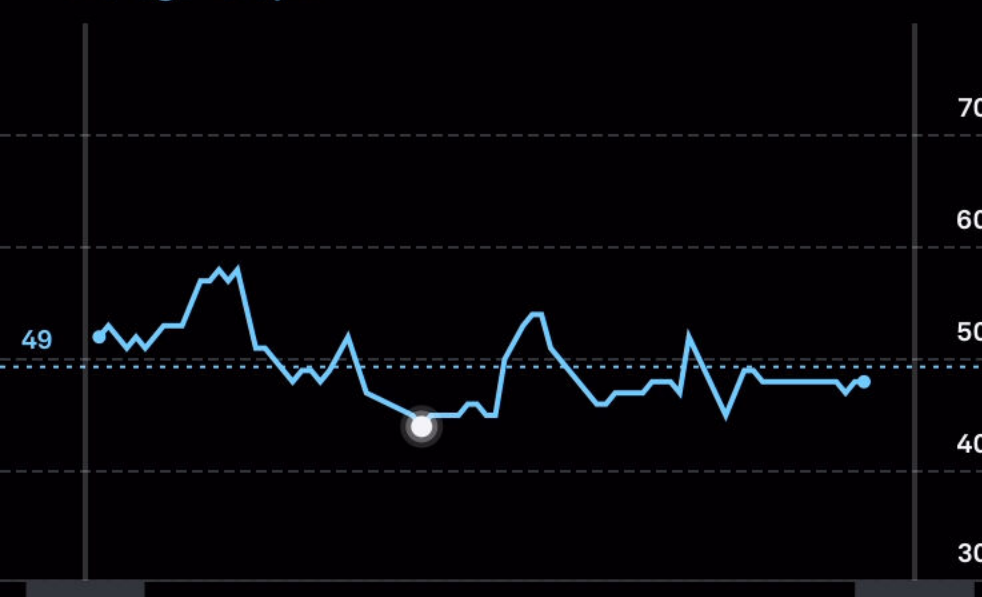
Awake REM Light Deep

Breathing regularity

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

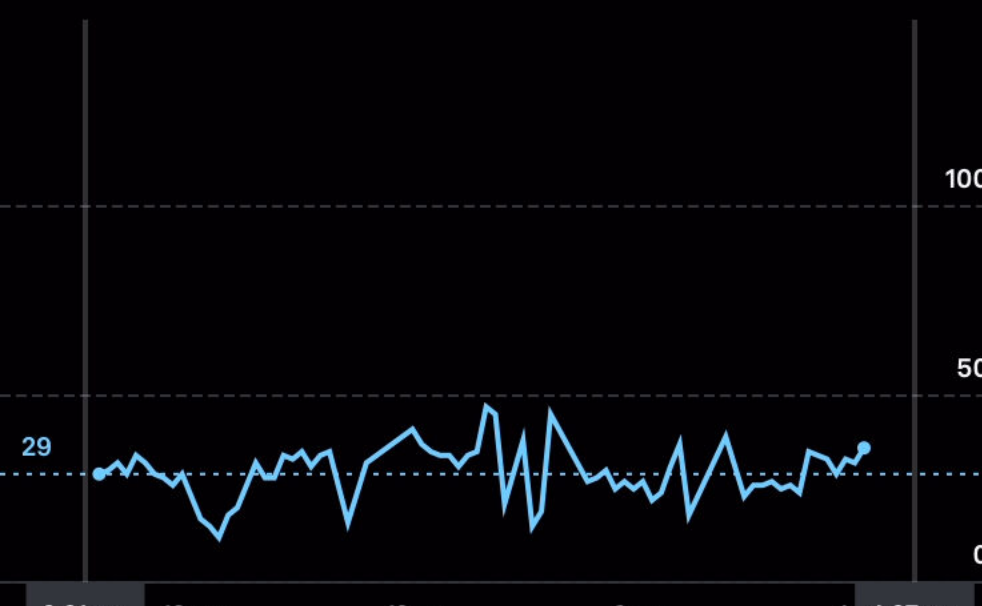
Lowest heart rate
44 bpm

Average 49 bpm



Average HRV
29 ms

Max 47 ms



Home Readiness Sleep Activity Resilience