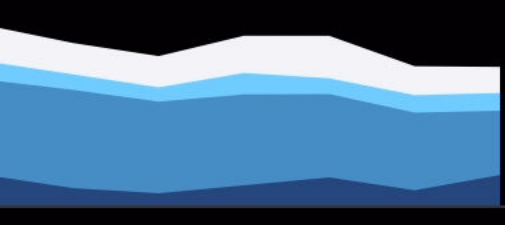
sterday Today



Awake REM Light Deep

Total sleep
6h 3m

Time in bed
7h 24m

Sleep efficiency
82%

Resting heart rate
42 bpm

Sleep Score
71 Good

Sleep contributors

Total sleep 6h 3m

Efficiency 82%

Restfulness Pay attention

REM sleep 0h 56m, 15%

Deep sleep 1h 44m, 29%

Latency 6m

Timing Optimal

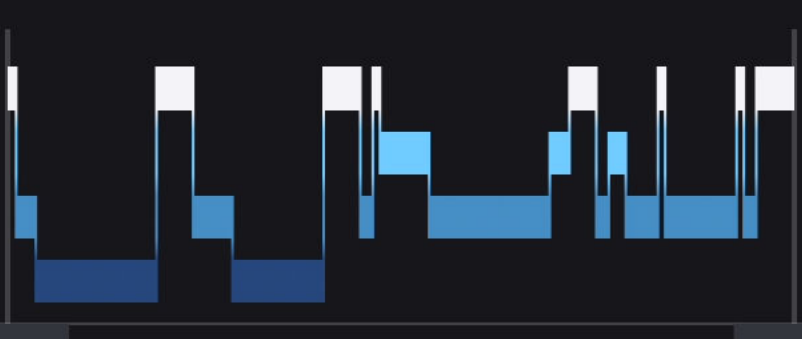
Details

9:48 PM–4:26 AM
Sleep Score 66

2:08 PM–2:54 PM
Sleep Score +5

Time asleep
5h 26m

Total duration 6h 38m



Movement

Awake 1h 13m
REM 0h 56m 17%
Light 2h 52m 53%
Deep 1h 38m 30%

Awake REM Light Deep

Breathing regularity

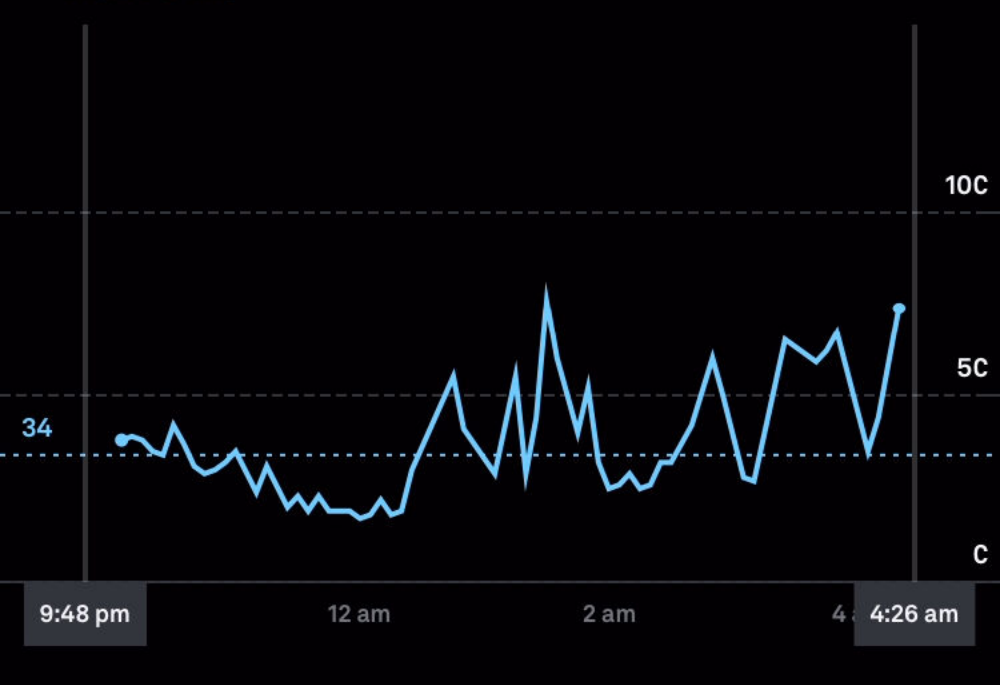
Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate
42 bpm

Average 48 bpm

Average HRV
34 ms

Max 76 ms



Home Readiness Sleep Activity Resilience