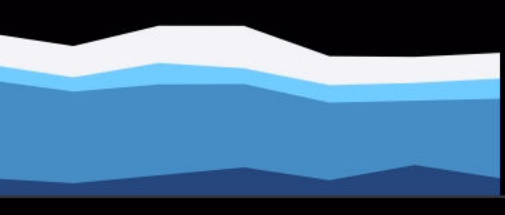
sterday Today



Awake REM Light Deep

Total sleep
6h 17m

Time in bed
7h 37m

Sleep efficiency
82%

Resting heart rate
46 bpm

Sleep Score
75 Good

Sleep contributors

Total sleep 6h 17m

Efficiency 82%

Restfulness Pay attention

REM sleep 1h 4m, 17%

Deep sleep 1h 3m, 17%

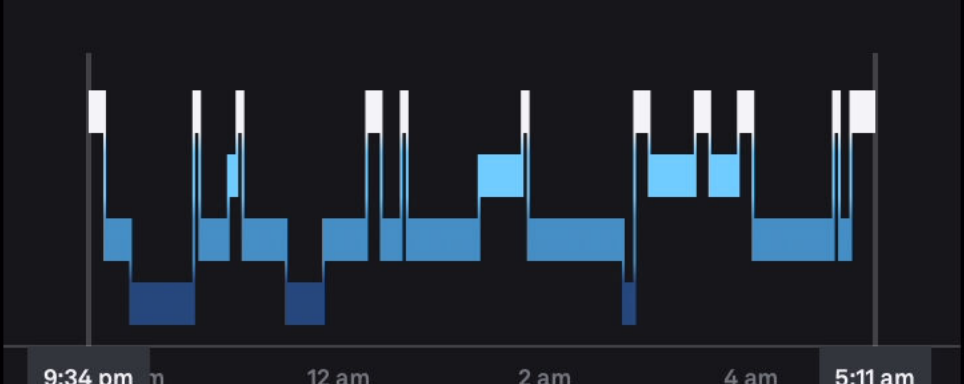
Latency 11m

Timing Optimal

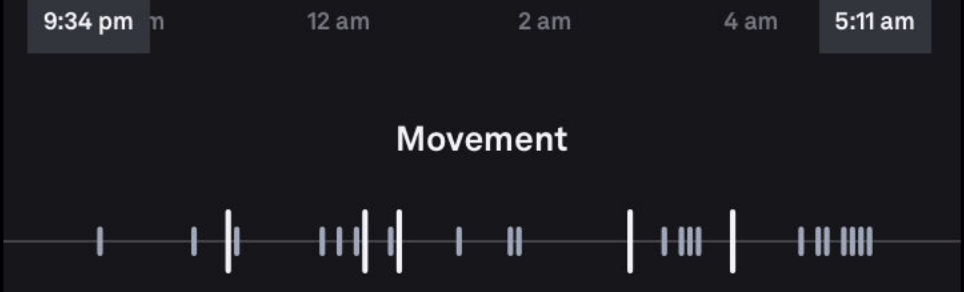
Details

Time asleep
6 h 17 m

Total duration 7h 37m



Movement



Awake 1h 21m
REM 1h 4m 17%
Light 4h 11m 66%
Deep 1h 3m 17%

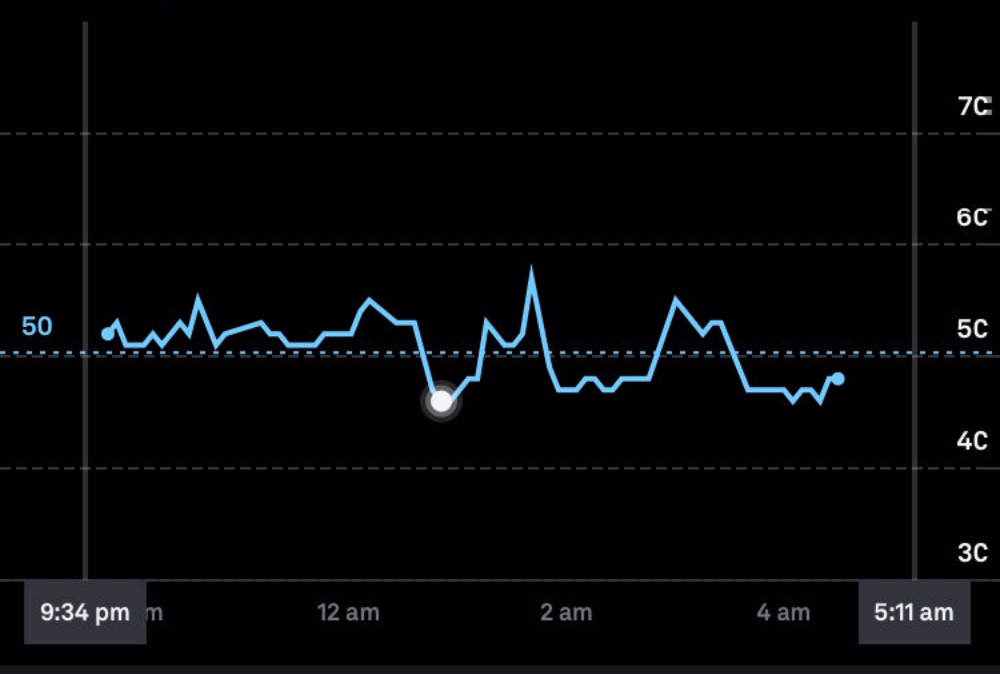
Awake REM Light Deep

Breathing regularity

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

Lowest heart rate
46 bpm

Average 50 bpm



Average HRV
29 ms

Max 63 ms

Home Readiness Sleep Activity Resilience