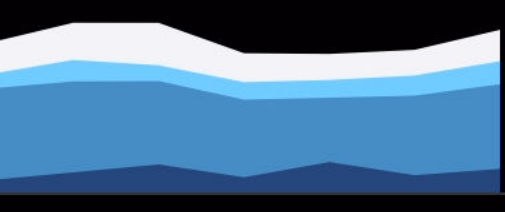


Awake REM Light Deep

Total sleep
7h 2m

Time in bed
8h 40m

Sleep efficiency
81%

Resting heart rate
42 bpm

Sleep Score
79 Good

Sleep contributors

Total sleep 7h 2m

Efficiency 81%

Restfulness Fair

REM sleep 1h 13m, 17%

Deep sleep 1h 23m, 20%

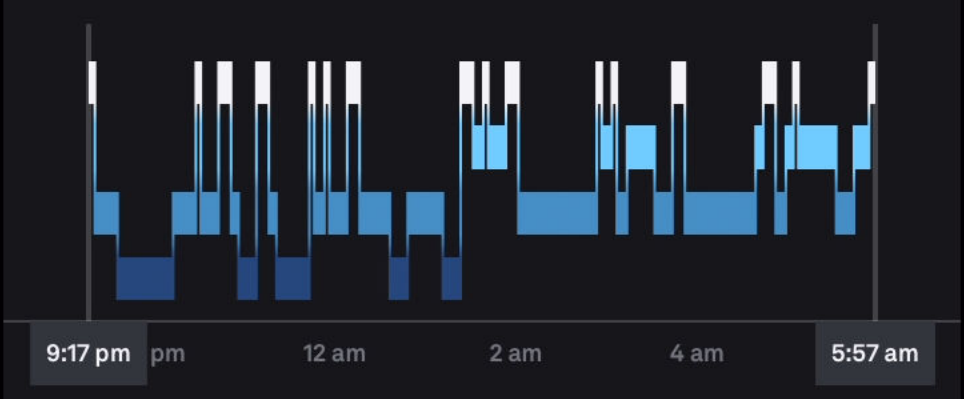
Latency 4m

Timing Optimal

Details

Time asleep
7 h 2 m

Total duration 8h 40m



Movement

Awake 1h 39m
REM 1h 13m 17%
Light 4h 27m 63%
Deep 1h 23m 20%

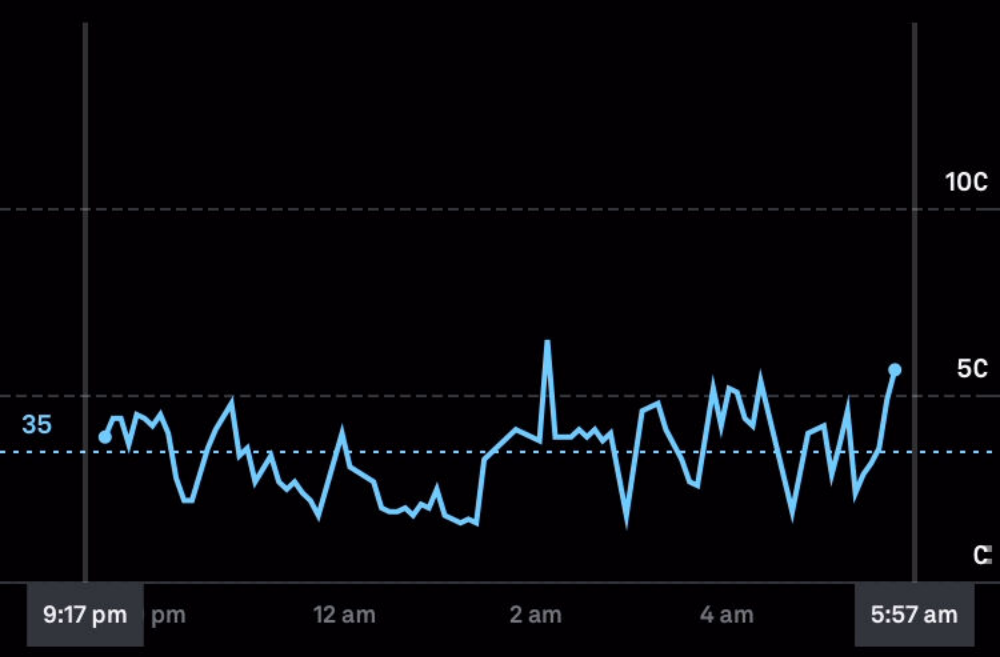
Awake REM Light Deep

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 47 bpm

Average HRV
35 ms

Max 65 ms