

Awake

REM

Light

Deep

Total sleep

6h 36m

Time in bed

8h 15m

Sleep efficiency

81%

Resting heart rate

42 bpm

Sleep Score

77

Good

Sleep contributors

Total sleep

6h 36m

Efficiency

81%

Restfulness

Pay attention

REM sleep

1h 26m, 22%

Deep sleep

1h 16m, 19%

Latency

6m

Timing

Optimal

Details

9:32 PM–5:05 AM

Sleep Score 74

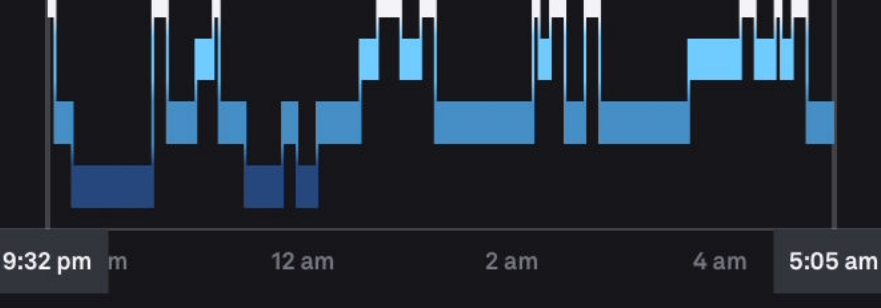
2:33 PM–3:15 PM

Sleep Score +3

Time asleep

6 h 9 m

Total duration 7h 33m



Movement



- Awake 1h 25m
- REM 1h 26m 23%
- Light 3h 28m 57%
- Deep 1h 15m 20%

Awake

REM

Light

Deep

Breathing regularity

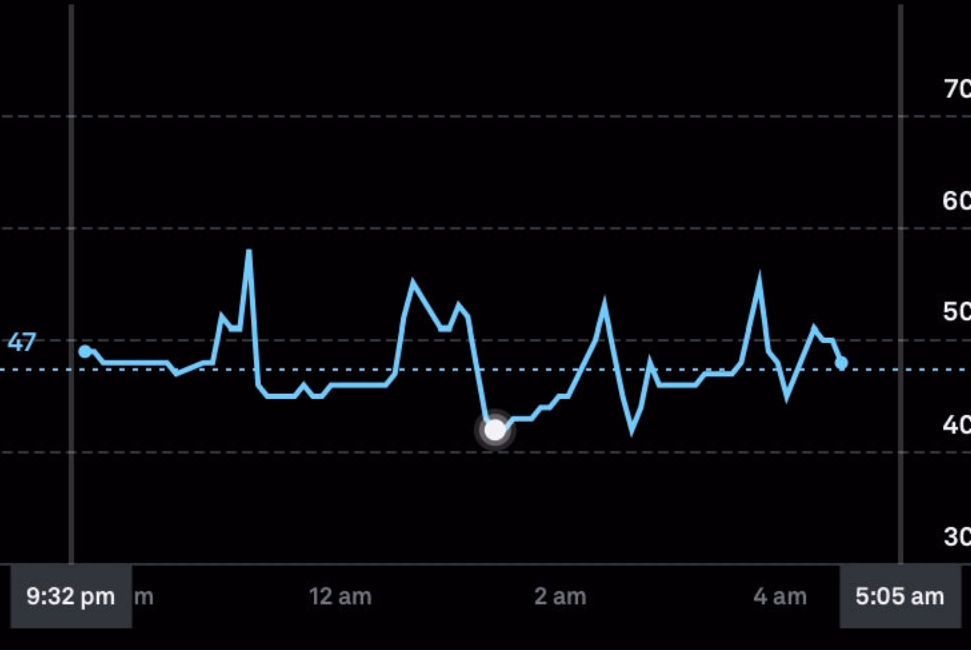


Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate

42 bpm

Average 47 bpm



Average HRV

34 ms

Max 60 ms

