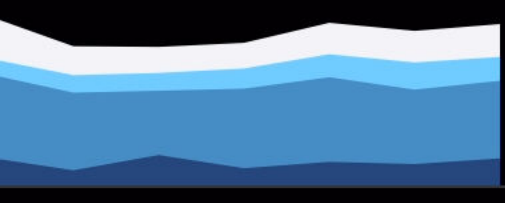


Awake REM Light Deep

Total sleep
6h 53m

Time in bed
8h 37m

Sleep efficiency
80%

Resting heart rate
41 bpm

Sleep Score
75 Good

Sleep contributors

Total sleep 6h 53m

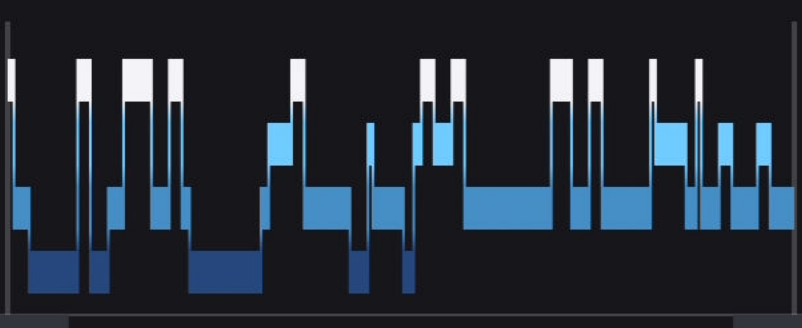
Efficiency 80%

Timing Optimal

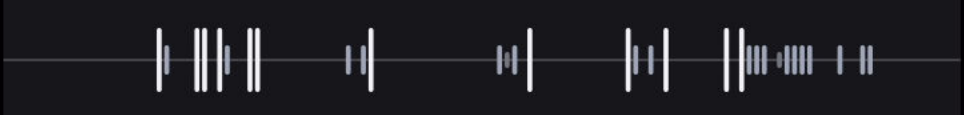
Details

Time asleep
6 h 53 m

Total duration 8h 37m



Movement



Awake 1h 44m
REM 1h 15m 18%
Light 4h 5m 59%
Deep 1h 34m 23%

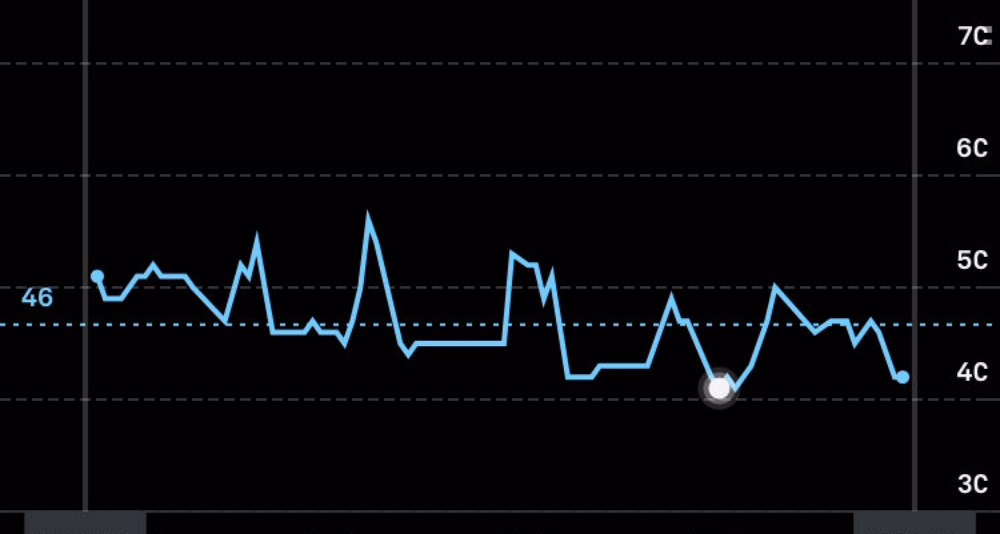
Awake REM Light Deep

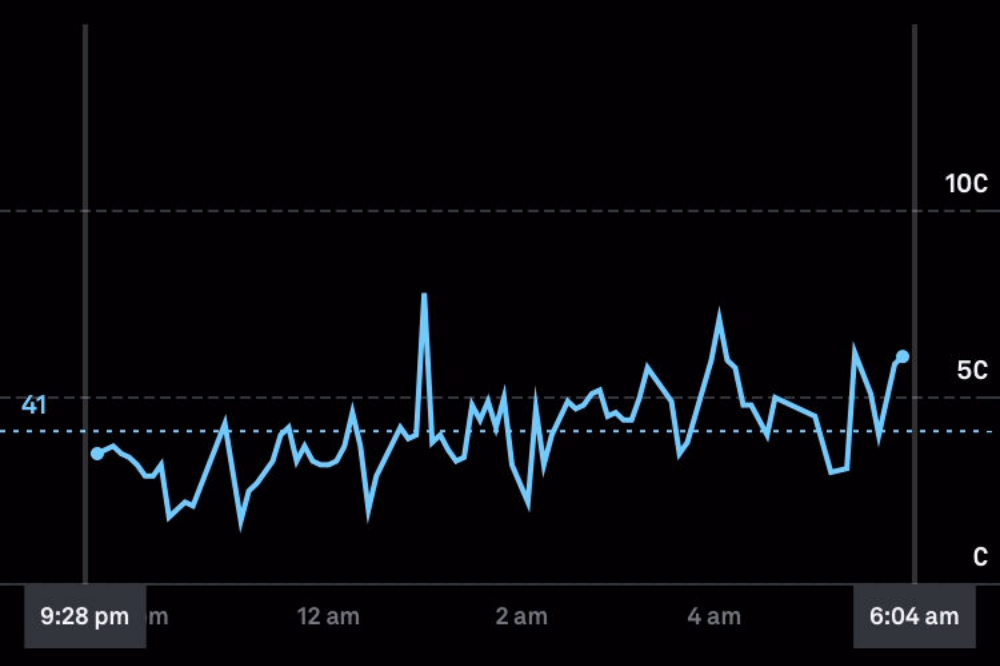
Breathing regularity

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

Lowest heart rate
41 bpm

Average 46 bpm



Average HRV
41 ms

Max 78 ms