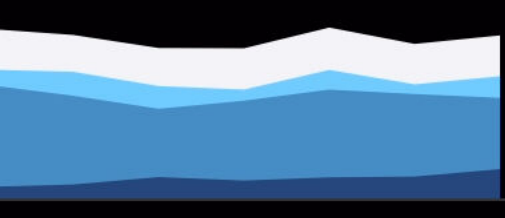
sterday Today



Awake REM Light Deep

Total sleep
6h 33m

Time in bed
8h 42m

Sleep efficiency
75%

Resting heart rate
42 bpm

Sleep Score
72 Good

Sleep contributors

Total sleep 6h 33m

Efficiency 75%

Restfulness Pay attention

REM sleep 1h 8m, 17%

Deep sleep 1h 41m, 26%

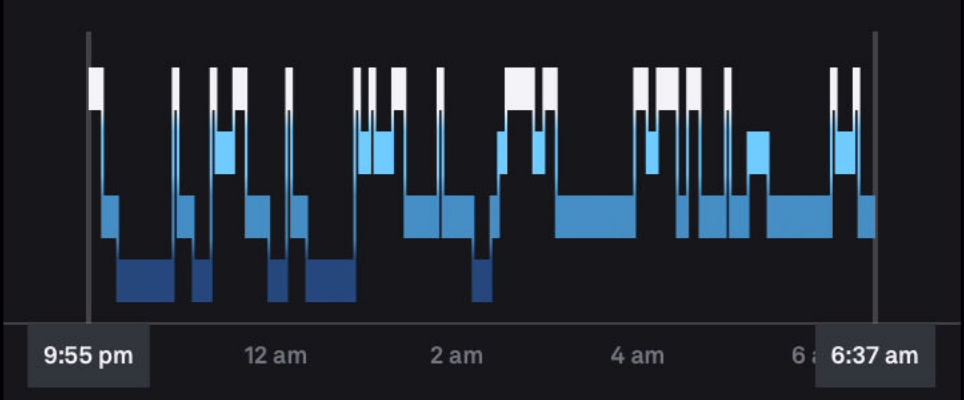
Latency 10m

Timing Optimal

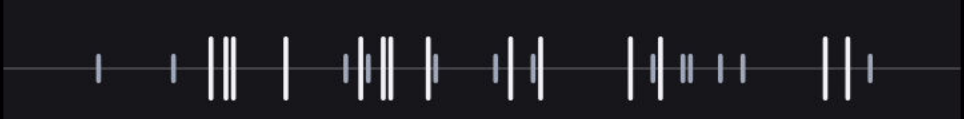
Details

Time asleep
6 h 33 m

Total duration 8h 42m



Movement



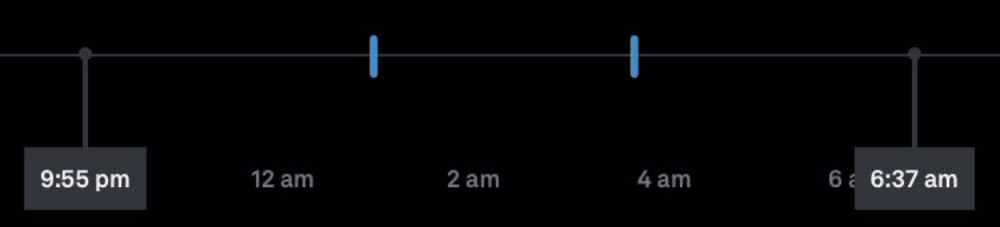
Awake 2h 9m
REM 1h 8m 17%
Light 3h 45m 57%
Deep 1h 41m 26%

Average oxygen saturation
99 %

Breathing regularity
Good

Some variations in your blood oxygen levels were detected. This can indicate that you experienced occasional breathing disturbances in your sleep.

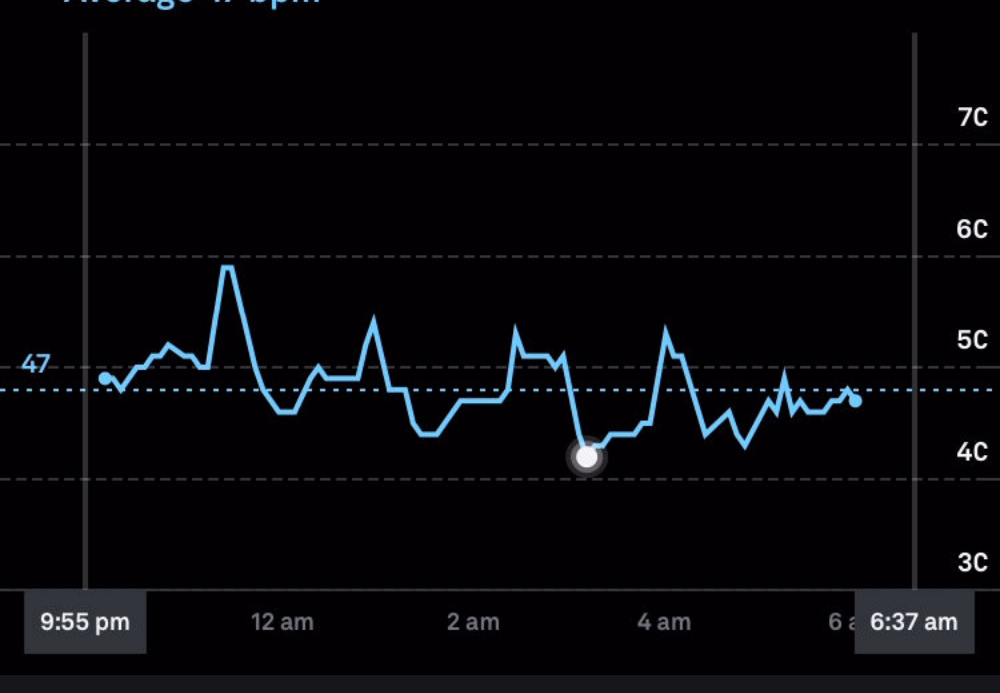
Variations in Blood Oxygen



Few Occasional Frequent

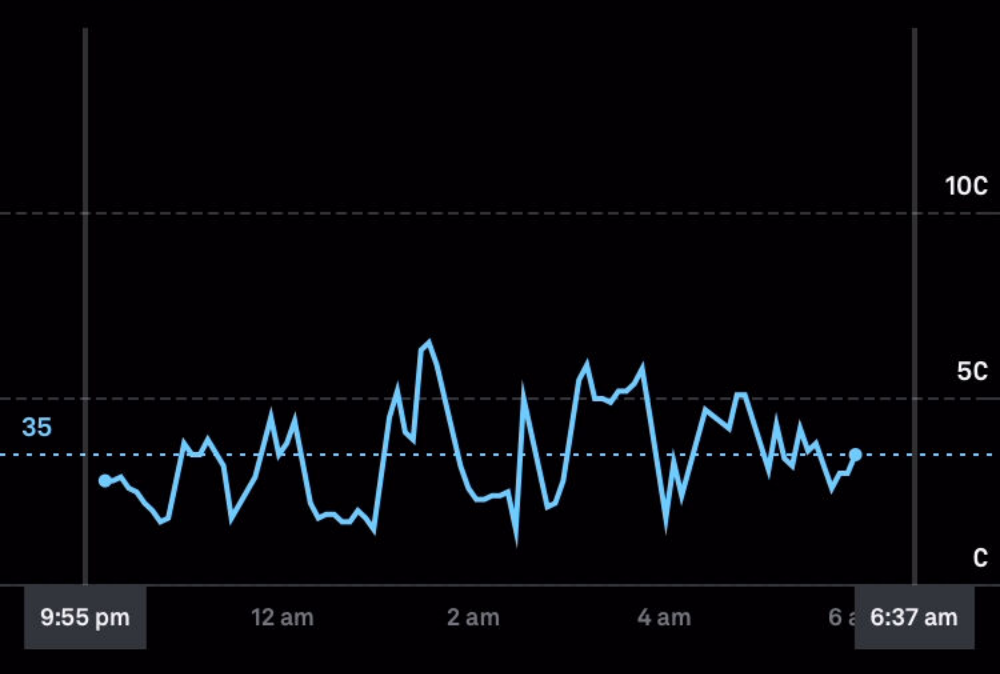
Lowest heart rate
42 bpm

Average 47 bpm



Average HRV
35 ms

Max 65 ms



Home Readiness Sleep Activity Resilience