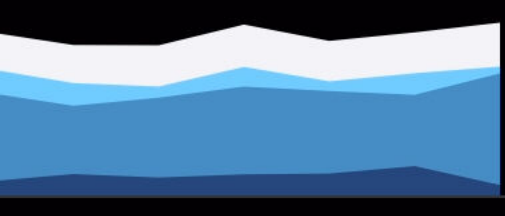
sterday Today



Awake REM Light Deep

Total sleep
6h 54m

Time in bed
9h 12m

Sleep efficiency
75%

Resting heart rate
43 bpm

Sleep Score
65 Fair

Sleep contributors

Total sleep 6h 54m

Efficiency 75%

Restfulness Pay attention

REM sleep 0h 22m, 5%

Deep sleep 0h 41m, 10%

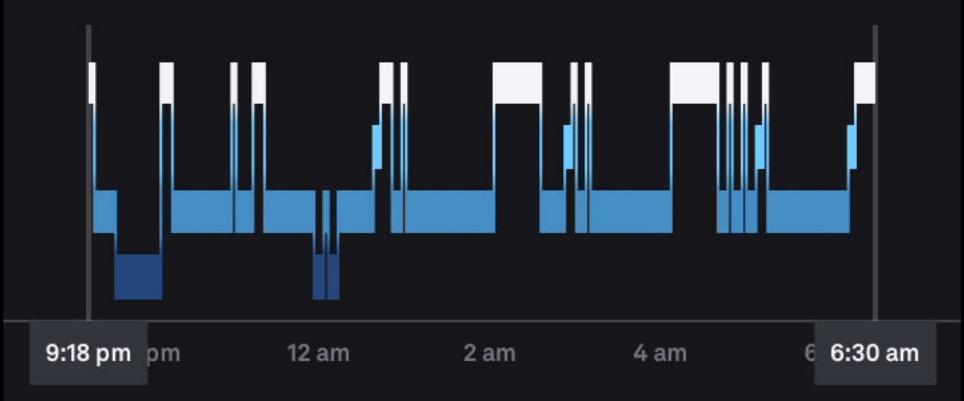
Latency 4m

Timing Optimal

Details

Time asleep
6h 54m

Total duration 9h 12m



Movement

Awake 2h 18m
REM 0h 22m 5%
Light 5h 52m 85%
Deep 0h 41m 10%

Average oxygen saturation
99 %

Breathing regularity
Optimal

No significant variations in your blood oxygen levels were detected. This can indicate that you experienced no breathing disturbances in your sleep.

Lowest heart rate
43 bpm

Average 47 bpm

WHY THE GAPS?

Average HRV
41 ms

Max 85 ms

WHY THE GAPS?

Home Readiness Sleep Activity Resilience