

Awake

REM

Light

Deep

Total sleep

6h 32m

Time in bed

8h 54m

Sleep efficiency

73%

Resting heart rate

42 bpm

Sleep Score

69

Fair

Sleep contributors

Total sleep

6h 32m

Efficiency

73%

Restfulness

Pay attention

REM sleep

0h 57m, 14%

Deep sleep

0h 58m, 15%

Latency

4m

Timing

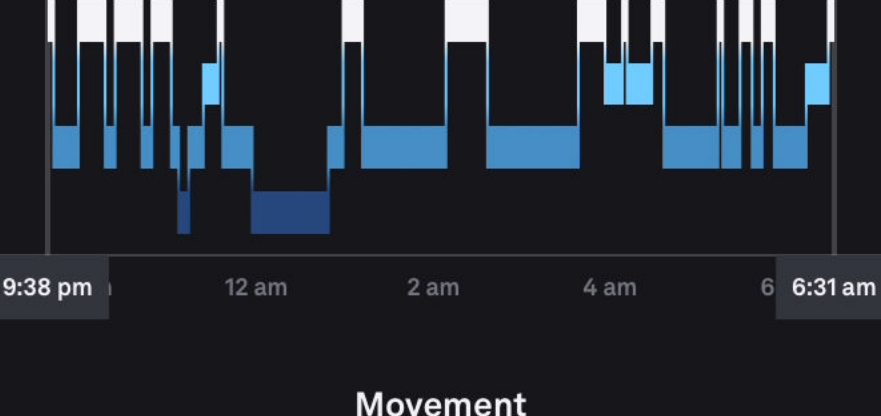
Optimal

Details

Time asleep

6h 32m

Total duration 8h 54m



Movement



- Awake 2h 22m
- REM 0h 57m 14%
- Light 4h 37m 71%
- Deep 0h 58m 15%

Average oxygen saturation

98%

Breathing regularity

Optimal

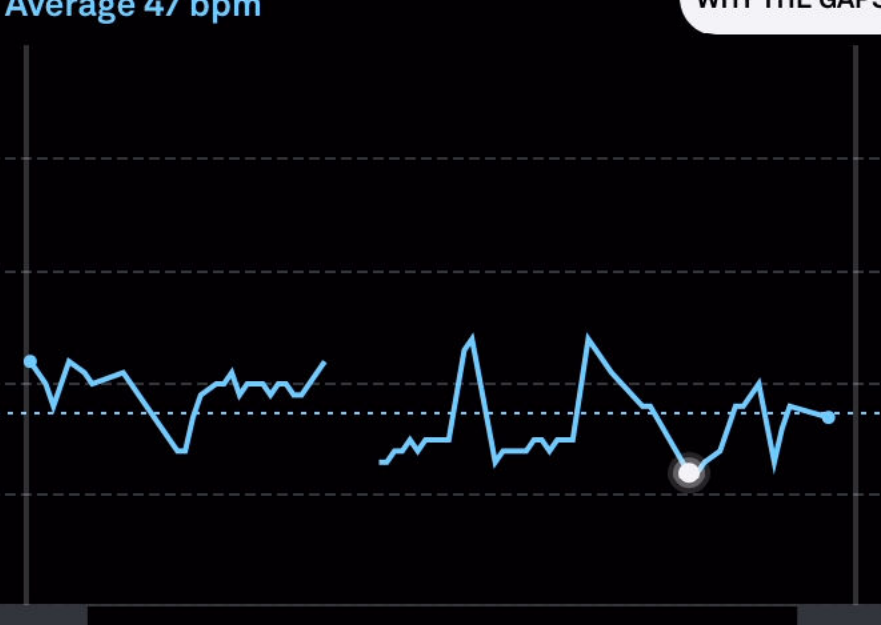
No significant variations in your blood oxygen levels were detected. This can indicate that you experienced no breathing disturbances in your sleep.

Lowest heart rate

42 bpm

Average 47 bpm

WHY THE GAPS?



Average HRV

41 ms

Max 71 ms

WHY THE GAPS?

