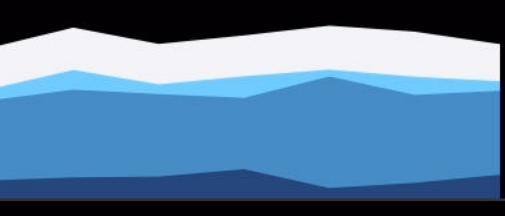
sterday Today



Awake REM Light Deep

Total sleep
6h 18m

Time in bed
8h 14m

Sleep efficiency
76%

Resting heart rate
45 bpm

Sleep Score
66 Fair

Sleep contributors

Total sleep 6h 18m

Efficiency 76%

Restfulness Pay attention

REM sleep 0h 30m, 8%

Deep sleep 1h 23m, 22%

Latency 2m

Timing Optimal

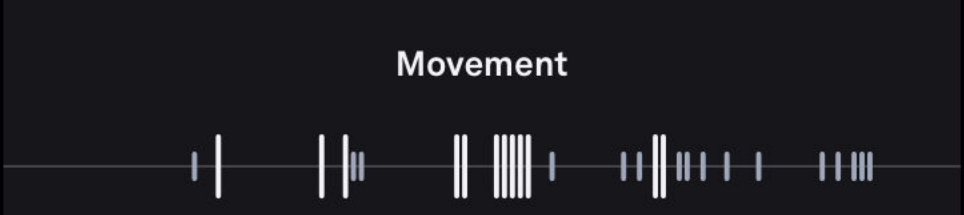
Details

Time asleep
6 h 18 m

Total duration 8h 14m

10:28 pm 12 am 2 am 4 am 6 a 6:42 am

Movement



Awake 1h 57m
REM 0h 30m 8%
Light 4h 25m 70%
Deep 1h 23m 22%

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
45 bpm

Average 50 bpm

WHY THE GAPS?

Average HRV
29 ms

Max 83 ms

WHY THE GAPS?

Home Readiness Sleep Activity Resilience