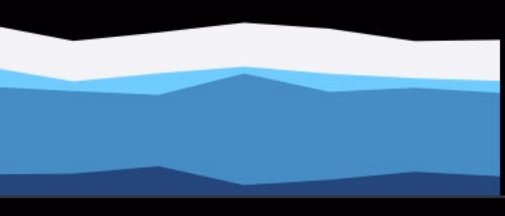
sterday Today



Awake REM Light Deep

Total sleep
6h 9m

Time in bed
8h 18m

Sleep efficiency
74%

Resting heart rate
43 bpm

Sleep Score
66 Fair

Sleep contributors

Total sleep 6h 9m

Efficiency 74%

Restfulness Pay attention

REM sleep 0h 38m, 10%

Deep sleep 1h 9m, 19%

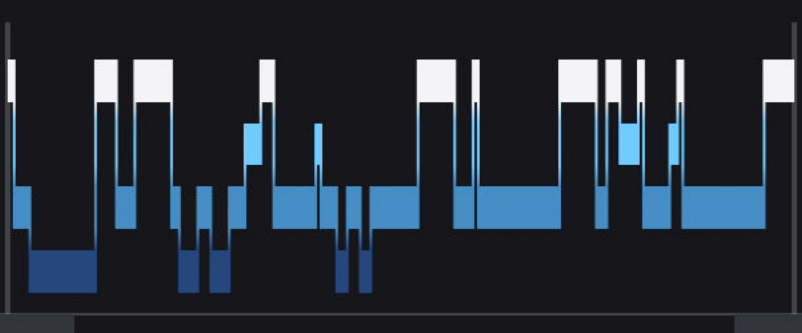
Latency 6m

Timing Optimal

Details

Time asleep
6h 9m

Total duration 8h 18m



10:04 pm 12 am 2 am 4 am 6:22 am

Movement

Awake 2h 9m

REM 0h 38m 10%

Light 4h 23m 71%

Deep 1h 9m 19%

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
43 bpm

Average 48 bpm

WHY THE GAPS?

Average HRV
34 ms

Max 55 ms

WHY THE GAPS?

Home Readiness Sleep Activity Resilience