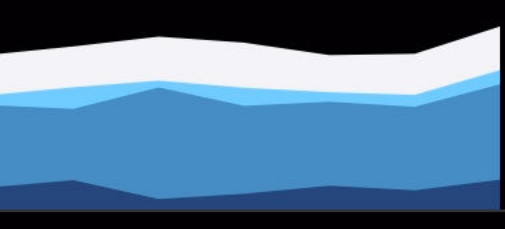
sterday Today



Awake REM Light Deep

Total sleep
7h 27m

Time in bed
9h 45m

Sleep efficiency
76%

Resting heart rate
41 bpm

Sleep Score
75 Good

Sleep contributors

Total sleep 7h 27m

Efficiency 76%

Restfulness Pay attention

REM sleep 0h 45m, 10%

Deep sleep 1h 42m, 23%

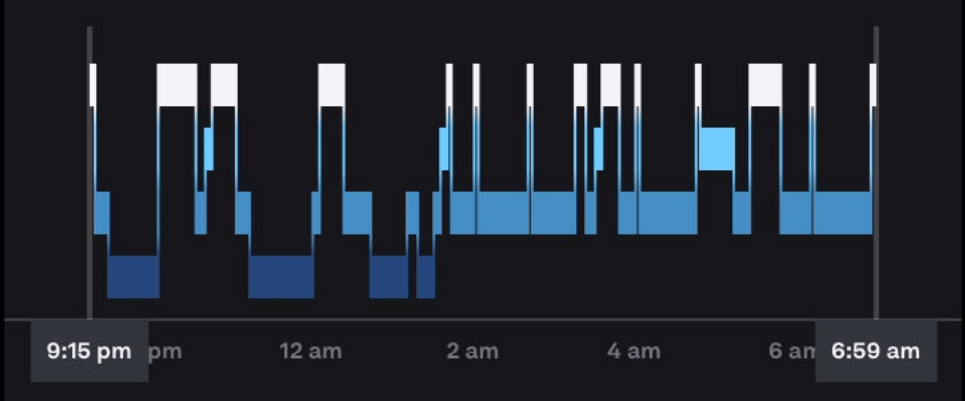
Latency 8m

Timing Optimal

Details

Time asleep
7 h 27 m

Total duration 9h 45m



Movement

Awake 2h 18m
REM 0h 45m 10%
Light 5h 1m 67%
Deep 1h 42m 23%

Breathing regularity

Breathing regularity analysis could not be made accurately. Your ring should sit snugly on your finger for SpO2 sensing.

Lowest heart rate
41 bpm

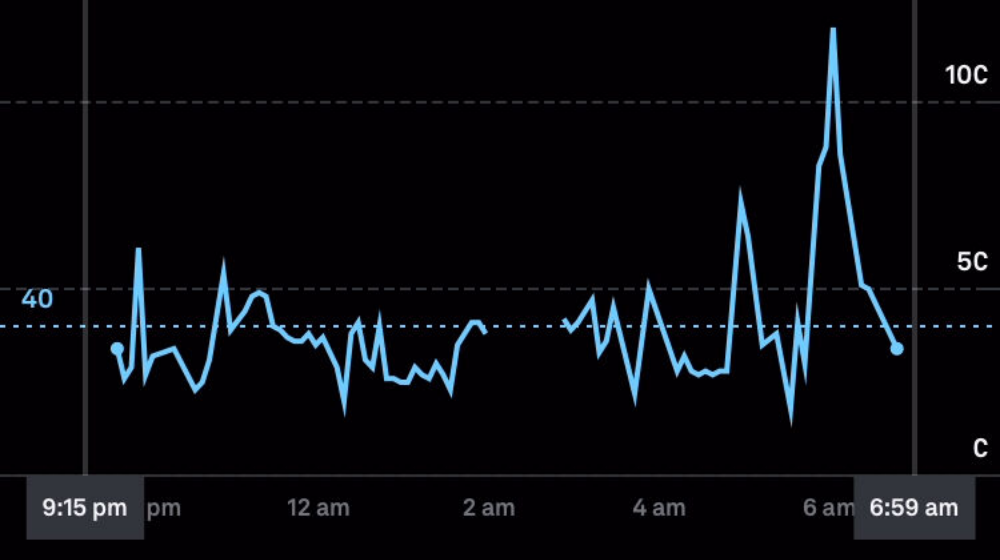
Average 47 bpm

WHY THE GAPS?

Average HRV
40 ms

Max 120 ms

WHY THE GAPS?



Home Readiness Sleep Activity Resilience