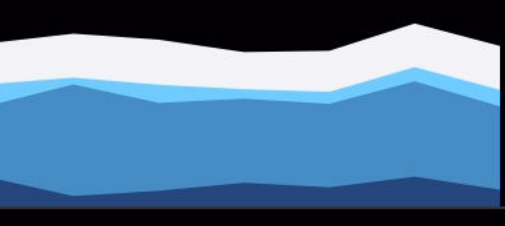
sterday Today



Awake REM Light Deep

Total sleep
6h 16m

Time in bed
8h 34m

Sleep efficiency
73%

Resting heart rate
42 bpm

Sleep Score
70 Good

Sleep contributors

Total sleep 6h 16m

Efficiency 73%

Restfulness Pay attention

REM sleep 0h 52m, 14%

Deep sleep 1h 1m, 16%

Latency 19m

Timing Optimal

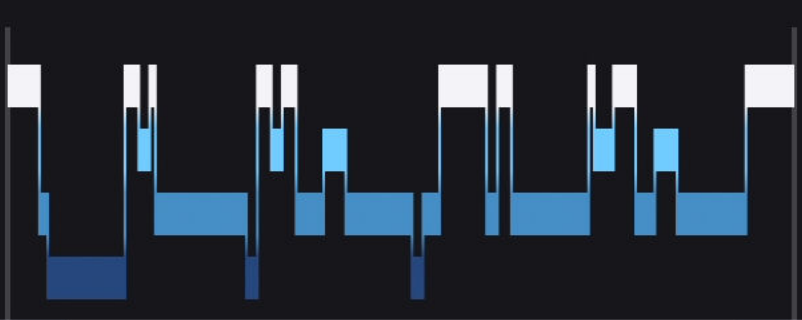
Details

9:53 PM–5:47 AM
Sleep Score 67

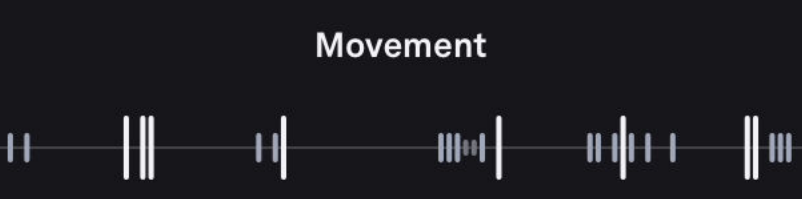
11:20 AM–11:59 AM
Sleep Score +3

Time asleep
5h 46m

Total duration 7h 55m



Movement



Awake 2h 9m
REM 0h 52m 15%
Light 3h 57m 69%
Deep 0h 57m 16%

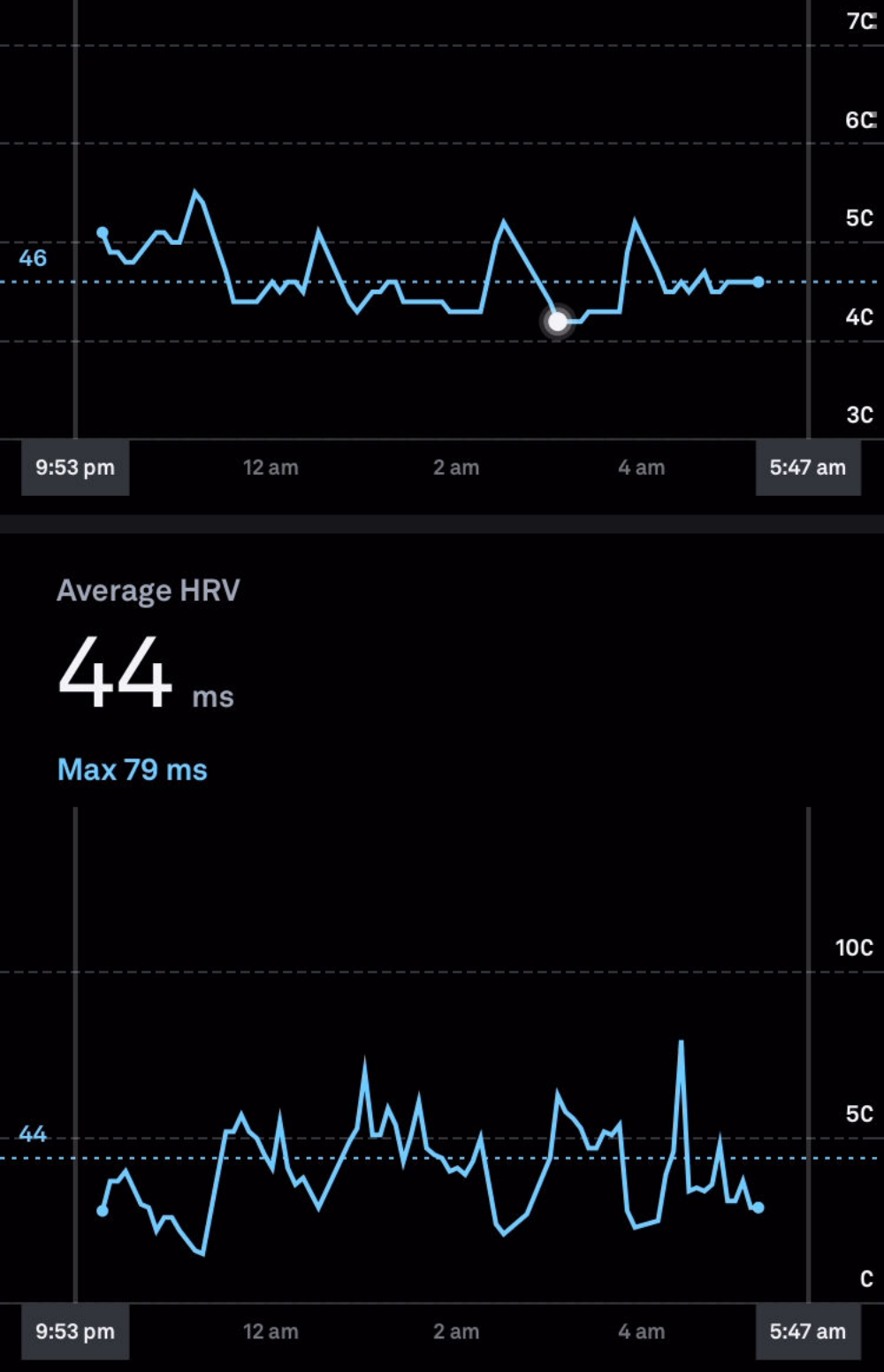
Average oxygen saturation
98 %

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 46 bpm



Average HRV
44 ms

Max 79 ms

Home Readiness Sleep Activity Resilience