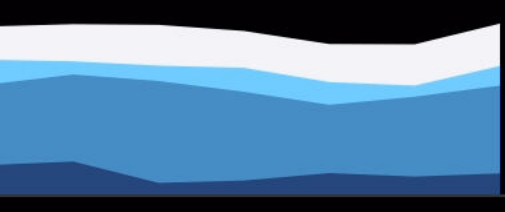
sterday Today



Awake REM Light Deep

Total sleep
6h 53m

Time in bed
9h 6m

Sleep efficiency
76%

Resting heart rate
41 bpm

Sleep Score
72 Good

Sleep contributors

Total sleep 6h 53m

Efficiency 76%

Restfulness Pay attention

REM sleep 1h 2m, 15%

Deep sleep 1h 15m, 18%

Latency 5m

Timing Optimal

Details

Time asleep
6h 53m

Total duration 9h 6m

Movement

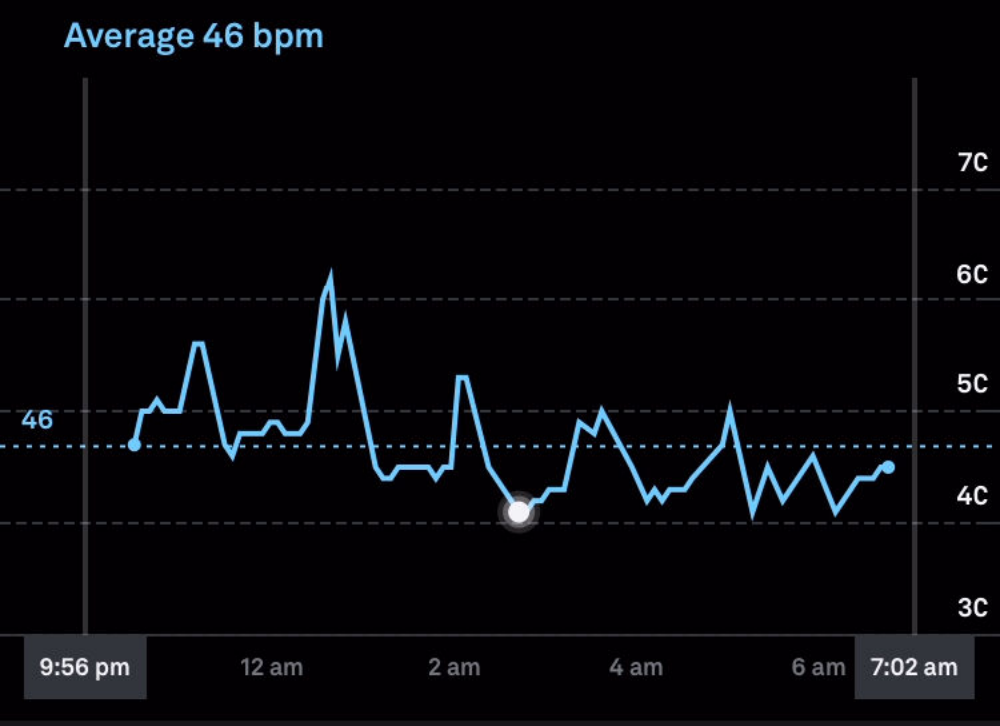
Awake 2h 13m
REM 1h 2m 15%
Light 4h 37m 67%
Deep 1h 15m 18%

Breathing regularity

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

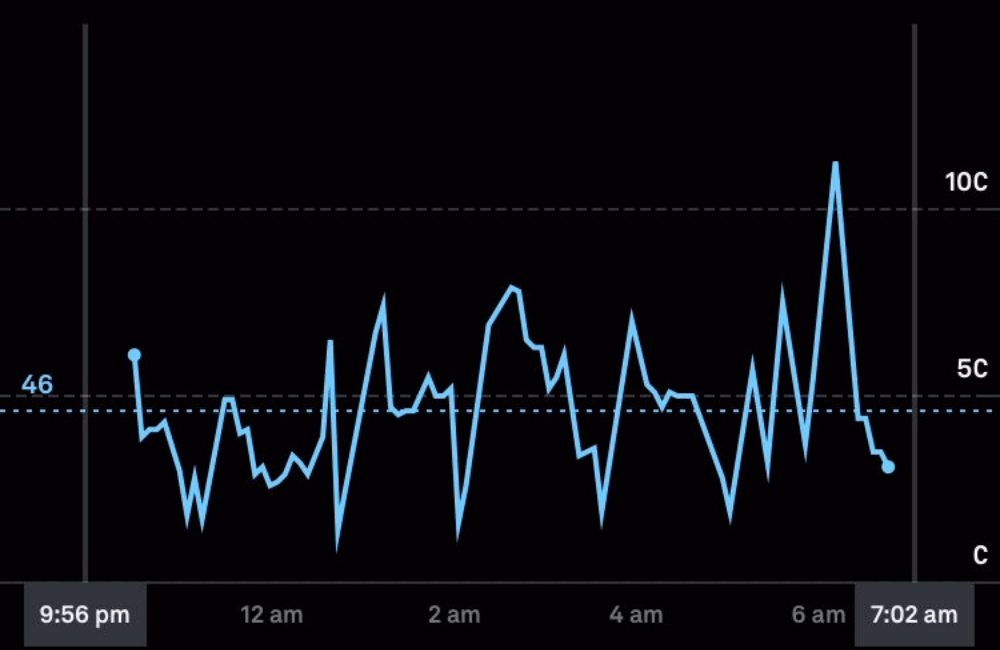
Lowest heart rate
41 bpm

Average 46 bpm



Average HRV
46 ms

Max 113 ms



Home Readiness Sleep Activity Resilience