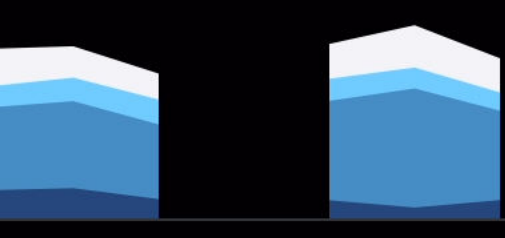
sterday Today



Awake REM Light Deep

Total sleep
6h 45m

Time in bed
8h 33m

Sleep efficiency
79%

Resting heart rate
42 bpm

Sleep Score
72 Good

Sleep contributors

Total sleep 6h 45m

Efficiency 79%

Restfulness Pay attention

REM sleep 0h 58m, 14%

Deep sleep 1h 6m, 16%

Latency 6m

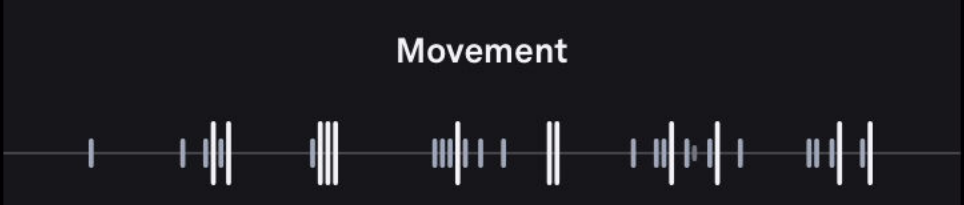
Timing Optimal

Details

Time asleep
6h 45m

Total duration 8h 33m

Movement



Awake 1h 48m
REM 0h 58m 14%
Light 4h 42m 70%
Deep 1h 6m 16%

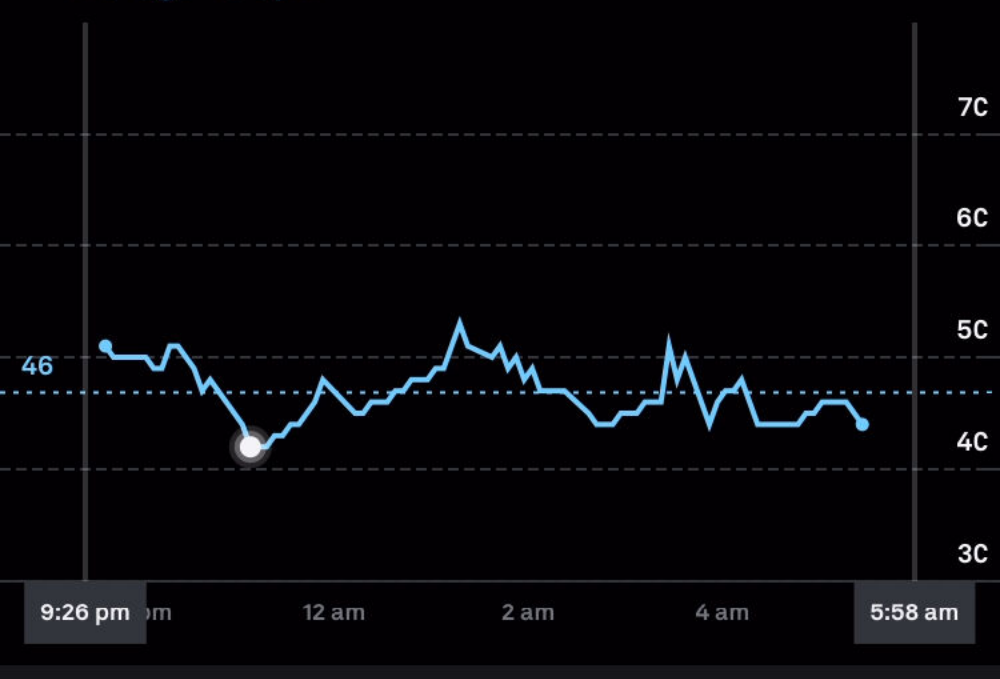
Awake REM Light Deep

Breathing regularity

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

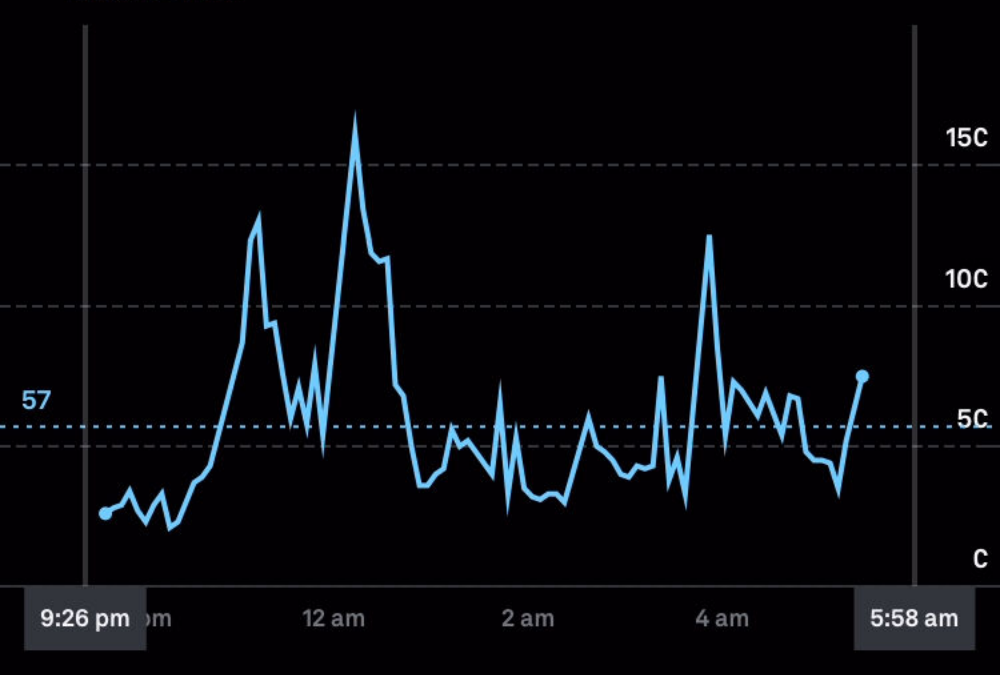
Lowest heart rate
42 bpm

Average 46 bpm



Average HRV
57 ms

Max 161 ms



Home Readiness Sleep Activity Resilience