

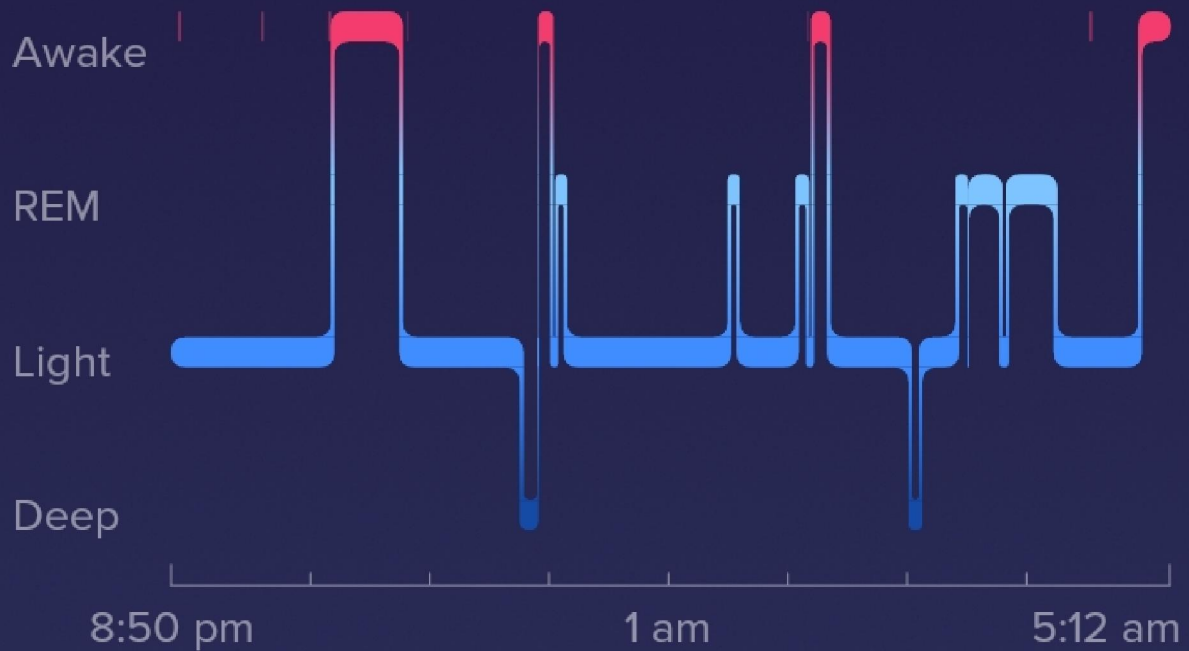


Mon, Oct 8

# Sleep Stages



<span style="color: red;">■</span> Awake	<span style="color: lightblue;">■</span> REM	<span style="color: blue;">■</span> Light	<span style="color: darkblue;">■</span> Deep
14%	11%	71%	2%
1h 11m	59m	5h 59m	13m



**At night, your body cycles through different Sleep Stages.** It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

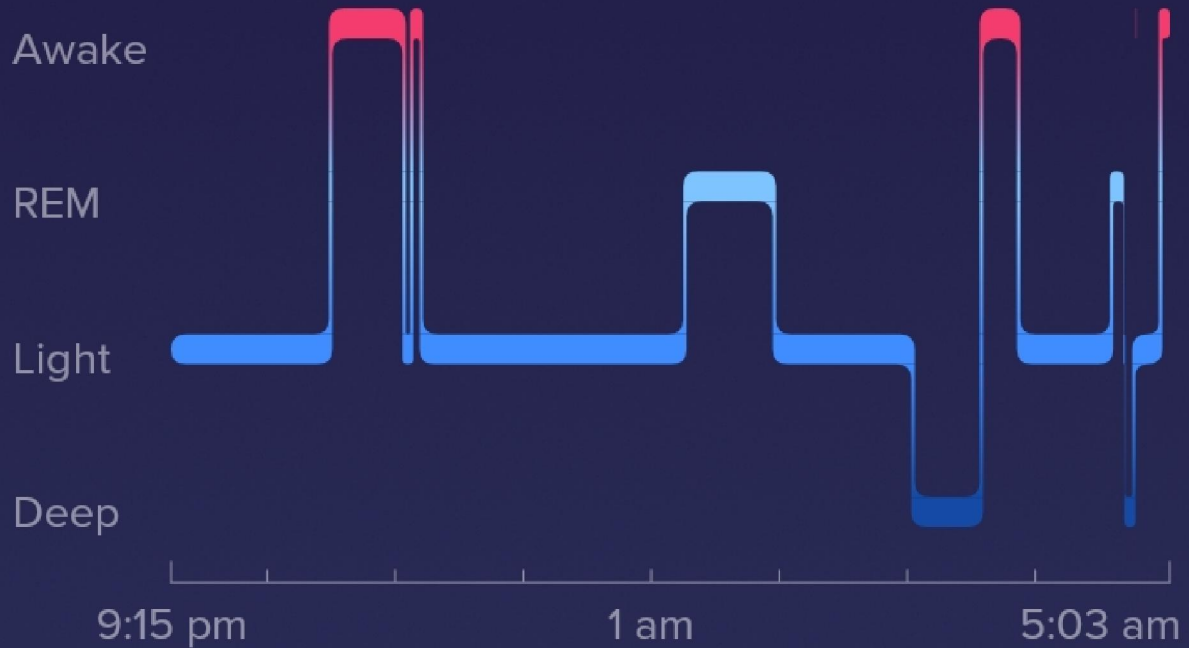


Thu, Oct 11

# Sleep Stages



<span style="color: red;">■</span> Awake	<span style="color: lightblue;">■</span> REM	<span style="color: blue;">■</span> Light	<span style="color: darkblue;">■</span> Deep
12%	10%	69%	7%
1h 0m	47m	5h 24m	37m



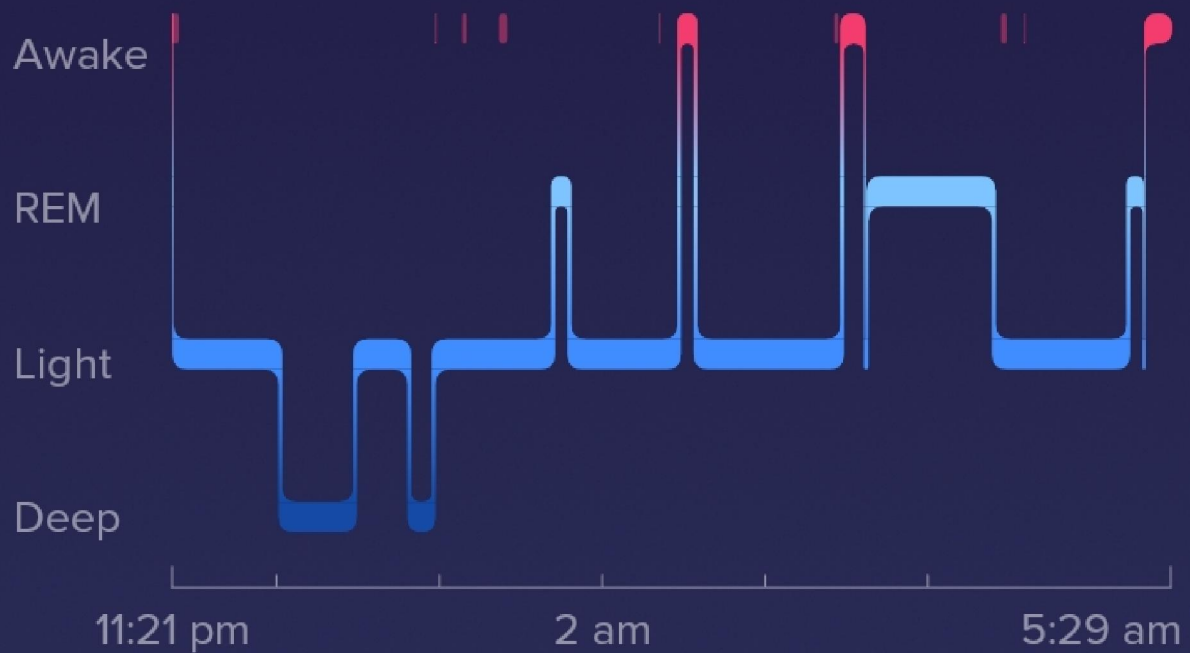
**At night, your body cycles through different Sleep Stages.** It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

# Fri, Oct 12

## Sleep Stages



Awake	REM	Light	Deep
9%	15%	64%	9%
36m	58m	3h 58m	36m



**At night, your body cycles through different Sleep Stages.** It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.