

← Sleep



Mar 24 - Mar 30

5 hr 31 min avg

Sat 12:59 am - 6:32 am



5 hr 3 min

Fri 11:54 pm - 5:24 am



4 hr 34 min

Thu 12:01 am - 5:19 am



5 hr 7 min

Wed 8:45 pm - 2:34 am



5 hr 9 min

Tue 12:07 am - 5:22 am



4 hr 31 min

Mar 25 1:59 pm - 2:59 pm



58 min

Mar 25 9:15 pm - 4:25 am



6 hr 28 min

Mar 24 9:29 pm - 5:16 am

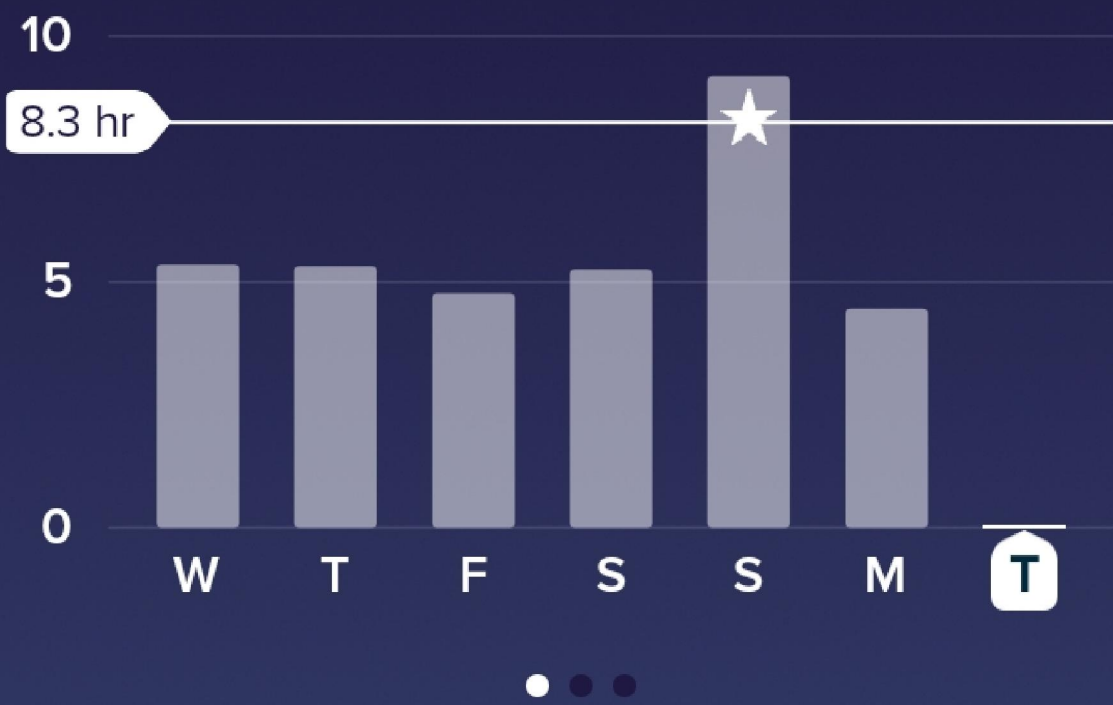


6 hr 48 min

← Sleep



Hours Slept



This Week

6 hr 37 min avg

Mon 12:40 am - 5:19 am



4 hr 15 min

Sun 8:06 pm - 10:46 pm



2 hr 21 min

Sun 2:09 pm - 3:38 pm



Sun 12:29 am - 6:15 am

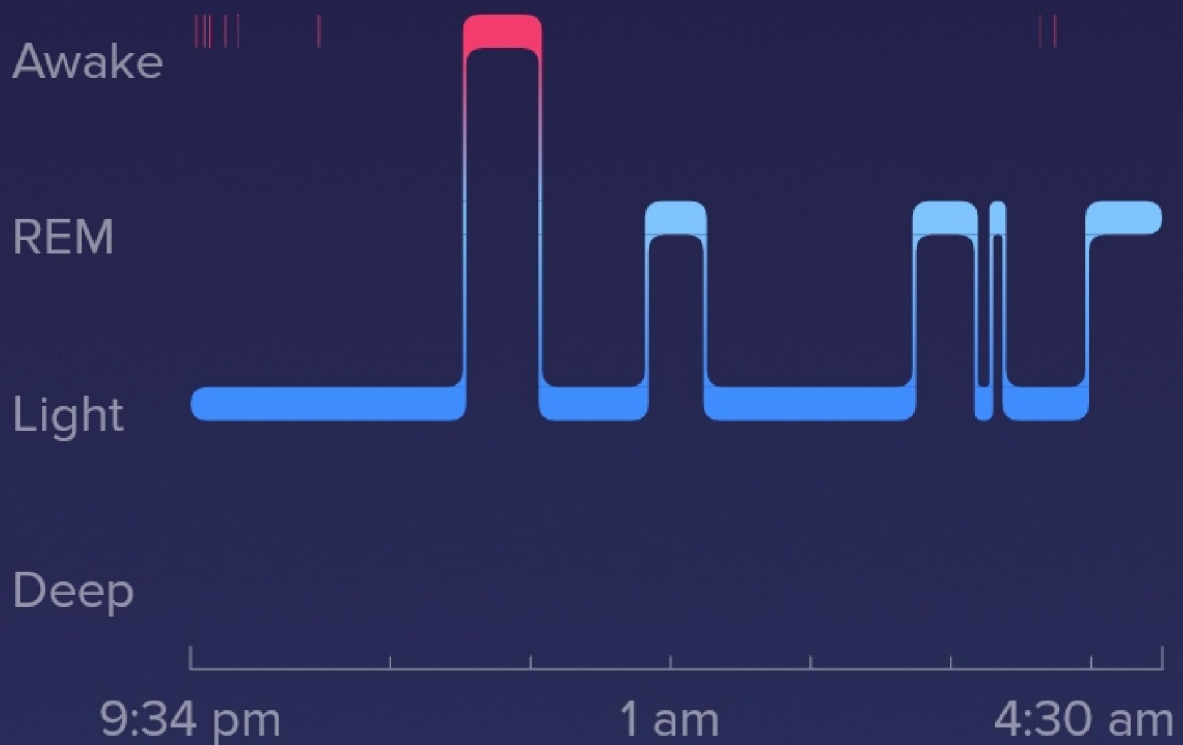


Today

Sleep Stages



Awake	REM	Light	Deep
9%	21%	69%	0%
39m	1h 29m	4h 48m	0m



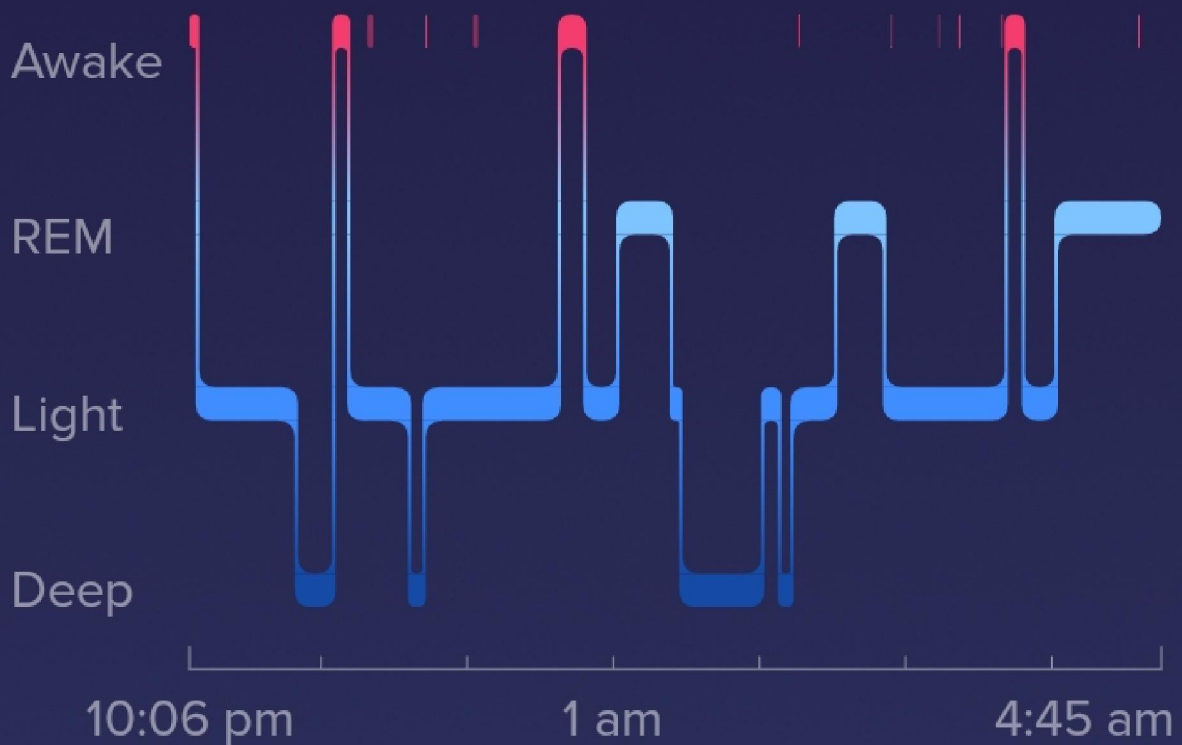
At night, your body cycles through different Sleep Stages. It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

Today

Sleep Stages



Awake	REM	Light	Deep
9%	21%	54%	15%
36m	1h 24m	3h 39m	1h 0m



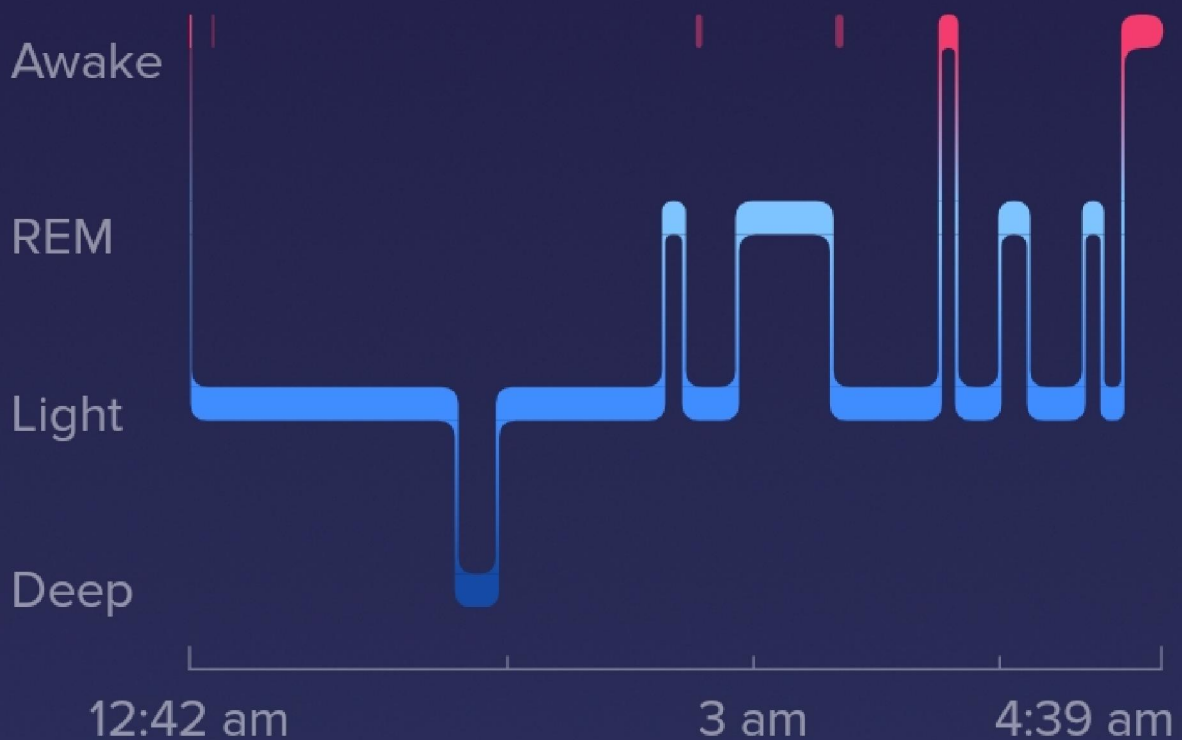
At night, your body cycles through different Sleep Stages. It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

Mon, Apr 8

Sleep Stages



Awake	REM	Light	Deep
8%	16%	70%	4%
21m	39m	2h 47m	10m



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.

Sleep



Hours Slept



10

8.3 hr

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Apr 7 - Apr 13

5 hr 22 min avg

Sat 11:29 pm - 3:34 am



3 hr 54 min

Fri 10:31 pm - 5:23 am



6 hr 12 min

Thu 11:50 pm - 4:47 am



4 hr 10 min

Wed 11 pm - 5:39 am

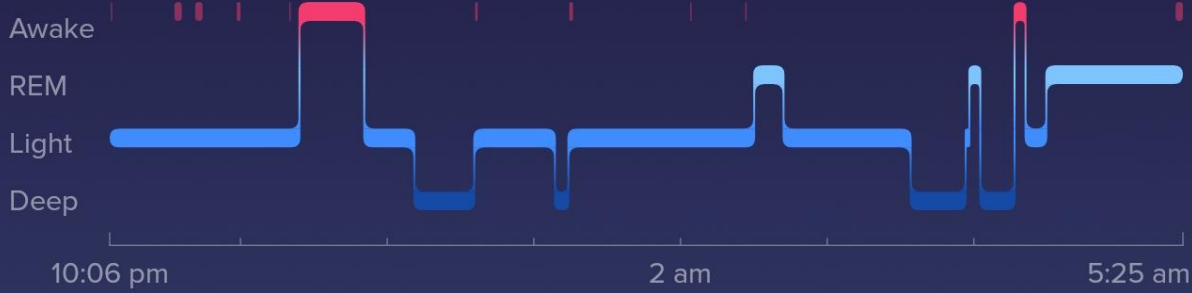


100% 12:50 AM

Sleep Stages

Fri, Apr 19

Awake	REM	Light	Deep
10%	15%	58%	15%
46m	1h 9m	4h 17m	1h 7m

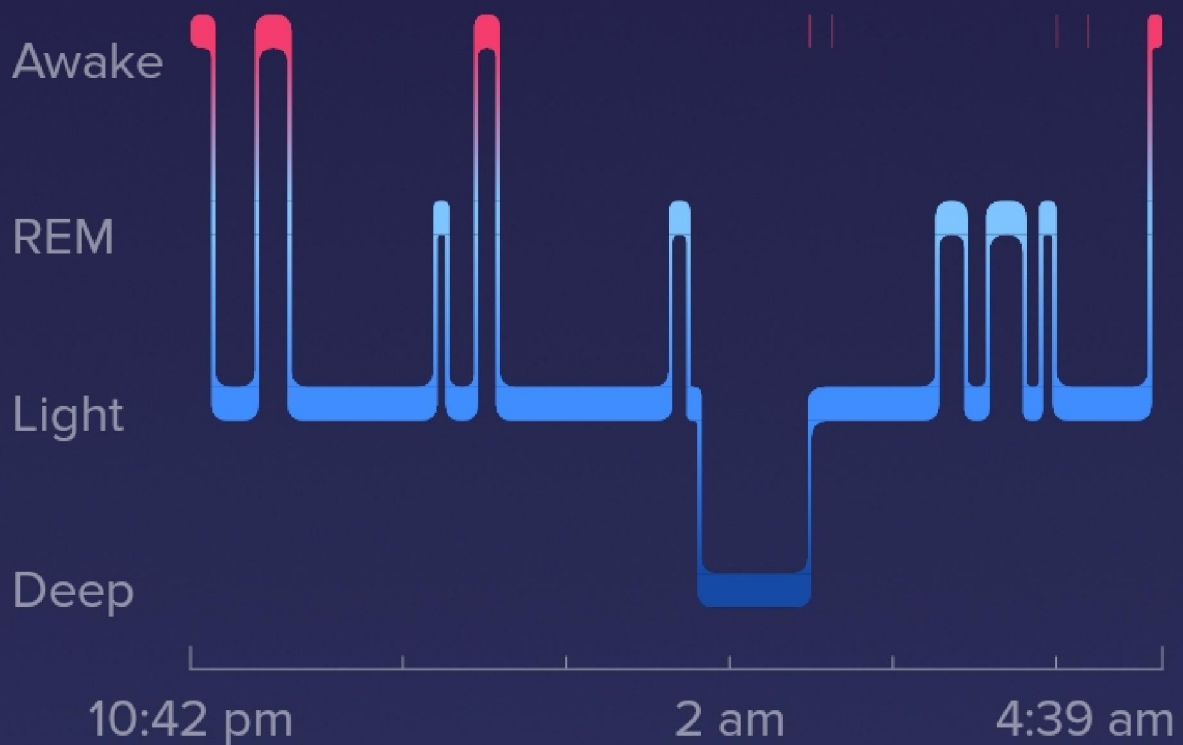


Wed, Apr 17

Sleep Stages



Awake	REM	Light	Deep
9%	11%	67%	11%
35m	40m	4h 2m	40m



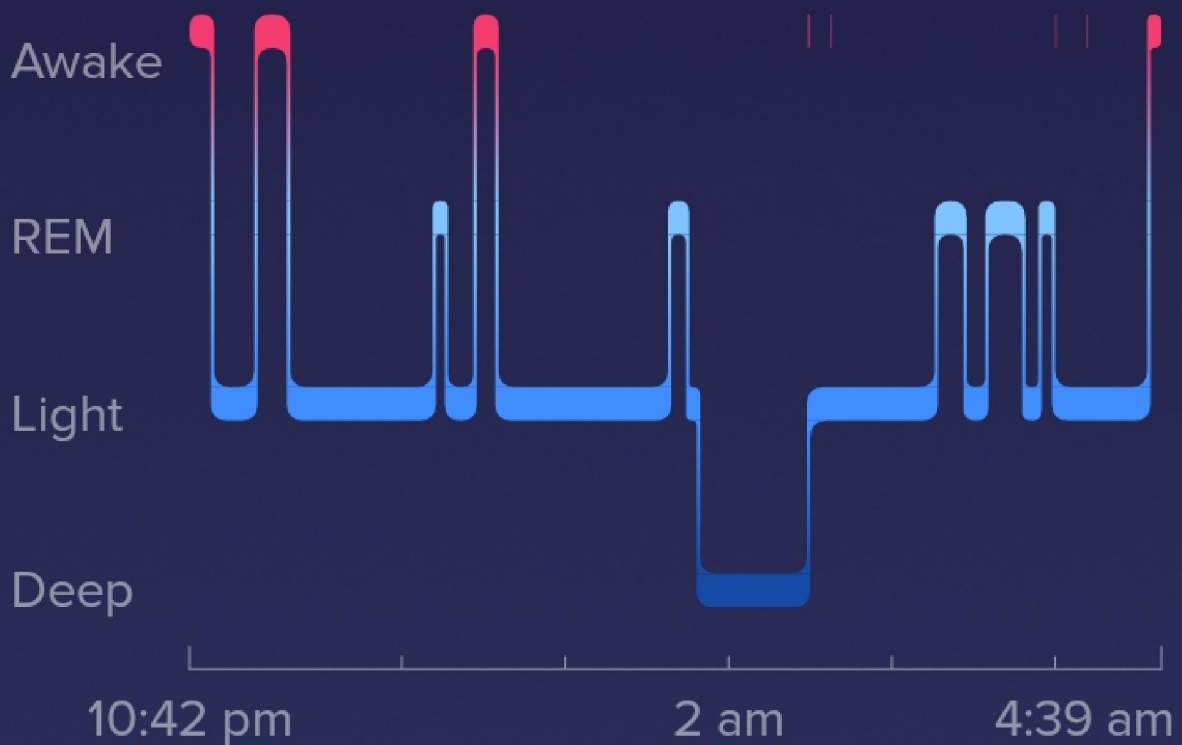
At night, your body cycles through different Sleep Stages. It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

Wed, Apr 17

Sleep Stages



Awake	REM	Light	Deep
9%	11%	67%	11%
35m	40m	4h 2m	40m



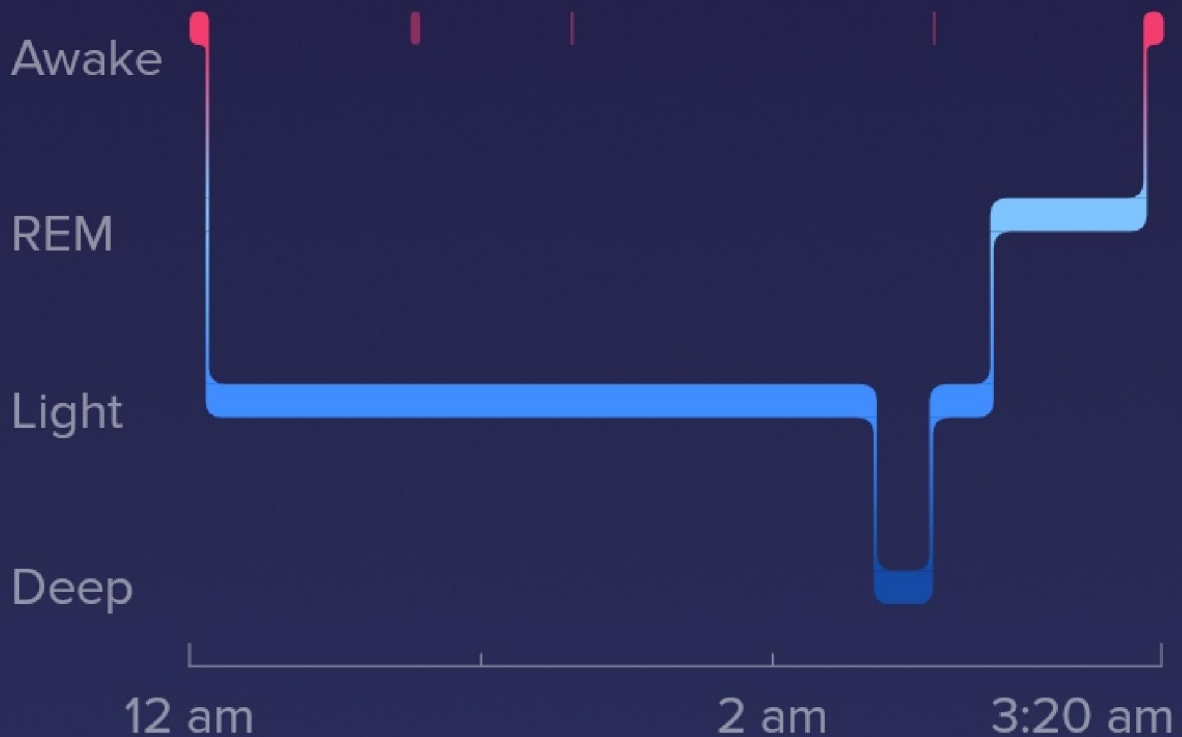
At night, your body cycles through different Sleep Stages. It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

Today

Sleep Stages



Awake	REM	Light	Deep
5%	15%	73%	6%
10m	31m	2h 27m	12m



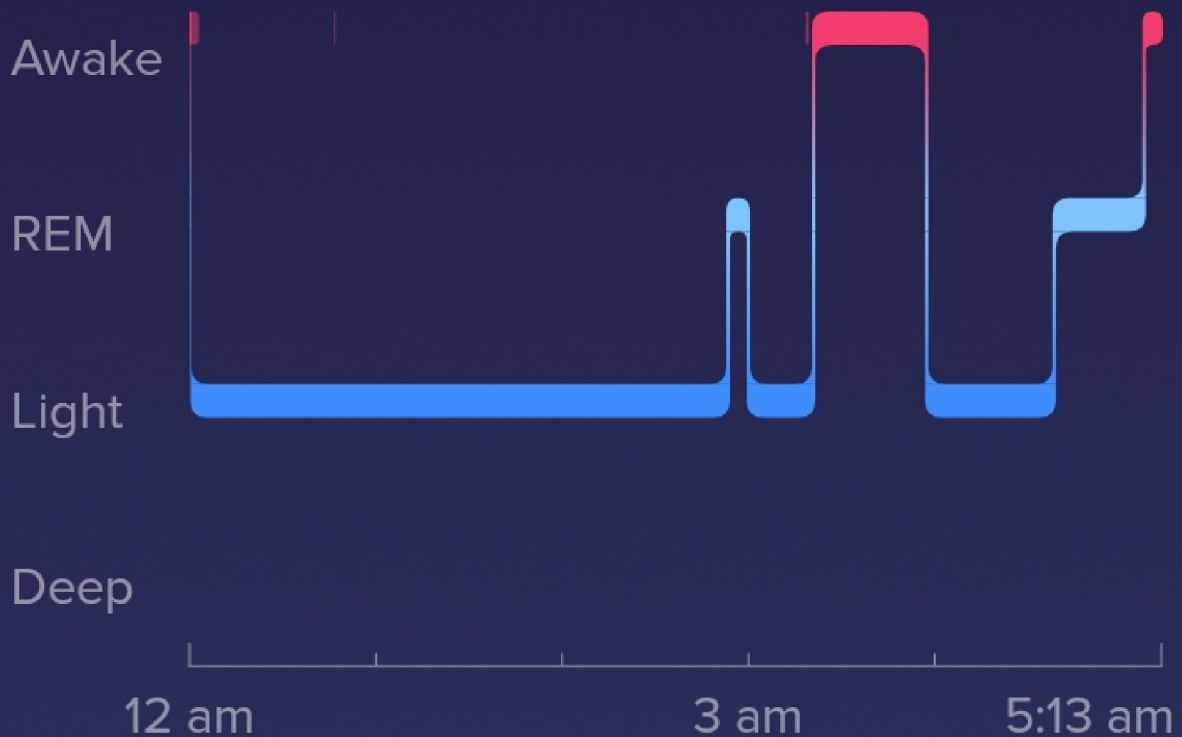
At night, your body cycles through different Sleep Stages. It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

Today

Sleep Stages



■ Awake	■ REM	■ Light	■ Deep
14%	11%	74%	0%
46m	35m	3h 52m	0m



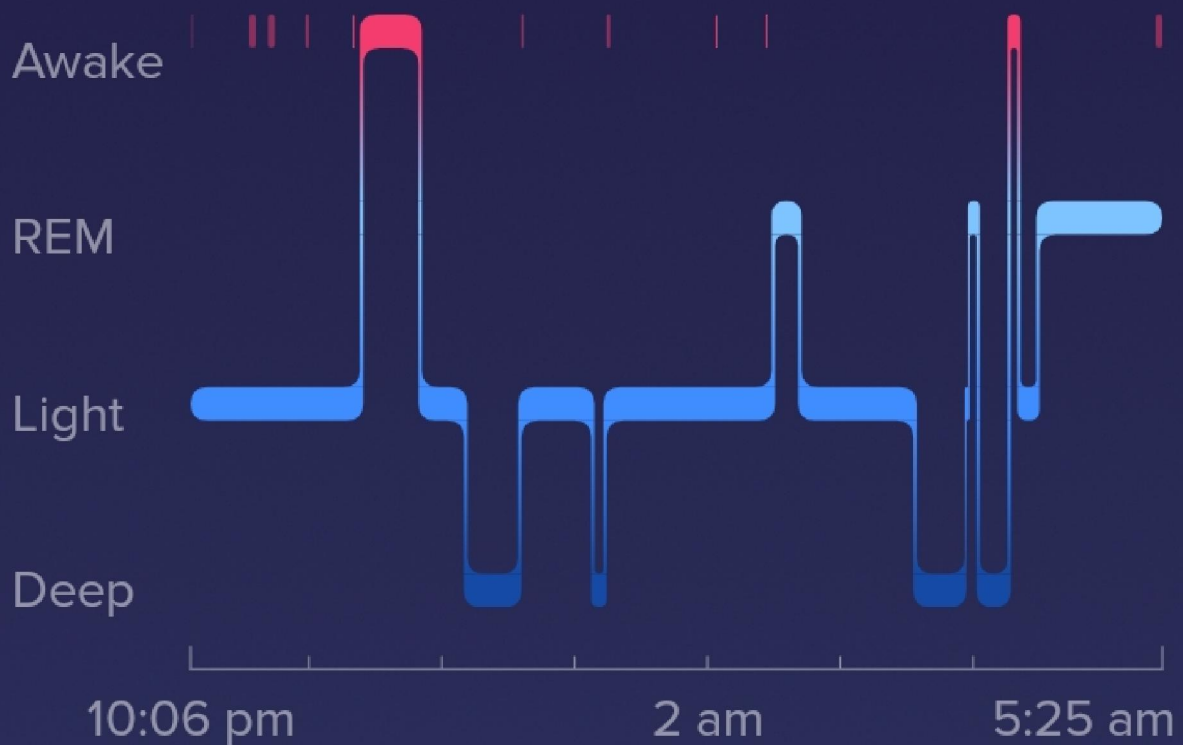
At night, your body cycles through different Sleep Stages. It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

Fri, Apr 19

Sleep Stages



Awake	REM	Light	Deep
10%	15%	58%	15%
46m	1h 9m	4h 17m	1h 7m



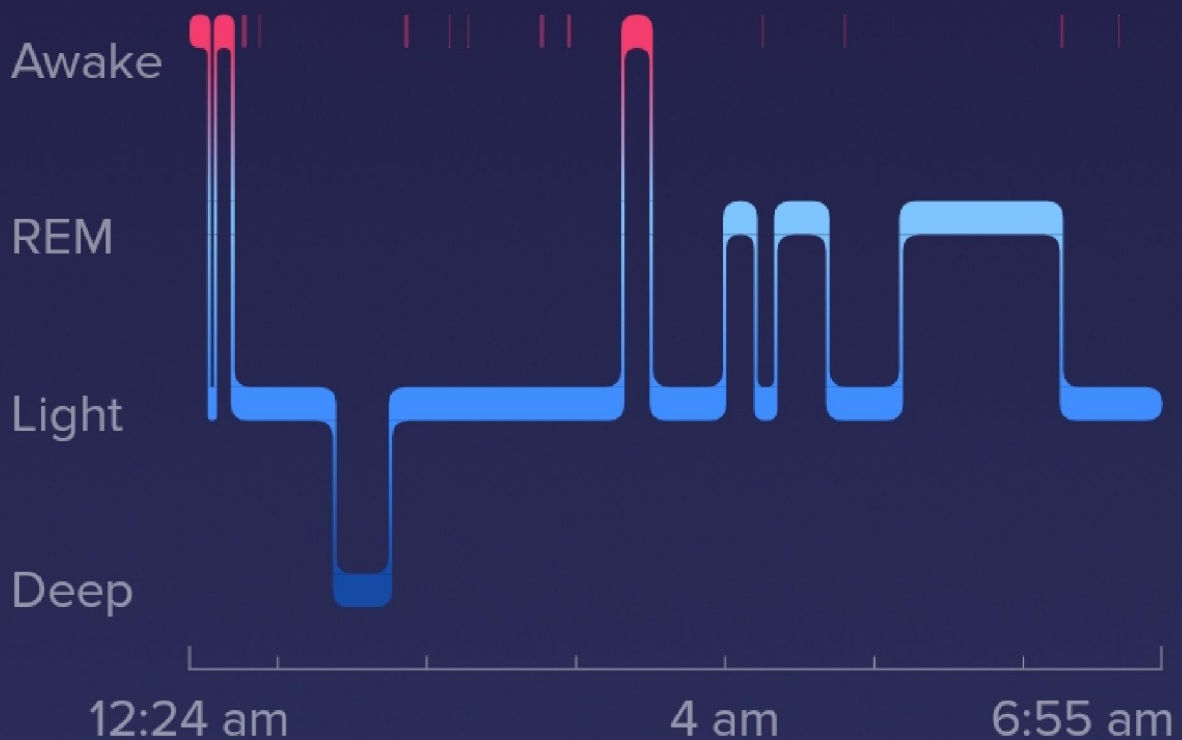
At night, your body cycles through different Sleep Stages. It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

Sat, Apr 20

Sleep Stages



Awake	REM	Light	Deep
9%	24%	60%	5%
37m	1h 37m	3h 55m	22m



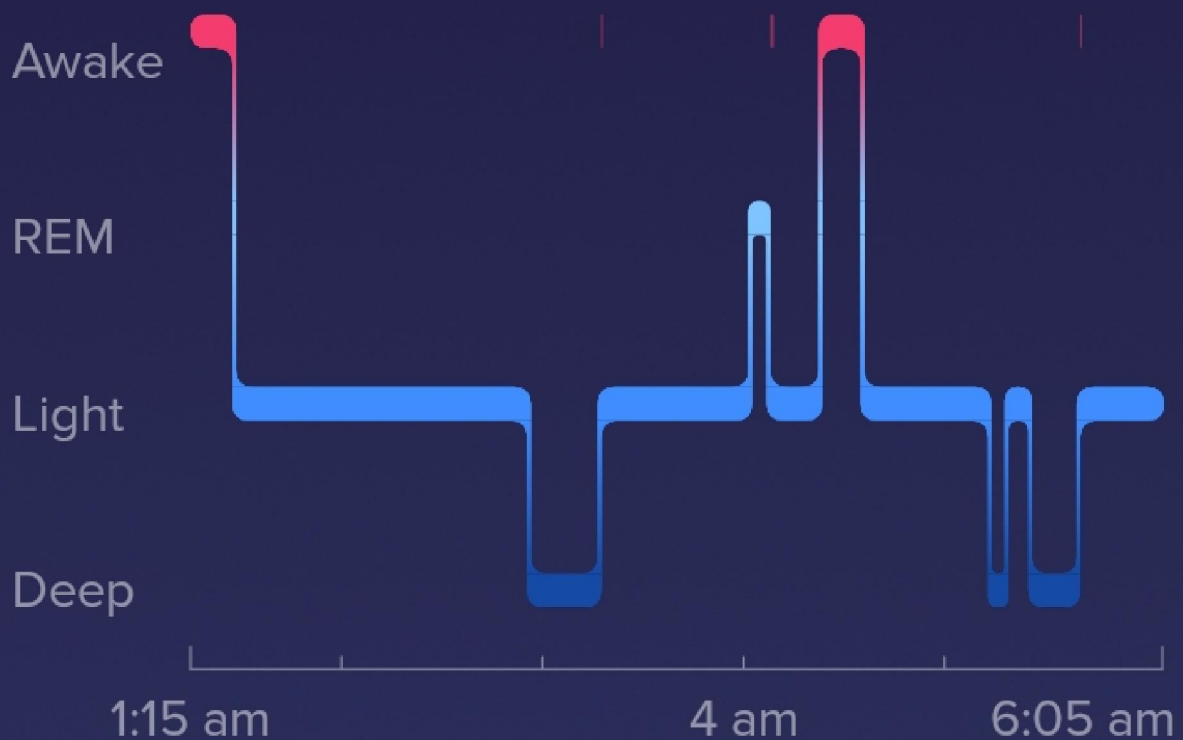
At night, your body cycles through different Sleep Stages. It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

Sun, Apr 21

Sleep Stages



Awake	REM	Light	Deep
9%	1%	74%	14%
28m	5m	3h 36m	41m



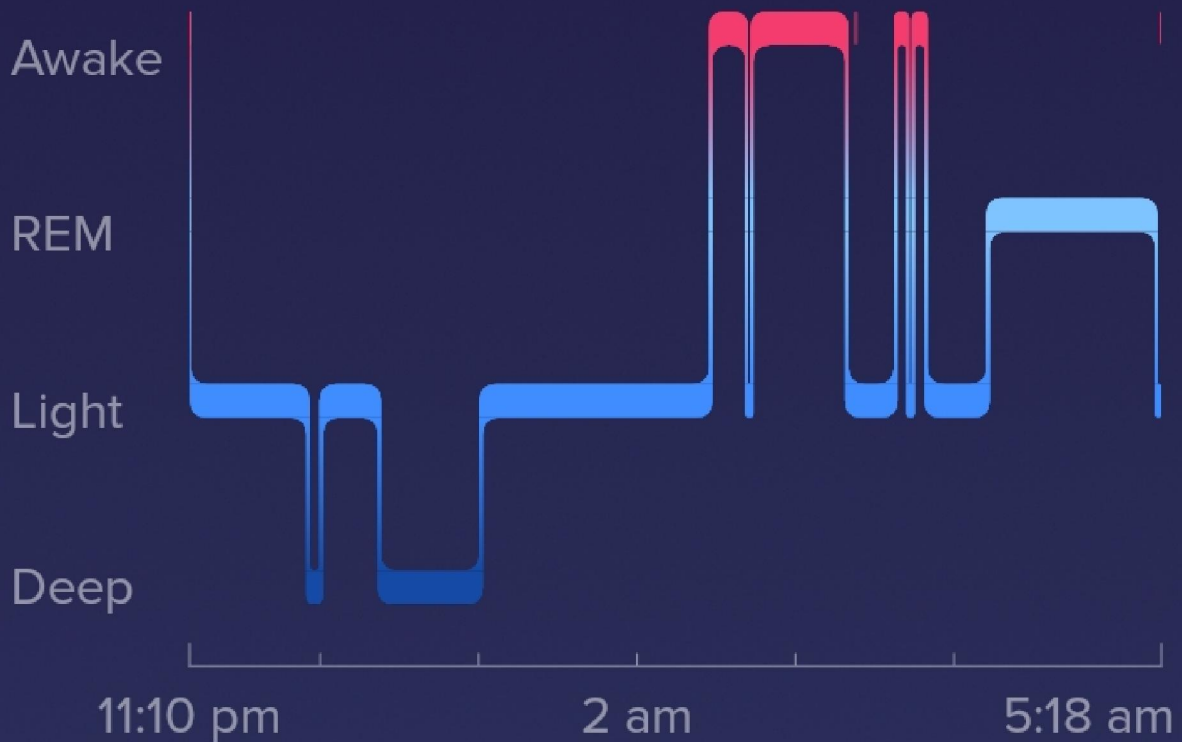
At night, your body cycles through different Sleep Stages. It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles vary naturally.

Today

Sleep Stages



Awake	REM	Light	Deep
17%	17%	53%	11%
1h 4m	1h 4m	3h 17m	43m



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.



Sleep



Hours Slept



10

8.3 hr

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This Week

4 hr 21 min avg

Today 12:33 pm - 1:39 pm



1 hr 6 min

Wed 12 am - 5:13 am



4 hr 27 min

Tue 5:19 pm - 7:05 pm



1 hr 40 min

Tue 11:10 pm - 5:18 am

