

Sleep Health Report

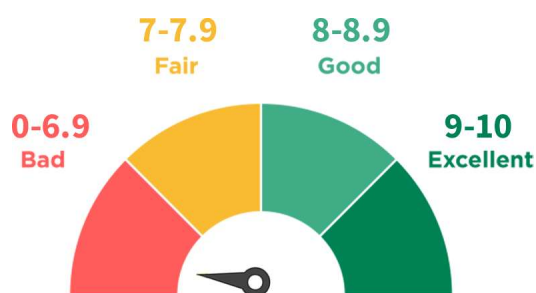
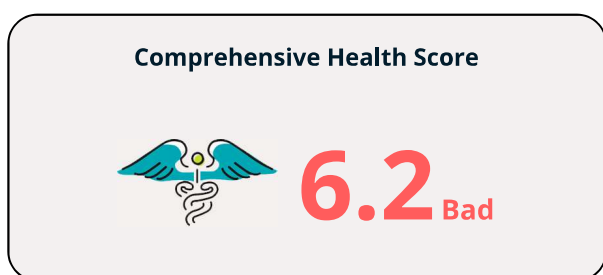
22-Dec-2020 12:59 AM

Device used: Z3Pulse
Firmware version 2.0.0
Session id: [8l4z4jr7kn2ww9814](#)

NUS001

35 years (11-Dec-1985), Male
weight 74 kg, height 172 cm
BMI: 25.0 (**Overweight**)

Overview



Sleep

6.8

Bad



Respiration

6.0

Bad



Fitness

8.5

Good

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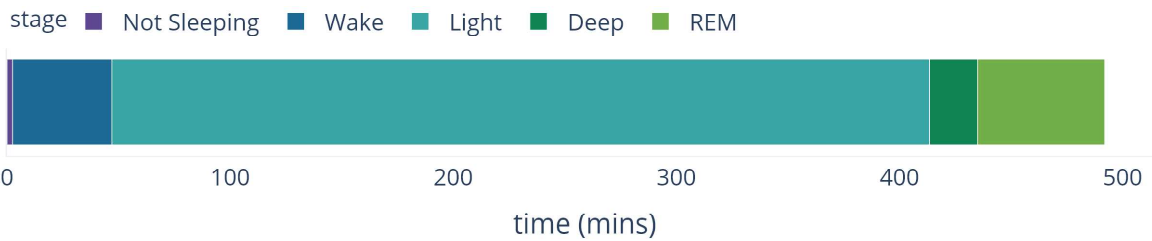
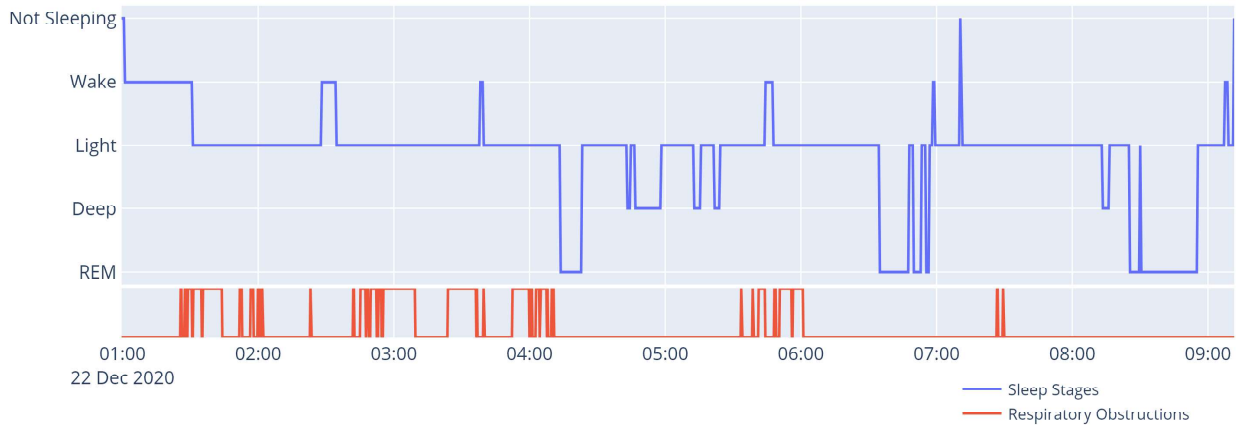
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This report provides you with the analysis of the data collected through the Z3Pulse device or a third party heart rate monitor. The information presented here are not intended to diagnose, treat, cure or prevent any disease. All information presented here is not meant as a substitute for or alternative to information from healthcare practitioners. You may use it as a starting point for any conversation you may have with your doctor.



Sleep

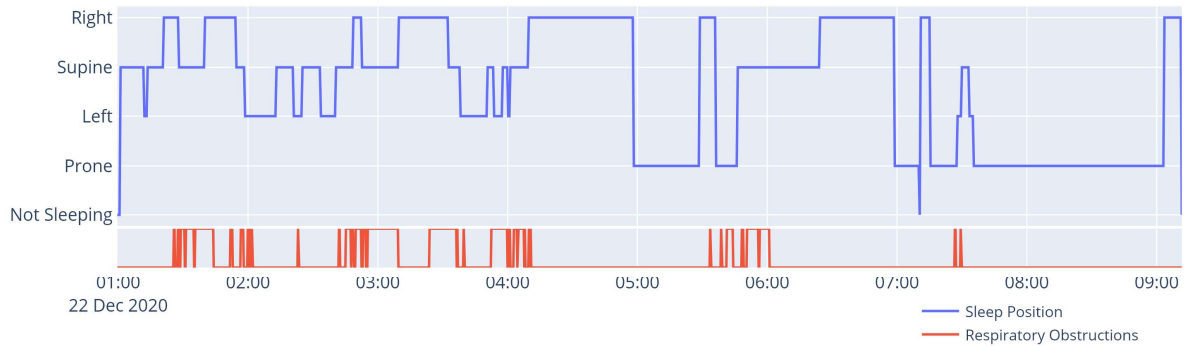


Sleep Summary		Recommended Range
Room Temperature	N/A	18C to 24C (64.4F to 75F)
Time in Bed	8 h 09 min	7h to 10.5h
Total sleep time	7 h 25 min	7h to 9h
Sleep efficiency	90.9%	85% to 100%
Time to fall asleep	30 min	10min to 30min
Time to reach REM sleep	194 min	70min to 110min
Not Sleeping	02 min	N/A
Light Sleep	6 h 06 min (82.4%)	35% to 60%
Deep Sleep	21 min (4.8%)	20% to 40%
REM Sleep	57 min (12.8%)	20% to 25%
Wake after falling asleep	14 min	0min to 20min
Chronotype	5	0-3:Lark, 3-5:Normal, 5-10:Owl



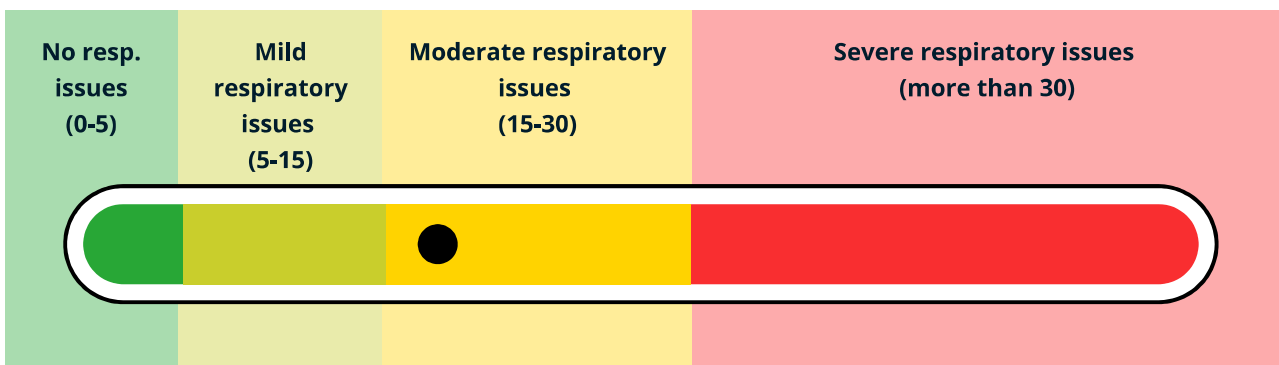
Respiration

Mean Respiratory Rate while sleeping: **11.7 breaths/min** (normal range: 12-20 breaths/min)



Position	Prone	Left	Supine	Right
Total time spent (% Time in bed)	2 h 30 min (33.7%)	44 min (10.0%)	1 h 48 min (24.4%)	2 h 22 min (31.9%)
Sleep (% Total sleep)	2 h 32 min (31.2%)	48 min (9.9%)	2 h 17 min (28.0%)	2 h 31 min (30.9%)
Respiratory Obstructions (per hour of sleep)	5	15	45	14

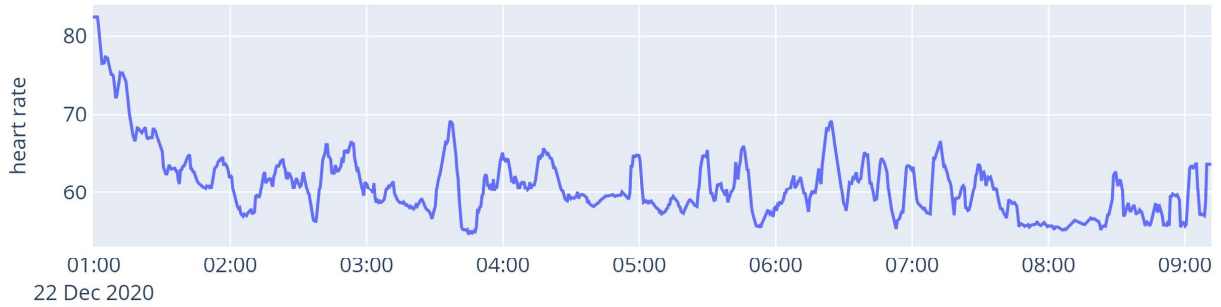
Respiratory obstructions per hour of sleep: 17.7



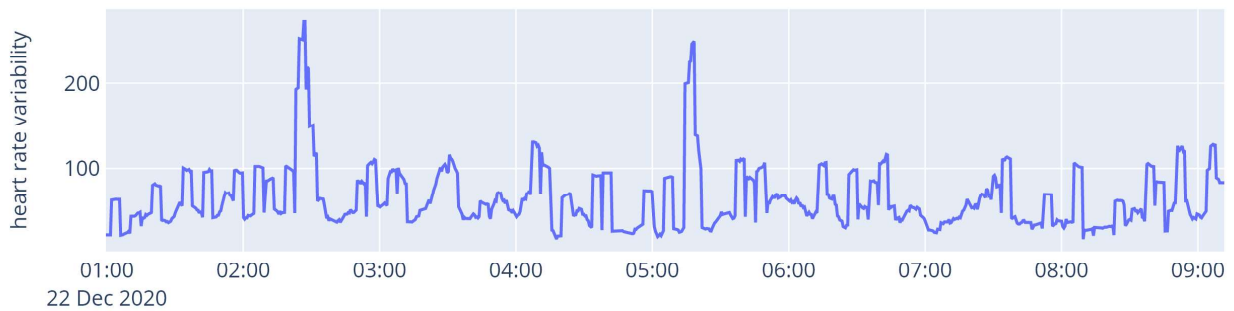
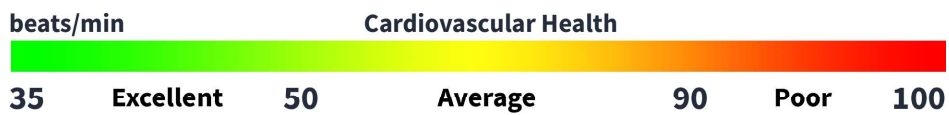
per hour of non REM sleep: 19, per hour of REM sleep: 0



Fitness



Average resting heart rate: 60.1 beats/min (Lower is better)



Average resting heart rate variability: 65.6 milliseconds (Higher is better)

Your fitness level is better than **66.0%** of the population.

Biological age	Recovery index	Stress index	Morning readiness
29-35 years	0/3	1/3	1/3
Lower is better	Higher is better	Lower is better	Higher is better