Sleep Quality Assessment Report
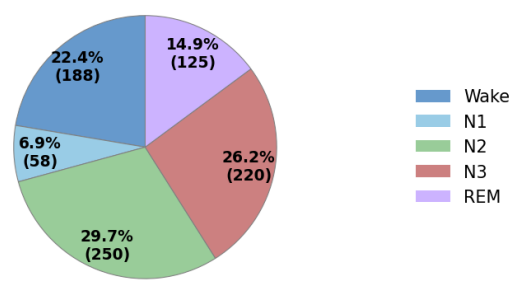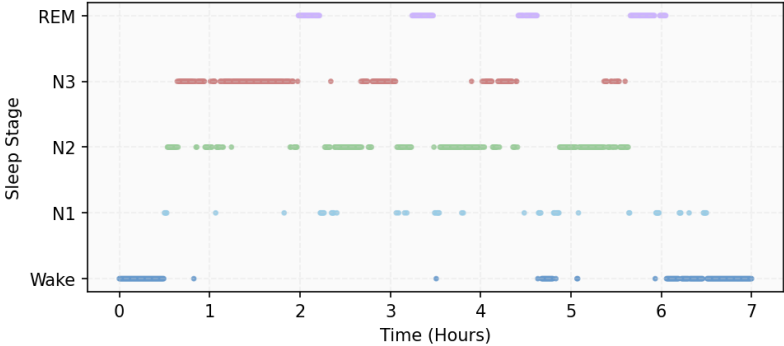
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Sleep Stage Analysis

Sleep Stage Distribution
(Total Epochs: 841)

- Wake
- N1
- N2
- N3
- REM

Sleep Stage Progression Over Time

Metric	Value	Rating	Health Metric	Value	Normal Range	Status
Total Sleep Duration	5.4hours		Heart Rate	79.8 bpm	55-72 bpm	High
Deep Sleep Ratio	33.7%		Blood Oxygen	94.7 %	95-100 %	Low
Light Sleep Ratio	47.2%		Body Temperature	36.6 °C	36-38 °C	Normal
REM Sleep Ratio	19.1%		Respiration Rate	19.6 bpm	12-20 bpm	Normal
Sleep Latency	30.0min		Ambient Temperature	33.3 °C	18-24 °C	High
Number of Awakenings	6times		Fatigue Index	38	0-30	High
Sleep Efficiency	77.6%	Good	Systolic BP	131.4 mmHg	90-120 mmHg	High
Sleep Quality Score	67/100	Poor	Diastolic BP	86.1 mmHg	60-80 mmHg	High

Sleep Assessment Metrics / **Health Monitoring Metrics**

Sleep Assessment Recommendations

- To improve sleep quality, consider reducing light and noise exposure before bedtime, for example by using blackout curtains or earplugs.

- Your sleep duration (5.4 hours) is below the recommended range. Aim for 7-9 hours of sleep per night.

- Your REM sleep ratio (19.1%) is below optimal. This affects memory consolidation. Practice relaxation techniques before bed.

- Your heart rate is elevated (79.76923076923077). Reduce caffeine intake and practice relaxation techniques.

- Blood oxygen level is below normal (94.7%). Ensure good air circulation in your bedroom.

- Ambient temperature is high (33.25480769230769 vs. normal range 18-24?). Monitor and take appropriate action.

- Blood pressure is high (131.4mmHg). Monitor regularly and consider professional advice.

- Blood pressure is high (86.1mmHg). Monitor regularly and consider professional advice.

- Fatigue level is high (38.01923076923077). Prioritize rest and consider adjusting your sleep schedule.

- Your sleep quality has room for improvement. Implement healthier sleep habits and routines.

- Establish a consistent sleep schedule, even on weekends.

- Create a comfortable sleep environment: dark, quiet, and cool.

- If sleep issues persist, consult with a healthcare provider.

Report generated by Sleep Monitoring System