uuc9c1q8_SS_Benchmarks 100 Typical Awake % Your Awake % Recommended REM % 90 -Your REM % Recommended Non-REM % Your Non-REM % 80 Percent of Time Spent in Sleep Stage 70 50 30 20 10 0 3/23 3/18 3/19 3/20 3/21 3/22 3/24 Date