

DEC 2020


sleep  number

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SleepIQ® Wellness Report

Chris





Sleep Duration
7 h 47 m
(Average)


Restful Sleep
7 h 06 m
(Average)


Heart Rate
75 bpm
(Average)


HRV
65 HRV
(Average)


Breath Rate
19 bpm
(Average)

CHRIS'S TOP TRENDS

- ✓ Great job! You had less bed exits than the previous month. By reducing bed exits you can get better quality sleep.
- ✓ Your heart rate variability was in the mid-range this month. This is generally good, but finding new ways to raise your HRV could improve your energy.
- ✓ You met your ideal sleep schedule 2 days compared to 1 day the previous month.
- ✓ Keeping a consistent bedtime and wake time routine can help you get more restful sleep.

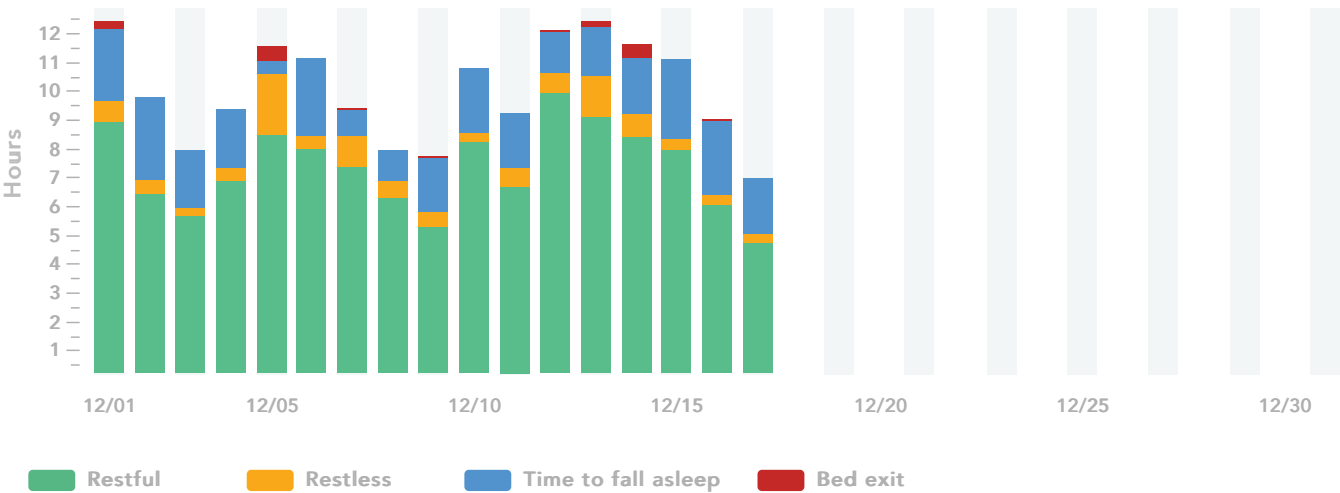
INSIGHT

New year, new you - research shows sleep is directly connected to our metabolism and our energy levels. Whatever your resolutions, make sleep part of the plan.

Sleep

Learn how you are sleeping over time and assess your sleep quality. Track your month over month Restful Sleep, Restless Sleep, Bed Exit and Time to fall asleep.

SLEEP SESSIONS



SLEEP SESSION METRICS

Avg Restful Sleep

DEC 7 h 06 m
NOV 7 h 53 m

Avg Restless Sleep

DEC 41 m
NOV 47 m

Avg Time to Fall Asleep

DEC 1 h 50 m
NOV 1 h 46 m

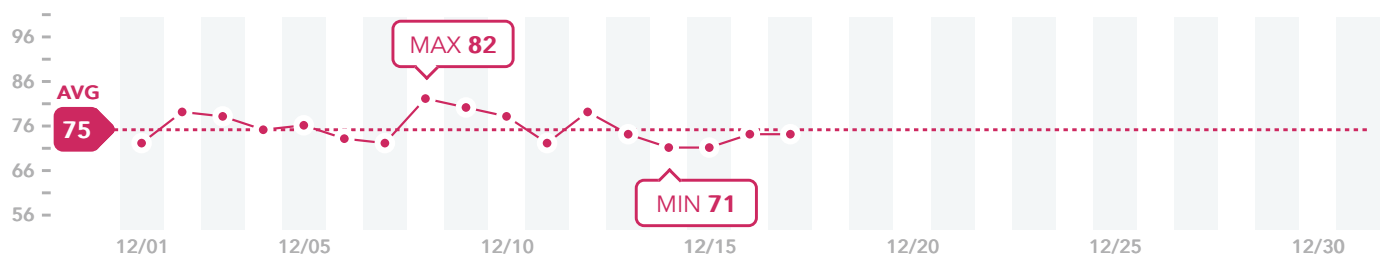
Avg Bed Exit

DEC 12 m
NOV 14 m

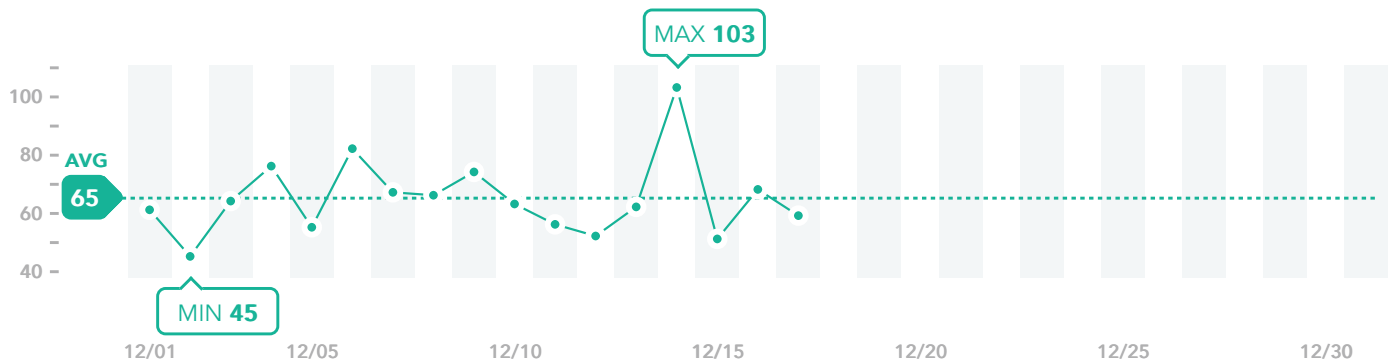
Biometrics

Learn how your daily breathing rate and heart rate impacts your sleep health over time. Track your month over month biometrics to get better quality sleep.

HEART RATE

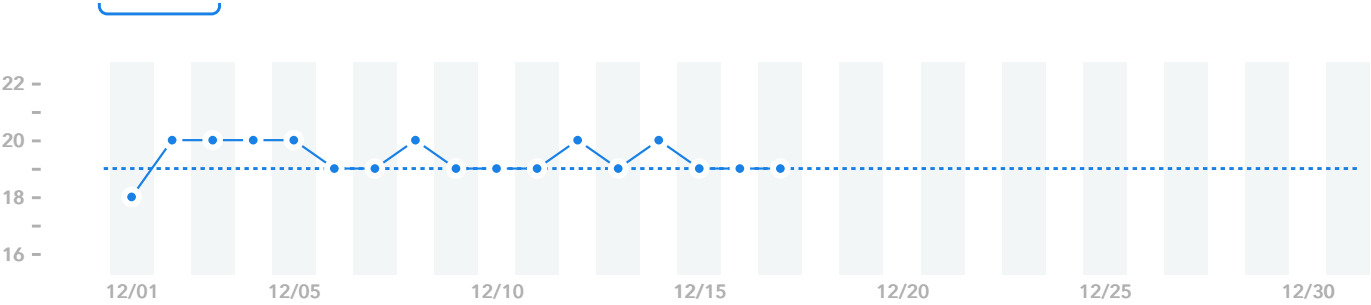


HEART RATE VARIABILITY



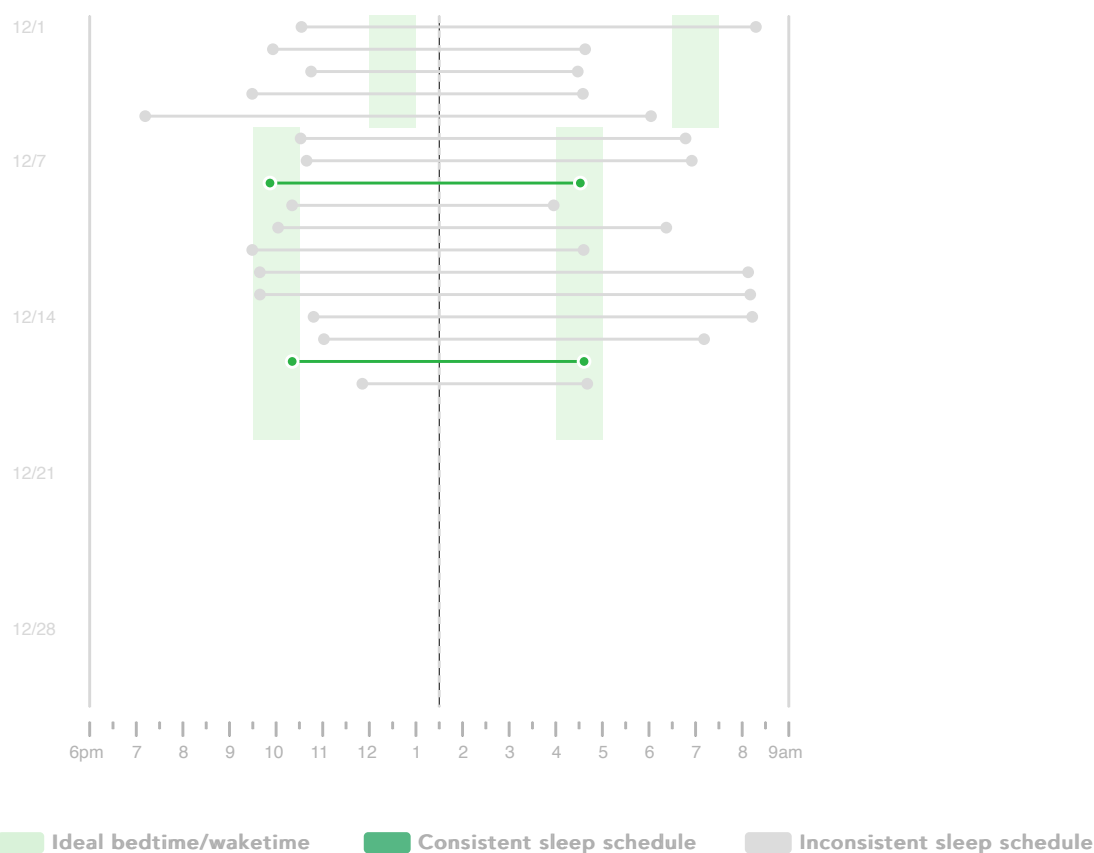
BREATH RATE





Circadian Rhythm

Learn your sleep patterns based on your sleep schedules, meals, exercise and activities every day. Track your sleep and wake cycle monthly to get a more consistent sleep schedule and get the most of your days.



CIRCADIAN RHYTHM METRICS

Ideal Sleep Schedule Days

DEC 2/17 days

NOV 1/30 days