



Cambridge, MA

Next 7 Days
Light rain throughout the week, with high temperatures bottoming out at 74°F on Saturday.

THU 74° 86°
FRI 71° 85°
SAT 68° 74°
SUN 69° 77°
MON 70° 79°
TUE 72° 81°
WED 72° 88°
THU 75° 87°

Explore weather in the past or future.
TIME MACHINE

AT&T 10:29 PM 14%

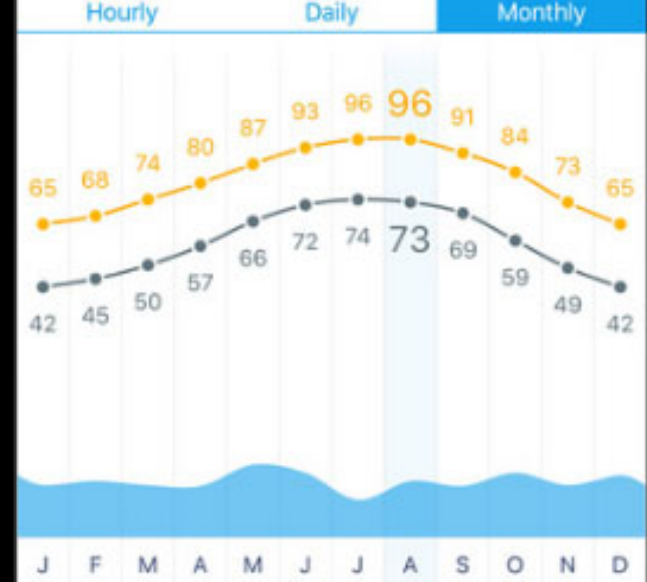
TU WE TH FR SA SU MO

84° 86° 90° 91° 92° 92° 90°
74° 73° 70° 75° 76° 76°

THE WEEK AHEAD
Light rain off-and-on throughout the week; temperatures rising to 91° on Sunday.

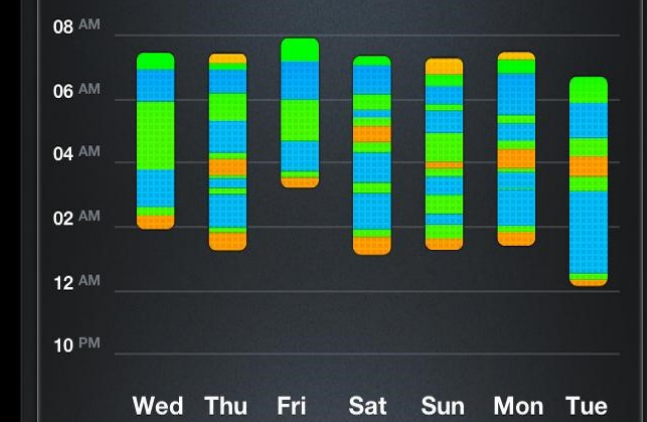
Austin 9:41 AM 100%

Hourly Daily Monthly



J F M A M J J A S O N D

Sleep



Dec 5 - 11

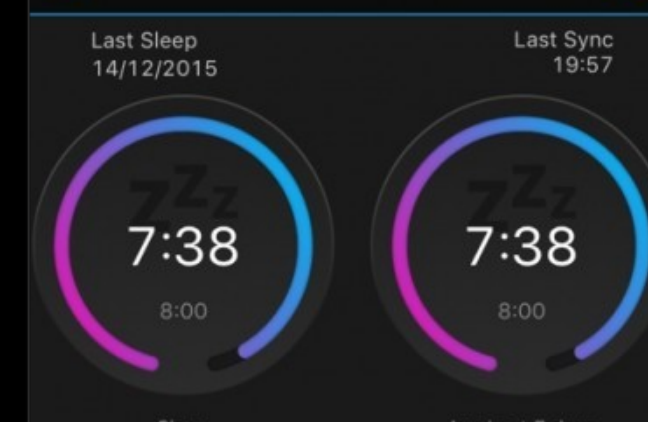
Average Bed time 1:29 AM
Average Duration 5:55
Average Efficiency 84%

No Data Awake Light Sleep Deep Sleep

Jan 15 07:59 AM

Sleep Lab Alarm Soundscape Settings

Sleep



Last Sleep 14/12/2015 Last Sync 19:57



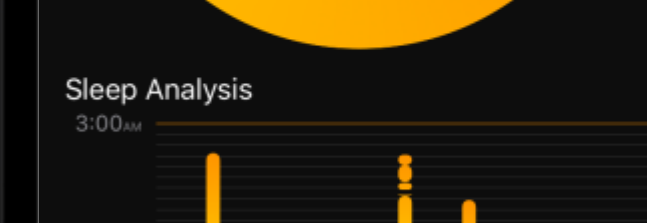
00 08

World Clock Alarm Bedtime Stopwatch Timer

Options Bedtime



Sleep Analysis



More history

World Clock Alarm Bedtime Stopwatch Timer

Ufone 4:26 AM 55%

Heart

Jan 2018



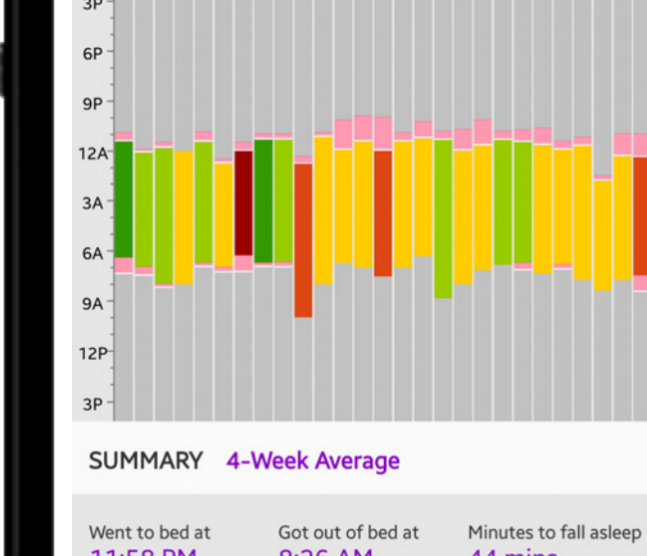
Heart Rate 56-190 BPM Today

Resting Rate 64 BPM Today

SLEEP SUMMARY

7 Days 2 Weeks 4 Weeks

Oct 09 - Nov 05

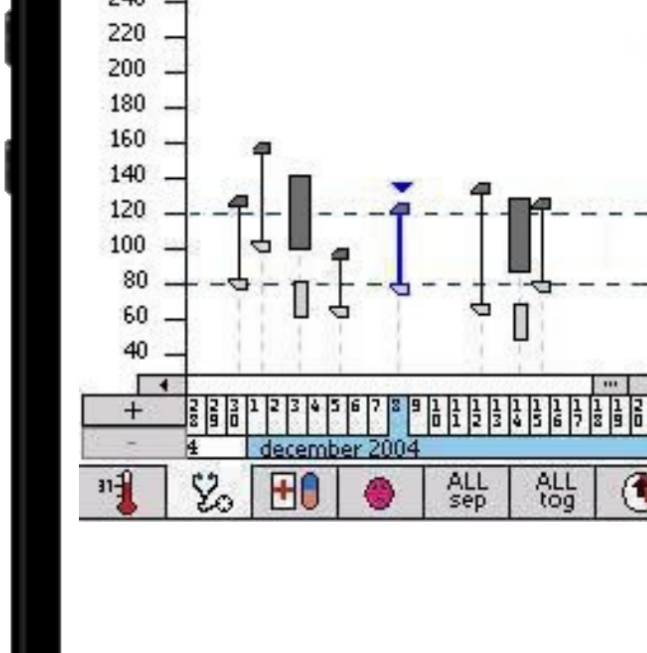


SUMMARY 4-Week Average

Went to bed at 11:58 PM Got out of bed at 8:26 AM Minutes to fall asleep 44 mins

Hour: wednesday 8 december 2004 11:13

Pressure: 120 - 80 mmHg



ALL sep ALL tog

ALL sep ALL tog