

Your sleep physical.

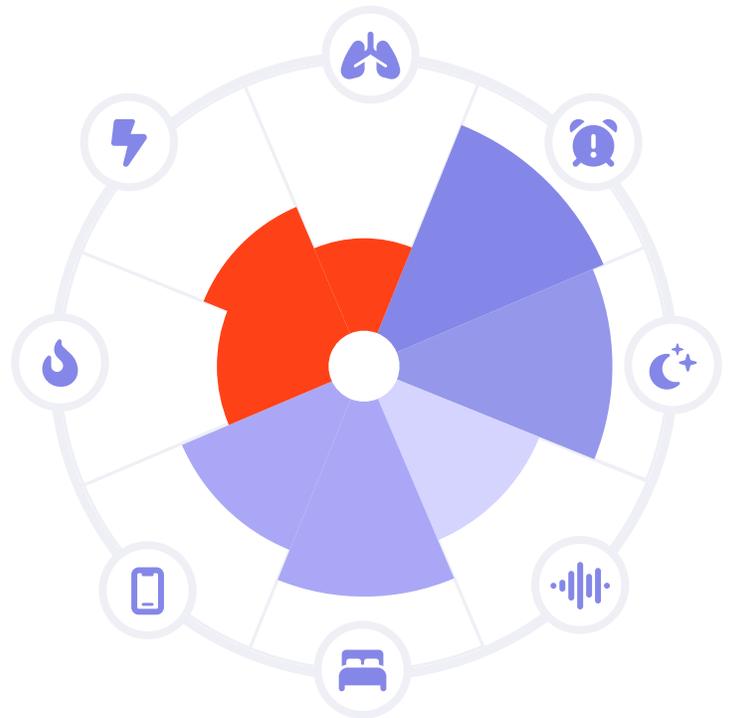
Sleep isn't just about hours—it's about how well your body and brain recharge. Your scores show where you thrive and where to focus.

Results

We've detected signs that your **breathing, stress, and daytime energy** might be impacting your health.

Recommendations

- 1 **Begin and monitor your sleep apnea treatment**
- 2 Try 5 min of mindfulness breathing before bed
- 3 Get 10-15 min of morning sun and movement



Details

 Watch Out <p>Breathing & Oxygen</p> <p>46 /hr ●●● High Impact</p>	 <p>Sleep Debt</p> <p>2 h 45 m ●●● High Impact</p>	 <p>Sleep Quality</p> <p>69 % ●●○ Medium Impact</p>	 <p>Sleep Rhythm</p> <p>± 42 m ●●● High Impact</p>
 <p>Sleep Environment</p> <p>87 % ●○○ Low Impact</p>	 <p>Sleep Hygiene</p> <p>76 % ●●○ Medium Impact</p>	 Watch Out <p>Stress & Recovery</p> <p>57 % ●●○ Medium Impact</p>	 Watch Out <p>Daytime Energy</p> <p>63 % ●●○ Medium Impact</p>