

9:41



Sleep

Done

D

W

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6M

TIME IN BED

7 hr 48 min

Sep 1, 2022

TIME ASLEEP

7 hr 24 min



Stages

Amounts

Comparisons

● Awake

5 min

● REM

1 hr 56 min

● Core

5 hr 17 min

● Deep

11 min

Apple Watch Sleep Hacks Review

Albert A Gayle



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