

SLEEP PERFORMANCE

AVERAGE

85%

▲ 6% past month

W

M

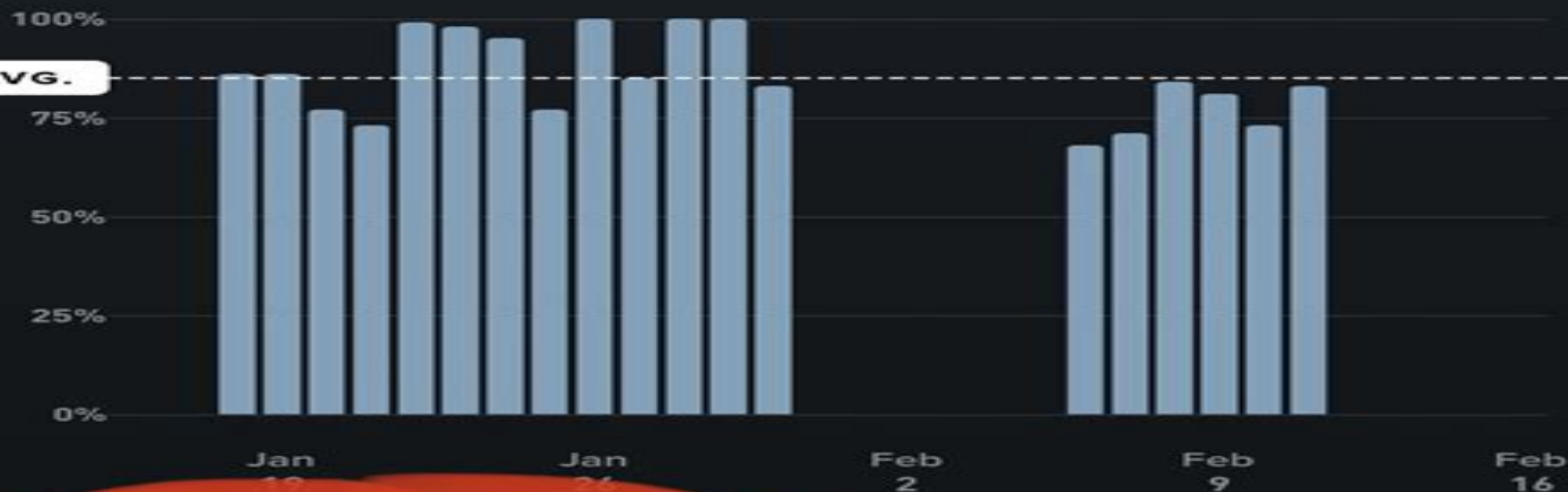
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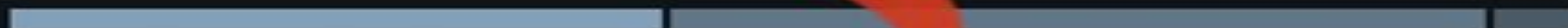
JAN 18 - FEB 16, 23



Your average Sleep Performance this month (85%) was above your previous 30-day average of 80%.



SLEEP BREAKDOWN (DAYS)



- 8x** OPTIMAL (85%+)
- 10x** SUFFICIENT (85% - 70%)
- 1x** POOR (<70%)

Sleep Optimization Vs Near Me

Jicheng Xie



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