



SleepWatch

9:41



SLEEP

GOAL!

7H 35M / 7H 30M



3-DAY SLEEP

96%

ON TARGET



AVG

55 BPM

SLEEP HR



HR DIP

16% DIP

AVERAGE

# Sleep Watch

**Teofilo L. Lee-Chiong, Cynthia  
Mattice, Rita Brooks**



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