




# Your Week in Sleep

 <b>Avg AHI</b> <b>12.3</b> Mild	 <b>Avg BRI</b> <b>47.1</b> Moderate	 vs Last Wk <b>↓ 8%</b> Improving
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## 7-Day Trend



## Top Finding

Your AHI showed a steady improvement through the week with the lowest value on Saturday. Breathing disturbances were higher mid-week, likely related to later bedtimes. Keep a consistent sleep schedule and continue your current routine.

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