BILL'S HOME TECH
Home & Small Business Tech Solutions

BILL'S COMPLETE MANUALS

Sleep Tech

Smart beds, sunrise alarms, sleep apps and trackers — explained in plain English, one step at a time

A plain-English guide for better nights and easier mornings

Take your time — you can't break it

Written for you by Bill — Bill's Home Tech

(330) 200-8042 · BillsHomeTech.com

For phones, watches, rings, sunrise alarms & smart beds · facts current November 2026

What's Inside

This is your guide to the gadgets and settings that promise a better night's sleep: the bedtime settings already on your phone, sunrise alarm clocks and sound machines, watches and rings that track your sleep, the sleep apnea notifications on some watches, and smart beds with their own apps. Read it in any order and at your own pace. One promise runs through every page: none of these gadgets can diagnose a sleep problem. They can help you build good habits and notice patterns, and they can give you something useful to show your doctor.

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PART 1

Getting Started

What "sleep tech" really means, what a tracker can and can't tell you, and what all of it costs before you spend a dollar.

CHAPTER 1

A Note from Bill

Hello, and welcome. Maybe someone gave you a sunrise alarm clock for the holidays. Maybe your watch keeps showing you a "sleep score" and you're not sure whether to believe it. Maybe you've been eyeing one of those smart beds in the store, or your phone keeps going quiet at night and you don't know why. Whichever it is, this guide is for **you**.

I'm Bill. I've spent more than 30 years working with technology, and these days I help folks here in Portage County feel at home with theirs. Bedtime has picked up a lot of technology lately: phones with bedtime settings, clocks that light up like the sunrise, watches and rings worn to bed, even mattresses with their own apps. I wrote this guide the way I'd explain it sitting at your kitchen table: patiently, in plain English, and without trying to sell you anything.

What this guide will do for you

- Show you the free bedtime settings already on your iPhone or Android phone, so it goes quiet at night and wakes you reliably in the morning.
- Explain sunrise alarms, sound machines and sleep apps, and which parts cost extra.
- Walk you through sleep tracking on Apple Watch, Pixel Watch, Fitbit, Galaxy Watch, Oura and under-the-mattress trackers, and how to read the numbers sensibly.
- Explain the sleep apnea notifications on some watches — what they are and, just as important, what they are not.
- Give you an honest look at smart beds such as Sleep Number and Eight Sleep, including their subscriptions.
- Help you hear a smoke alarm or the phone at night, keep your sleep data private, and steer clear of sleep-related scams.

The big promise: you can't break it

Nothing in this guide can harm your phone, your watch or your bed. If you turn on a setting you don't like, you turn it off again. The one thing I'll keep repeating is about your health, not your gadgets: a sleep tracker is not a doctor, and it can't tell you whether you have a sleep problem.

STAY SAFE

If you're worried about your sleep

If you snore loudly, someone has seen you stop breathing in your sleep, you wake up gasping, or you feel very tired during the day, talk to your doctor. Sleep problems are diagnosed with a **sleep study**, not with a watch or an app. Chapter 20 explains.

WHAT THIS DOES FOR YOU

Why this matters

Used well, a little sleep tech can mean a phone that stops buzzing at midnight, a gentler way to wake up on dark winter mornings, and a clearer picture of your nights to share with your doctor.

And I'm only a phone call away

If anything in this guide leaves you unsure, call me at **(330) 200-8042**. There's no such thing as a silly question, especially at the end of a long day.

Let's start by sorting out what all these gadgets are.

— Bill

CHAPTER 2

What "Sleep Tech" Means

"Sleep tech" covers a lot of very different things. Some are free settings on a phone you already own; others cost as much as a used car. Here's the lay of the land, from simplest to fanciest.

Kind	What it does	Examples
Phone bedtime settings	Quiets the phone at night, sets a steady wake-up alarm	iPhone Sleep schedule and Sleep Focus; Android Bedtime mode
Sunrise alarm (wake-up light)	Brightens slowly before your alarm, like a sunrise	Hatch Restore 3, Philips SmartSleep Wake-up Light
Sound machine or sleep app	Plays steady sounds such as rain or "white noise"	Bedside sound machines, phone apps, iPhone Background Sounds
Wearable sleep tracker	A watch or ring worn to bed estimates your sleep	Apple Watch, Pixel Watch, Fitbit, Galaxy Watch, Oura Ring
Under-mattress tracker	A pad under the mattress estimates sleep without anything to wear	Withings Sleep Analyzer
Smart bed	Sensors in the bed track sleep; the app adjusts firmness or temperature	Sleep Number smart beds, Eight Sleep Pod
Smart plugs and lights	Turn lamps off at bedtime and on in the morning automatically	Smart plugs, Philips Hue lights

Start with what you already own

Before you buy anything, try the free settings on your phone (Part 2). For many people, a steady bedtime, a phone that stays quiet overnight and a reliable alarm are most of what they wanted from sleep tech in the first place.

GOOD TO KNOW

A word you'll see a lot: "smart"

When a gadget is called **smart**, it just means it connects to the internet or to your phone, usually through an app. The app is where you change settings and see your sleep information.

WHAT THIS DOES FOR YOU

What this does for you

Knowing the kinds of sleep tech helps you pick the one that solves *your* problem — trouble waking up, a noisy street, or curiosity about your nights — instead of buying the fanciest one.

CHAPTER 3

What a Sleep Tracker Can — and Can't — Tell You

This is the most important chapter in this guide, so please don't skip it. Sleep trackers are interesting and sometimes helpful, but they're easy to misunderstand.

How trackers guess at your sleep

A watch, ring or bed sensor can't see inside your brain. Instead, it measures things it *can* sense — how much you move, your heart rate, sometimes your breathing or skin temperature — and uses a computer formula to **estimate** when you fell asleep, when you woke, and how your night was divided into light, deep and REM (dreaming) sleep.

What trackers are good at

- Showing **patterns over weeks**: going to bed later on weekends, shorter nights after late coffee.
- Encouraging a **steady schedule**: the same bedtime and wake time most days.
- Giving you something to **talk about with your doctor**: "my watch says I wake up a lot" is a fine way to start a conversation.

What trackers can't do

- **Diagnose anything.** Not insomnia, not sleep apnea, not restless legs, nothing.
- Measure sleep stages precisely. The stage numbers are estimates, and two devices worn the same night will often disagree.
- Tell you how you *feel*. If the app says you slept badly but you feel rested, believe yourself.

STAY SAFE

A tracker is never a reason to skip the doctor

Even the sleep apnea notifications in Part 5 are only a nudge to talk to a doctor. A "normal" result does not mean you don't have a sleep problem. Loud snoring, pauses in breathing, gasping or heavy daytime sleepiness are worth a doctor's visit no matter what your watch says.

TIP

Don't let the numbers keep you up

Some people find that checking their sleep score every morning makes them anxious about sleep, which doesn't help anyone sleep. If that's you, it's perfectly fine to look once a week — or turn the tracking off.

WHAT THIS DOES FOR YOU

What this does for you

With the right expectations, a tracker becomes a gentle coach for good habits instead of a nightly report card.

CHAPTER 4

Costs & Subscriptions, Honestly

Sleep tech prices range from nothing to many thousands of dollars, and more and more products add a monthly fee on top. Here are rough figures as of November 2026. Prices change constantly with sales, so treat these as ballpark numbers, not quotes.

Product	About what it costs	Subscription?
iPhone / Android bedtime settings	Free	No
Hatch Restore 3	About $170 list	Optional Hatch+ (about $4.99/month or $49.99/year)
Philips SmartSleep Wake-up Light	About $110–$130 (HF3520) to $200 (HF3650)	No
Calm or Headspace sleep app	Free trial	About $70/year after the trial
Oura Ring 5	From about $399	Oura Membership about $5.99/month or $69.99/year
Google Health Premium (Fitbit, Pixel Watch)	—	Optional, about $9.99/month or $99.99/year
Withings Sleep Analyzer	About $200 list	No
Sleep Number smart bed (queen)	Several thousand dollars; cooling Climate models from about $5,500	No
Eight Sleep Pod 5	Roughly $3,000, depending on size	Autopilot membership required the first year, about $199–$399/year

Questions to ask before you buy

1. Does it need a **subscription** to do the thing I'm buying it for?
2. What still works if I **stop paying**?
3. Does it need **Wi-Fi** or a particular kind of phone?
4. How long is the **return period**, and is there a restocking fee?
5. If it's a bed or mattress, who will **deliver and set it up**, and take the old one away?

HEADS UP

Free trials turn into charges

Many sleep apps and gadgets come with a free trial of their premium service. When the trial ends, the charge starts automatically unless you cancel. Write the end date on your calendar the day you start. Chapter 27 shows how to find and cancel subscriptions.

WHAT THIS DOES FOR YOU

What this does for you

Knowing the true cost — gadget *plus* subscription — means no surprise charges on your card next year, and no paying for features you'll never use.

PART 2

Your Phone at Bedtime

The free settings already on your iPhone or Android phone: a sleep schedule, a quiet night, an alarm you can trust, and a screen that's easier on tired eyes.

CHAPTER 5

iPhone: Sleep Schedule & Sleep Focus

Your iPhone has a built-in bedtime helper that costs nothing. You tell it when you'd like to go to bed and when you'd like to get up. It then quiets the phone at night, wakes you with an alarm, and, if you wear an Apple Watch, keeps track of your sleep. It lives in the **Health** app (the white app with a red heart).

Three words to know

Word	What it means
Sleep schedule	Your bedtime and wake-up time, for every day or just certain days.
Wind Down	A quiet period before bedtime. Your phone calms down early so you can too.
Sleep Focus	A setting that silences calls and notifications and dims the Lock Screen overnight. It's a special kind of Do Not Disturb.

Set up your sleep schedule

1. Open the **Health** app.
2. Tap **Browse** at the bottom of the screen, then tap **Sleep**.
3. If you've never used it, tap **Get Started** and follow the screens. Otherwise scroll to **Your Schedule** and tap **Full Schedule & Options**.
4. Tap the schedule (or **Add Schedule**). Choose the days it applies to.
5. Drag the bed and alarm-clock ends of the circle to set your bedtime and wake-up time.
6. Turn **Alarm** on if you'd like the phone to wake you, and pick a sound and volume.
7. Tap **Done** (or **Add**).

Add a Wind Down

1. In **Full Schedule & Options**, tap **Wind Down**.
2. Choose how long before bedtime it should start — anywhere from 15 minutes to 3 hours.
3. Make sure **Use Schedule for Sleep Focus** is turned on. Sleep Focus then switches on at the start of Wind Down and off again at your wake-up time.

Let the important people through

Sleep Focus silences almost everyone, but you can let family through. Open **Settings** > **Focus** > **Sleep**. Under **Allow Notifications**, tap **People** and add the people whose calls you always want to hear, such as a son, a daughter or a neighbor who checks in on you.

TIP

Calls from the same person twice

In the Sleep Focus settings you can also allow **repeated calls**: if someone calls twice within a few minutes, the second call rings through. That's a sensible safety net for real emergencies.

HEADS UP

Why is my phone so quiet at night?

If calls and texts seem to stop at the same time every evening, Sleep Focus is probably doing its job. Look for a small bed icon at the top of the screen. Swipe down from the top-right corner to open Control Center and tap **Focus** to switch it off for tonight.

WHAT THIS DOES FOR YOU

What this does for you

A phone that goes quiet on its own each night and wakes you at the same time each morning — with no need to remember to set it.

CHAPTER 6

Android: Bedtime Mode on Pixel & Samsung

Android phones have the same idea under a different name. On Google Pixel phones it's called **Bedtime mode**. On Samsung Galaxy phones it's called **Sleep mode** (older Samsung phones said Bedtime mode). Both can silence the phone overnight and turn the screen gray, so it's less tempting to keep scrolling.

Google Pixel: turn on Bedtime mode

1. Open **Settings**.
2. Tap **Digital Wellbeing & parental controls**, then **Bedtime mode**.
3. Choose how it starts: on a **schedule** (pick your days and times) or **while charging** during the hours you choose — handy if the phone always charges on the nightstand.
4. Tap **Customize** to choose what happens at bedtime, such as **Do Not Disturb** and **Grayscale** under **Screen options at bedtime**.

You can also reach Bedtime mode from the **Clock** app's **Bedtime** tab, which sits next to your alarms.

Samsung Galaxy: turn on Sleep mode

1. Open **Settings** and tap **Modes and Routines**.
2. On the **Modes** tab, tap **Sleep**.
3. Follow the screens to set your usual bedtime and wake-up time.
4. Choose whether to turn on **Do Not Disturb** and the grayscale screen, and which people or apps may still reach you.

Menu names on Samsung phones shift a little with each update. If you don't see **Modes and Routines**, type "sleep" into the search box at the top of Settings.

> **GOOD TO KNOW**
>
> **Sleep mode turns on Do Not Disturb**
>
> On Samsung phones, Sleep mode normally switches on Do Not Disturb too, so calls and notifications go silent. Your alarms still ring. If you need to hear calls from family overnight, add them as exceptions in the Do Not Disturb settings.

WHAT THIS DOES FOR YOU

What this does for you

A gray, quiet phone at bedtime is simply less interesting, which makes it easier to put down and go to sleep.

CHAPTER 7

An Alarm You Can Count On

The most important sleep gadget for most people is still a plain alarm that goes off when it should. Here's how to make sure yours does.

Setting a simple alarm

1. Open the **Clock** app and tap **Alarms** (on iPhone, **Alarm**).
2. Tap the **+** button.
3. Set the time. Choose the days it should repeat, if any.
4. Pick a sound you'll actually hear. Louder, lower-pitched sounds are easier for many people.
5. Tap **Save**.

Five reasons an alarm doesn't go off — and the fix

What happened	What to check
Alarm rang too softly	iPhone: Settings > Sounds & Haptics, drag the Ringtone and Alerts slider up. Android: the alarm volume slider in Settings > Sound.
Alarm didn't ring at all	Is it switched on (green)? Is it set for the right days, and AM not PM?
Phone was dead in the morning	Charge it overnight. A phone with a flat battery can't ring.
Turned it off and fell back asleep	Set a second alarm 10 minutes later, or put the phone across the room.
Bluetooth headphones were connected	The alarm may play in the headphones. Disconnect them at bedtime.

GOOD TO KNOW

Quiet modes don't stop alarms

Sleep Focus on iPhone, Bedtime or Sleep mode on Android, and the silent switch all leave your clock alarms alone. Alarms still ring. The same goes for Do Not Disturb on an Amazon Echo: it doesn't block alarms, timers or reminders.

TIP

Ask out loud

You can set an alarm by voice: "Hey Siri, wake me up at 7 a.m.," "Hey Google, set an alarm for 6:30," or "Alexa, set an alarm for 7." Ask "What alarms do I have?" to double-check.

WHAT THIS DOES FOR YOU

What this does for you

Fewer mornings waking with a start because you're late — and a little more peace of mind when you turn out the light.

CHAPTER 8

Easier on the Eyes at Night

A bright, bluish phone screen at midnight can feel harsh, especially if you read in bed. Every phone has settings that warm and dim the screen for nighttime.

iPhone: Night Shift

1. Open **Settings** > **Display & Brightness** > **Night Shift**.
2. Turn on **Scheduled** and choose **Sunset to Sunrise**, or set your own hours.
3. Drag the **Color Temperature** slider toward **More Warm** until it looks comfortable.

Android: Night Light or Eye comfort shield

On Pixel phones, look for **Night Light** in **Settings** > **Display**. On Samsung, it's **Eye comfort shield** in **Settings** > **Display**. Both can come on at sunset by themselves.

Dimmer than the lowest brightness

If even the lowest brightness feels too bright in a dark bedroom, both kinds of phone have an extra step. On iPhone it's **Reduce White Point** (in **Settings** > **Accessibility** > **Display & Text Size**). On Android, look for **Extra dim** or **Extra brightness reduction** by typing "dim" into the search box in Settings.

GOOD TO KNOW

Does blue light keep you awake?

Researchers still debate how much a phone's blue light affects sleep. What most sleep advice agrees on is simpler: the alerts, news and videos on the phone are what keep us up. A warmer screen is comfortable; putting the phone down is what really helps.

TIP

An old-fashioned book still works

If you enjoy reading in bed, an e-reader with a warm front light, or a paper book with a small lamp, keeps the phone out of reach — and out of temptation.

WHAT THIS DOES FOR YOU

What this does for you

A screen that doesn't glare at you at night, so a quick look at the time or a message doesn't wake you all the way up.

PART 3

Sunrise Alarms, Sounds & Sleep Apps

Clocks that wake you with light, machines and apps that play soothing sounds, and what the paid versions add.

CHAPTER 9

Sunrise Alarm Clocks

A **sunrise alarm**, also called a **wake-up light**, is a bedside lamp and alarm clock in one. For about half an hour before your alarm time, the light slowly brightens from a deep red to a warm yellow, a bit like the sun coming up. Many people find it a gentler way to wake, especially on dark winter mornings in Ohio, when the real sun doesn't rise until long after the alarm.

The two names you'll see most

	Hatch Restore 3	Philips SmartSleep Wake-up Light
Price (list)	About $170	About $110–$130 (HF3520) to about $200 (HF3650)
Set it up with	The Hatch app on your phone	Buttons on the lamp itself — no app
Sounds	Sleep sounds and a library of audio	Wake-up sounds and FM radio on many models
Subscription	Optional Hatch+ (Chapter 10)	None
Good for	People comfortable with a phone app	People who'd rather not use an app at all

The Philips HF3520 also offers a **sunset** setting, where the light slowly fades at bedtime. The pricier HF3650 adds more choices of sunrise colors and sounds.

Getting the most from a wake-up light

- Put it on the nightstand on your side, a couple of feet from your face, where the light can reach your closed eyes.
- Start with the light reaching full brightness right at your alarm time, then adjust.
- Keep a sound alarm turned on too, at least for the first couple of weeks, until you trust it.
- Heavy curtains? That's fine — the lamp works best in a dark room.

TIP

Philips models without an app are easiest

If the person using it doesn't have a smartphone, a Philips wake-up light set with its own buttons is the simpler choice. Ask the store to show you the buttons before you buy.

WHAT THIS DOES FOR YOU

What this does for you

Waking up to gradually brighter light, instead of a sudden beep in the dark, can make getting up on a winter morning feel a lot less like a shock.

CHAPTER 10

Setting Up a Hatch Restore & Hatch+

The Hatch Restore 3 is a sunrise alarm, a reading light and a sound machine in one. Setup is done with the free **Hatch** app on an iPhone or Android phone.

Setting it up

1. Plug the Restore into the wall near your bed.
2. Install the **Hatch** app from the App Store or Google Play.
3. Open the app and create an account with your email address.
4. Tap to add a new device and choose the Restore. Allow Bluetooth when the phone asks.
5. Pick your home Wi-Fi network and type its password, so the clock keeps the right time and gets updates.
6. Follow the app to set your first wake-up time and a bedtime routine.

What's free and what Hatch+ adds

Free with the clock	The sunrise alarm, the light and the sound machine, with a basic set of sounds (dozens) and sunrise alarms, and simple bedtime routines.
Hatch+ (optional)	A much larger library of sounds, meditations and bedtime stories, and more routine options. About $4.99 a month or $49.99 a year as of November 2026.
Free trial	The app usually offers a free Hatch+ trial at setup. It turns into a paid plan unless you cancel.

HEADS UP

Write down the trial end date

If you start the Hatch+ trial, put the end date on your calendar the same day. The clock keeps working without Hatch+, so you lose nothing important if you cancel. Chapter 27 shows how to cancel on an iPhone or Android phone.

TIP

If the clock seems stuck

Unplug it for 30 seconds and plug it back in. If the app can't find it, make sure your phone's Bluetooth is on and you're standing in the same room.

WHAT THIS DOES FOR YOU

What this does for you

One device on the nightstand that lights your way to bed, plays a soothing sound all night, and wakes you gently — with no monthly bill unless you want the extras.

CHAPTER 11

White Noise & Sleep Sounds

Steady sounds such as rain, ocean waves, a fan or **white noise** (a soft, even "shhh") help many people fall asleep by covering up traffic, a snoring partner or a creaky house. You may already own something that can play them.

iPhone: Background Sounds (free)

1. Open **Settings** > **Accessibility** > **Audio & Visual** > **Background Sounds**.
2. Turn on **Background Sounds**.
3. Tap **Sound** and choose one, such as **Rain**, **Ocean** or **Balanced Noise**.
4. Set the volume with the slider.
5. To have it stop on its own, use the timer option (**Stop Sounds with a Timer**) and choose a time or a length.

Stop Sounds When Locked is off at first, so the sound keeps playing after the screen goes dark. That's what you want at bedtime. You can also add a Background Sounds button to Control Center for a quicker on and off.

Smart speakers

An Amazon Echo or Google Nest speaker can play rain or ocean sounds for hours. Try "Alexa, play rain sounds" or "Hey Google, play white noise." Ask it to stop after a while: "Alexa, stop in 60 minutes."

A plain sound machine

A simple bedside sound machine needs no app, no account and no Wi-Fi. For many people that's the most restful kind of all.

STAY SAFE

Keep the volume gentle

Sound played all night should be soft — about as loud as a quiet conversation, or quieter. Place the machine across the room rather than right by your ear, and don't sleep with earbuds turned up.

WHAT THIS DOES FOR YOU

What this does for you

A steady, soothing sound that covers up the noises that keep you awake, using a phone or speaker you may already have.

CHAPTER 12

Sleep & Meditation Apps

Apps such as **Calm** and **Headspace** offer bedtime stories read in soothing voices, breathing exercises, gentle music and guided relaxation. Some people find them very helpful; others prefer a plain sound machine. There's no wrong answer.

What they cost

Both offer a few free sessions and a free trial of the full app. After the trial, each costs about **$70 a year** in the United States as of November 2026, or more if you pay month to month. Prices can differ between the app and the company's website, so check the price screen before you agree to anything.

Trying one sensibly

1. Install the app from the App Store or Google Play — make sure the developer name matches the company.
2. When the app offers a free trial, read the screen: it will say the date the charge begins.
3. Put that date on your calendar right away.
4. Use it every night for a week before deciding.
5. If it isn't for you, cancel before the trial ends (Chapter 27).

TIP

Free alternatives

YouTube has hours of free rain sounds and relaxing music, and many public libraries offer free audio through apps such as Libby. Spotify and Apple Music have sleep playlists too, if you already pay for them.

HEADS UP

Look-alike apps

Search results in app stores sometimes show copycat apps with similar names and big subscription prices. Check the developer name and the number of reviews before you install.

WHAT THIS DOES FOR YOU

What this does for you

A calm voice or a slow breathing exercise can give a busy mind something gentle to focus on at bedtime.

PART 4

Tracking Your Sleep

Watches, rings and under-the-mattress pads that estimate your sleep — how to set each one up and how to read the numbers sensibly.

CHAPTER 13

Apple Watch Sleep Tracking & Sleep Score

If you wear your Apple Watch to bed, it estimates how long you slept and how your night was divided into stages. Since watchOS 26 it also gives each night a **Sleep Score** from 0 to 100. Remember Chapter 3: these are estimates, not measurements a doctor would use.

Turn on sleep tracking

1. First set up a sleep schedule on your iPhone (Chapter 5).
2. In the iPhone **Health** app, go to **Browse** > **Sleep** > **Full Schedule & Options**.
3. Turn on **Track Sleep with Apple Watch**.
4. Wear the watch to bed, snug but comfortable, with at least about a third of a charge.

Reading your night

You'll see	What it means
Awake	Short wake-ups are normal; most people don't remember them.
REM	Dreaming sleep.
Core	Apple's name for light sleep. Most of the night is spent here.
Deep	The most restful stage, more common early in the night.
Sleep Score	A 0–100 rating built mainly from how long you slept, how close your bedtime was to your usual one, and how often you woke. A label such as High, OK or Low goes with it.

Open the **Sleep** app on the watch in the morning, or the **Health** app on the iPhone (**Browse** > **Sleep**). Sleep Score needs an Apple Watch Series 6 or later, SE (2nd generation) or later, or any Ultra, paired with an iPhone 11 or later on iOS 26.

TIP

When to charge

Many people charge the watch while they shower and dress in the morning, or for an hour before bed. The watch can remind you to charge before bedtime if the battery is low.

WHAT THIS DOES FOR YOU

What this does for you

A simple morning number that shows whether you're keeping a steady schedule — the habit sleep experts most often recommend.

CHAPTER 14

Pixel Watch & Fitbit: the Google Health App

In 2026 Google replaced the old **Fitbit** app with the **Google Health** app. If you wear a Fitbit or a Google Pixel Watch, that's where your sleep information now lives. Your account and past data carry over.

What you get for free

- A nightly **sleep score** and the time you spent awake and in light, deep and REM sleep.
- A **sleep schedule** with a bedtime goal.
- On a Pixel Watch, a watch **Bedtime mode** that dims the screen and silences alerts. It can follow the bedtime schedule from your phone.

Google Health Premium (optional)

The paid plan, which used to be Fitbit Premium, is now **Google Health Premium**: about $9.99 a month or $99.99 a year as of November 2026. It adds the Gemini-powered Google Health Coach, which talks you through your sleep patterns and suggests changes. Some Google AI subscription plans include it. The free app is plenty for most people.

Seeing last night's sleep

1. Wear the watch or tracker to bed.
2. In the morning, open the **Google Health** app on your phone and let it sync.
3. Tap the **sleep** card to see your score and stages.
4. If the watch doesn't show last night, check the phone app — it's the more reliable place to look.

GOOD TO KNOW

Smart Wake

Newer Pixel Watch models, and older ones after recent updates, offer a **Smart Wake** alarm that tries to wake you at a lighter moment shortly before your alarm time. It's a gentle buzz on the wrist, so keep a sound alarm too if you're a heavy sleeper.

WHAT THIS DOES FOR YOU

What this does for you

Everything you liked about Fitbit sleep tracking is still there, free, in one app — no subscription needed unless you want the coach.

CHAPTER 15

Galaxy Watch & Samsung Health

Samsung Galaxy Watches track sleep in the **Samsung Health** app. They work best — and some features only work — with a Samsung Galaxy phone.

Set it up

1. Pair the watch with the **Galaxy Wearable** app on your phone, if you haven't already.
2. Open **Samsung Health** on the phone and find the **Sleep** card.
3. Wear the watch to bed. Sleep is detected automatically.
4. In the morning, open the Sleep card to see your sleep score, stages and any snoring or blood-oxygen readings your watch supports.

Bedtime Guidance on newer watches

With One UI 8 Watch, on the Galaxy Watch8 and other recent models, Samsung added **Bedtime Guidance**. It looks at your recent nights and suggests a bedtime window, with optional reminders. Samsung says plainly that it isn't meant to detect, diagnose or treat any medical condition or sleep disorder. Samsung also offers experimental "Labs" features, such as **Vascular Load**, measured while you sleep; you can turn them off.

GOOD TO KNOW

Sleep apnea is a separate app

Samsung's sleep apnea feature is in a different app, **Samsung Health Monitor**. Chapter 19 explains it.

WHAT THIS DOES FOR YOU

What this does for you

A bedtime suggestion based on your own recent nights, rather than a one-size-fits-all rule.

CHAPTER 16

Oura, Smart Rings & Garmin

Some people find a watch uncomfortable in bed. A **smart ring** is smaller and many people forget they're wearing it. Garmin watch owners also get detailed sleep information.

Oura Ring

- The Oura Ring 5 starts at about $399; the Ring 4 at about $349 (as of November 2026).
- Most of the app's detail needs the **Oura Membership**, about $5.99 a month or $69.99 a year. Without it you still see the three daily scores: Sleep, Readiness and Activity.
- Oura says its ring is not a medical device and isn't intended to diagnose any illness.

Samsung Galaxy Ring

Samsung's ring works only with Android phones and uses Samsung Health, with no subscription. It's covered in this series' Oura & Smart Rings guide.

Garmin watches

Garmin watches give a **sleep score** from 0 to 100 and a **Body Battery** number that estimates your energy for the day. Many models can also check blood oxygen (**Pulse Ox**) during sleep. Garmin says Pulse Ox is not a medical device, and an odd sleeping position can cause low readings. Everything shows in the **Garmin Connect** app.

HEADS UP

A low blood-oxygen reading

One low number overnight is often a loose band or the way you lay on your arm. If low readings keep showing up, or you have symptoms, talk to your doctor rather than relying on the watch.

WHAT THIS DOES FOR YOU

What this does for you

Sleep tracking you can wear without noticing — so you actually keep wearing it.

CHAPTER 17

Under-the-Mattress Trackers

If you'd rather not wear anything at all, a sleep tracking **pad** slides under the mattress. The best-known is the **Withings Sleep Analyzer**, about $200 list as of November 2026.

How it works

The thin pad lies under your mattress (not on top) on your side of the bed, roughly under your chest, and stays plugged into the wall. It senses the tiny movements of your breathing and heartbeat and sends the results to the **Withings** app over Wi-Fi. There's nothing to charge and nothing to remember.

Setting it up

1. Install the Withings app and create an account.
2. Add a device and choose the Sleep Analyzer. Follow the app to connect it to your Wi-Fi.
3. Slide the pad under the mattress where the app shows, and plug it in.
4. Leave the bed empty for a few minutes the first time, so the pad can adjust to your mattress.

GOOD TO KNOW

Sleep Analyzer vs. Sleep Rx

Withings also makes **Sleep Rx**, a version cleared by the FDA to help doctors check for sleep apnea at home. In the United States it's available only by prescription through a doctor's program. The regular Sleep Analyzer you buy in a store is a wellness gadget, not a diagnostic test.

TIP

Good for couples

Because the pad senses only its own side, it's a good fit when one partner wants tracking and the other doesn't. Each person needs their own pad if both want it.

WHAT THIS DOES FOR YOU

What this does for you

A picture of your nights without wearing or charging anything — handy for anyone who finds a watch or ring uncomfortable.

PART 5

Sleep Apnea Notifications & Your Doctor

What the sleep apnea features on Apple and Samsung watches do, what they don't do, and how a real diagnosis happens.

CHAPTER 18

Apple Watch Sleep Apnea Notifications

Sleep apnea is a condition where breathing stops and starts again and again during sleep. Many people who have it don't know. Some Apple Watch models can watch for small breathing interruptions while you sleep and send a notification if they see a steady pattern that suggests **moderate to severe** sleep apnea.

What it is — and what it isn't

- It's a **nudge to see your doctor**, not a diagnosis.
- No notification does **not** mean you don't have sleep apnea. It's designed to catch moderate to severe cases and can miss milder ones.
- It isn't meant for people already diagnosed with sleep apnea, or for anyone under 18.

Which watches have it

It needs a recent Apple Watch: Series 9 or later, Ultra 2 or later, and some newer SE models, with current software on the watch and iPhone. It may not be offered in every country. Apple's support page lists the current models.

Turn it on

1. Make sure **Track Sleep with Apple Watch** is on (Chapter 13).
2. Open the **Health** app on your iPhone.
3. Tap **Browse** > **Respiratory** > **Sleep Apnea Notifications**.
4. Tap **Set Up**, enter your date of birth, and answer the question about whether you've been diagnosed with sleep apnea.
5. Read the screens about what the feature can and can't do, then tap to finish.
6. Wear the watch to bed most nights. The watch looks at your breathing over about a month at a time.

If you get a notification

1. Don't panic. It isn't an emergency.
2. Make an appointment with your regular doctor.
3. In the Health app, look at **Respiratory** > **Breathing Disturbances** to see the chart behind the notification. Bring your phone so you can show it.

4. Tell the doctor about any snoring, gasping, morning headaches or daytime sleepiness.
5. Your doctor may suggest a sleep study (Chapter 20).

STAY SAFE

Don't wait for your watch

If a partner has seen you stop breathing in your sleep, or you're very sleepy during the day — especially when driving — talk to your doctor now, whatever your watch says. If someone stops breathing and can't be woken, call 911.

WHAT THIS DOES FOR YOU

What this does for you

A quiet early warning that might prompt a doctor's visit you'd otherwise have put off for years.

CHAPTER 19

Samsung's Sleep Apnea Feature

Samsung's version was the first of its kind authorized by the U.S. Food and Drug Administration (FDA), in 2024. It's part of the **Samsung Health Monitor** app and works on recent Galaxy Watches paired with a Samsung Galaxy phone.

Who it's for

- Adults **22 or older**.
- People who have **not** been diagnosed with sleep apnea.
- It looks for signs of **moderate to severe obstructive sleep apnea**, the most common kind.

How it works

1. Install or open **Samsung Health Monitor** on your Galaxy phone and watch.
2. Find **Sleep apnea** and follow the setup screens.
3. Wear the watch to bed. You need two nights of more than four hours of sleep within 10 days.
4. Open the app to see the result: whether signs of sleep apnea were found.

Samsung's list of supported watches and phones changes with each update, so check the Samsung Health Monitor app's information screen or Samsung's support website for yours.

GOOD TO KNOW

A result is a reason to talk, not a verdict

Whether the app says it found signs or not, only a doctor can diagnose sleep apnea. If you have symptoms, see your doctor even with a "no signs" result.

WHAT THIS DOES FOR YOU

What this does for you

Two nights in your own bed can give you a concrete reason, and something to show, when you bring up your sleep with your doctor.

CHAPTER 20

Sleep Studies, Your Doctor & CPAP

A real sleep problem is diagnosed with a **sleep study**, ordered by your doctor. Gadgets can start the conversation, but this is where answers come from.

Starting the conversation

- Tell your doctor what you've noticed: snoring, gasping, waking often, morning headaches, dozing off in the daytime.
- Bring a partner's description if you can — they hear what you don't.
- Show any watch or app notifications, but say they're from a consumer gadget.
- Ask: "Should I have a sleep study?"

The two kinds of sleep study

	Home sleep apnea test	In-lab sleep study
Where	Your own bed	A sleep center, overnight
What it measures	Breathing, oxygen and heart rate	Breathing plus brain waves, sleep stages and leg movements
Often used for	Adults with likely obstructive sleep apnea and no other major health issues	Other suspected sleep disorders, other health conditions, or when a home test is unclear
Needs	A doctor's order	A doctor's order

TIP

Ask about cost first

Insurance coverage and costs vary a lot. Before the test, call your insurance plan or the sleep center and ask what you'll pay, and whether a home test is an option for you.

If you're prescribed a CPAP

The usual treatment for obstructive sleep apnea is a **CPAP** machine, which gently blows air through a mask to keep your airway open. Most newer machines have a phone app — ResMed's is **myAir**, and Philips's is **DreamMapper** — that shows how well your night went. This series has a full guide, CPAP Machines & Apps, that walks through the machine, the mask and the app.

STAY SAFE

Treatment decisions belong to your doctor

Never change your CPAP settings, stop treatment, or start a new treatment based on a watch or app. Talk to your doctor or your equipment supplier.

WHAT THIS DOES FOR YOU

What this does for you

Knowing the path — doctor, sleep study, treatment — turns a worrying notification into a plan.

PART 6

Smart Beds & a Smarter Bedroom

Sleep Number and Eight Sleep, lights and plugs that follow your bedtime, and alarms you can feel if you can't hear them.

CHAPTER 21

Sleep Number Smart Beds

Sleep Number beds use air chambers you can make firmer or softer, and each side of the bed can be set differently. In 2026 Sleep Number redesigned its lineup with new models and lower prices. Every current Sleep Number bed includes adjustable firmness, firmness that responds as you move, and sleep tracking.

What the app does

- Change your side's firmness — your **Sleep Number setting** — from your phone, or with the bed's remote.
- Show your **sleep tracking** results — Sleep Number calls its nightly rating the **SleepIQ score** — as an estimate of how well you slept.
- On models with an adjustable base, raise the head or foot of the bed.
- On the **Climate** models, cool your side of the bed (ClimateCool), or cool and warm it (Climate360).

What they cost

Prices depend on the model, size and base, and sales are frequent. As of November 2026, the temperature-controlled Climate models start around $5,500 for a queen, and the top Climate360 sets run several thousand dollars more. There's no separate subscription for the app.

Setting up the app

1. Install the **Sleep Number** app (older guides call it the SleepIQ app).
2. Sign in with the account created when you bought the bed, or create one.
3. Follow the app to connect the bed to your home Wi-Fi.
4. Choose which side of the bed is yours, so your sleep information and settings go to the right person.

> **TIP**
>
> **The bed works without the app**
>
> If the Wi-Fi goes down or you don't want to use a phone, the bed still holds its firmness and the remote still works. The app adds the sleep information and convenience.

HEADS UP

Big purchase, big return rules

Before you buy, ask about the trial period, return shipping or pickup fees, and who removes the old mattress. Get it in writing.

WHAT THIS DOES FOR YOU

What this does for you

Two people with different tastes can sleep in one bed, each on the firmness that suits them.

CHAPTER 22

Eight Sleep: a Bed That Heats & Cools

The **Eight Sleep Pod** is a cover that goes over your own mattress, connected by a tube to a bedside hub filled with water. The hub warms or cools the water so each side of the bed can be a different temperature, and sensors in the cover track your sleep.

What it costs — including the membership

- The Pod 5 costs roughly **$3,000** as of November 2026, more or less depending on size and add-ons.
- An **Autopilot** membership is **required for the first year**, about $199 to $399 a year depending on the plan. Autopilot adjusts your temperature through the night automatically and provides the sleep reports.

Questions to ask before buying

1. What still works after the first year if I stop the membership?
2. How do I refill and clean the water hub, and how often?
3. Is the hub noisy? Where will it sit, and is there an outlet nearby?
4. What is the trial period, and who pays for return shipping?

HEADS UP

Count the membership in the price

When you compare a Pod with other options, add the first year's membership to the price — and check your card statement for the renewal in year two.

STAY SAFE

Heat and health conditions

If you have diabetes, poor circulation or numbness in your legs or feet, ask your doctor before using any heated bed, mattress pad or electric blanket.

WHAT THIS DOES FOR YOU

What this does for you

For a couple where one runs hot and one runs cold, two temperatures in one bed can end a long-running argument over the blankets.

CHAPTER 23

Bedtime Routines with Smart Lights & Plugs

A **routine** is a set of things that happen together, at a time or with one command. "Good night" can turn off every lamp, lock the door and lower the thermostat; "good morning" can turn the lights on slowly.

With Alexa

1. Open the **Alexa** app and tap **More** > **Routines**, then **+**.
2. Under **When this happens**, choose **Voice** and type "good night."
3. Tap **Add action** and choose **Smart Home** to turn off lamps and plugs.
4. Add more actions if you like, such as playing rain sounds.
5. Tap **Save**. Now say, "Alexa, good night."

With Google Home

In the **Google Home** app, open **Automations** and look for the ready-made **Bedtime** routine, which you can edit to turn off lights and set an alarm. Then say "Hey Google, good night."

With Philips Hue lights

The Hue app has a **Go to sleep** automation that slowly dims your lights at bedtime, and a **Wake up** automation that brightens them like a sunrise in the morning — a sunrise alarm made from the lamps you already own. Find both on the **Automations** tab.

With a simple smart plug

Plug a lamp into a smart plug and use its app to set a **schedule**: on at sunset, off at 10:30. It's a cheap way to have a light waiting for you and to make the house look lived-in.

STAY SAFE

Keep a night light on the path

Before you set lights to turn off automatically, make sure there's a low light between the bed and the bathroom. Plug-in motion night lights cost little and help prevent falls in the dark.

WHAT THIS DOES FOR YOU

What this does for you

One sentence at bedtime instead of a walk around the house turning things off — and a softly lit path if you get up in the night.

CHAPTER 24

Alarms You Can Feel: Bed Shakers & More

If you take out your hearing aids at night, are hard of hearing, or are simply a very heavy sleeper, an ordinary alarm may not wake you. Many people with high-frequency hearing loss miss high-pitched beeps entirely. These gadgets help.

Bed shakers and vibrating alarm clocks

A **bed shaker** is a small, powerful vibrating disc you put under your pillow or mattress. It plugs into a special alarm clock, or pairs with your phone by Bluetooth, and shakes you awake. Brands include Bellman and Sonic Alert; some clocks also flash a bright light and have an extra-loud alarm.

Your watch can tap your wrist

An Apple Watch, Pixel Watch, Galaxy Watch or Fitbit can wake you with a vibration on your wrist instead of a sound. That's also kind to a partner who doesn't need to get up yet.

Smoke alarms you can feel or see

This is the most important part of this chapter. If you can't hear a smoke alarm while you sleep, there are smoke alarm alert systems that flash a strobe light and shake the bed. Your local fire department can advise, and some offer free or reduced-cost alarms and installation.

STAY SAFE

Test it with you in bed

Once a month, press the test button and make sure the shaker or strobe really wakes you. In a real fire, get out first and call 911 from outside.

TIP

Let emergency calls through

If family need to reach you at night, set those people as exceptions in Sleep Focus or Do Not Disturb (Chapters 5 and 6), so their calls ring even when the phone is quiet.

WHAT THIS DOES FOR YOU

What this does for you

Sleeping without your hearing aids, and still knowing you'll wake for the alarm clock — and for an emergency.

PART 7

Privacy, Scams & Subscriptions

Who sees your sleep data, the sleep-related scams worth knowing about, and how to stop paying for what you don't use.

CHAPTER 25

Your Sleep Data & Privacy

Sleep trackers collect personal information: when you go to bed, your heart rate overnight, even your breathing. It's worth a few minutes to decide who gets to see it.

Good to understand

- Information you give your **doctor** is protected by health privacy law. Information collected by a **consumer app** usually isn't covered by those same rules; the company's own privacy policy decides what happens to it.
- Many apps let you share with family or friends. Sharing is optional and you can stop any time.
- Most companies let you download or delete your data from the app's settings or their website.

A five-minute privacy check

1. Open each sleep app's **Settings** and look for **Privacy**, **Sharing** or **Connected apps**.
2. Turn off sharing with any person or app you don't recognize or no longer use.
3. On iPhone, open **Health**, tap your picture at the top, then **Apps** (or **Apps and Services**) to see which apps can read your health data.
4. On Android, open **Settings** and search for **Health Connect** to see the same.
5. Use a strong, unique password for each sleep app account, and turn on two-step verification if it's offered.

GOOD TO KNOW

Bedroom microphones and cameras

A sound machine or alarm clock doesn't need a camera. If a bedroom gadget has a microphone (smart speakers do), you can usually mute it with a button when you'd like privacy.

TIP

Giving a tracker away

Before you sell or give away a watch, ring, pad or smart bed, remove it from your account in the app and reset it, so your sleep history doesn't go with it.

WHAT THIS DOES FOR YOU

What this does for you

Confidence that your nights are your business — shared only with the people you choose.

CHAPTER 26

Sleep Tech Scams to Watch For

Tired people are tempting targets. Here are the sleep-related tricks worth knowing about.

SCAM ALERT

"Cure your sleep apnea" gadgets

Ads promise that a mouthpiece, spray, pillow or chin strap will cure sleep apnea. Some products are cleared only to reduce snoring, and regulators have warned makers who claimed otherwise. Snoring can be a sign of sleep apnea; a gadget that quiets it can hide the problem. Talk to your doctor.

SCAM ALERT

"Free" sleep tests and CPAP supplies by phone

A caller says Medicare will give you a free sleep apnea test, CPAP machine or supplies — they just need your Medicare number. Hang up. Real tests and equipment come through your own doctor. Never give your Medicare number to someone who calls you.

SCAM ALERT

Fake support numbers

Your smart bed or watch isn't working, so you search for the company's phone number — and the top result is a fake. The "technician" asks to connect to your computer or wants payment by gift card. Get support numbers only from the company's own app, website or the paperwork that came with the product.

SCAM ALERT

"Your subscription is about to renew" emails

Emails that look like they're from Hatch, Oura, Calm or a smart-bed company say your account is suspended or a big renewal is due, with a link to "cancel." Don't tap. Open the app yourself and check under its account settings.

SCAM ALERT

Too-good-to-be-true deals

Social media ads selling a famous smart ring, watch or sunrise clock at a fraction of the price often come from fake stores that send nothing, or a cheap copy. Buy from the maker or a store you know.

If you think you've been tricked

1. Stop. Don't send any more money or information.
2. Call your bank or card company using the number on the back of your card.
3. If you gave out your Medicare number, call Medicare at 1-800-MEDICARE.
4. Change the password for any account you signed into from a suspicious link.
5. Call Bill at (330) 200-8042 if you'd like help checking your computer or phone.

WHAT THIS DOES FOR YOU

What this does for you

Knowing the common tricks ahead of time means you spot them in the moment — even late at night.

CHAPTER 27

Free Trials & Canceling Subscriptions

Sleep apps and gadgets love subscriptions: Hatch+, Oura Membership, Google Health Premium, Eight Sleep Autopilot, Calm, Headspace. Here's how to see what you're paying for and cancel what you don't need.

If you signed up on an iPhone

1. Open **Settings** and tap your name at the top.
2. Tap **Subscriptions**.
3. Tap the subscription you want to stop.
4. Scroll down and tap **Cancel Subscription** (or **Cancel Free Trial**).

If you signed up on an Android phone

1. Open the **Google Play Store** app.
2. Tap your profile picture at the top right.
3. Tap **Payments & subscriptions** > **Subscriptions**.
4. Choose the subscription and tap **Cancel subscription**.

If you signed up on the company's website

Some memberships, such as a smart bed's, are billed by the company directly. Sign in on their website or in their app and look under **Account**, **Membership** or **Billing**. If you can't find a cancel button, call the number on their official website.

HEADS UP

Deleting the app doesn't cancel

Removing an app from your phone, or returning the gadget, doesn't stop the subscription. You have to cancel it.

TIP

Cancel a trial a day early

Cancel at least 24 hours before a free trial ends. On iPhone and Android you usually keep the trial until its end date anyway.

WHAT THIS DOES FOR YOU

What this does for you

No mystery charges on your card for an app you tried once and forgot about.

PART 8

When to Call Bill & Your Cheat-Sheet

An honest word about when a hand is worth it, and a one-page summary to keep by the bed.

CHAPTER 28

When to Call Bill

Most of what's in this guide you can do yourself, at your own pace. But part of being helpful is being honest about when a hand saves you time and worry. Here's my straight advice, with no pressure.

Times it's well worth a call

- **Setting up your phone's bedtime settings** so it goes quiet at night but still lets family through.
- **A new sunrise alarm, sound machine or smart bed** that needs an app, an account and the Wi-Fi.
- **Setting up a watch or ring** for sleep tracking, and showing you how to read the morning numbers.
- **Turning on sleep apnea notifications** and showing you where to find the chart to bring to your doctor.
- **A bedtime routine** with smart lights, plugs and a speaker, with a night light on the path.
- **Bed shakers and alerts** for someone who can't hear the alarm at night.
- **A subscription check**: finding and canceling the sleep apps you're paying for and don't use.
- **A message you're not sure about** — a call, text or email that seems off.

What I don't do

I'm a technology helper, not a doctor. I can't tell you what your sleep numbers mean for your health, and I'll always send you to your doctor for that. For CPAP settings, your doctor and equipment supplier come first.

What working with me is like

I work at your pace, explain what I'm doing in plain words, and never talk down to anyone. I'll tell you honestly when something isn't worth your money. I've been doing this kind of work for more than 30 years, and I serve Portage County, Ohio, in person, and folks farther away by remote help.

FROM BILL

How to reach me

Call **(330) 200-8042** or book a time at **billshometech.com/book**. My help is **$49 remote · $99 in your home**. This guide is yours to keep for free; if you'd like a hand, I'm only a phone call away.

GOOD TO KNOW

You may meet Sophie first

When you call or visit billshometech.com, you might be greeted by **Sophie**, my AI receptionist. She can answer quick questions and help you book a time. A real person — me — does the actual help.

Thank you for taking the time to learn this. Sleep well, and remember: the gadgets are helpers, not judges.

— Bill

CHAPTER 29

Your Sleep Tech Cheat-Sheet

The whole guide, boiled down to one page you can keep by the bed.

The essentials

Topic	Remember
iPhone bedtime	Health > Browse > Sleep > Full Schedule & Options. Sleep Focus quiets the phone.
Pixel bedtime	Settings > Digital Wellbeing & parental controls > Bedtime mode.
Samsung bedtime	Settings > Modes and Routines > Sleep.
Alarms	Quiet modes don't stop alarms. Charge the phone overnight. Check AM/PM.
White noise on iPhone	Settings > Accessibility > Audio & Visual > Background Sounds.
Trackers	Estimates, not diagnoses. Look at weekly patterns, not one night.
Sleep apnea alerts	A nudge to see your doctor. No alert doesn't mean no apnea.
Diagnosis	Only a doctor-ordered sleep study.
Subscriptions	Hatch+, Oura, Google Health Premium, Eight Sleep, Calm: all optional except Eight Sleep's first year.
Cancel on iPhone	Settings > your name > Subscriptions.
Cancel on Android	Play Store > profile picture > Payments & subscriptions.
Scam rule	Never give your Medicare number to a caller. Support numbers only from the official app or website.

Write it down once

Keep handy	
My bedtime and wake-up time	_____
Sleep gadgets I own (make & model)	_____
App names & account emails	_____
Subscriptions and renewal dates	_____
People allowed through at night	_____
My doctor's phone number	_____
Sleep center / CPAP supplier phone	_____
Date I last tested the smoke alarm alert	_____

When something's wrong, in order

1. Alarm didn't go off? Check it's on, the right days, AM/PM, and the phone was charged.
2. Phone too quiet at night? Look for Sleep Focus, Bedtime or Sleep mode and turn it off.
3. Gadget won't connect? Unplug it for 30 seconds, check Wi-Fi and Bluetooth, update the app.
4. No sleep data this morning? Open the phone app and let it sync; check the watch was snug and charged.
5. Worried about your sleep or breathing? Call your doctor. If someone can't be woken or isn't breathing, call 911.
6. Still stuck? Call Bill at (330) 200-8042.