Apple releases new Beddit sleep tracker

Apple has released the first Beddit sleep tracker since acquiring the Finnish company in 2017, via *CNET*. The Beddit 3.5 Sleep Monitor is a thin sensor strip that can be placed under the bedsheet to track body movements through the night. It’s available to purchase now for and in stores.

The 2mm-thin sleep tracker can measure sleep time, heart rate, breathing, snoring, and bedroom temperature and humidity. The advantage over other sleep monitoring fitness trackers is you don’t need to wear an activity tracker to bed, or remember to use it. You can still connect it to your Apple Watch, which can display sleep report notifications, bedtime reminders, and nudges when synced. Your sleep analysis and heart rate data is also accessible through the Health app on iOS 12 or later.



Beddit



Beddit

The Apple Watch Series 4 still doesn’t offer any native sleep-tracking abilities, but for now there’s third-party apps that’ll help track your bedtime, including . Until then, Apple’s new Beddit Sleep Monitor is looking to fill that gap.

https://www.theverge.com/2018/12/7/18131220/apple-beddit-3-5-sleep-monitor