

Lifewire **Setting Up Apple Watch Sleep Tracking: Your Complete Guide**

By [Jon Fisher](#). Published on April 26, 2025



Apple

Establish daily schedules and monitor your quality of rest

The Download

Turn it on: Open iPhone **Watch** app > **Sleep** > **Use This Watch for Sleep**.

Set schedule: **Manage Sleep Focus in Settings** > **Next Schedule** > **Edit Sleep Schedule in Health** > **Done**.

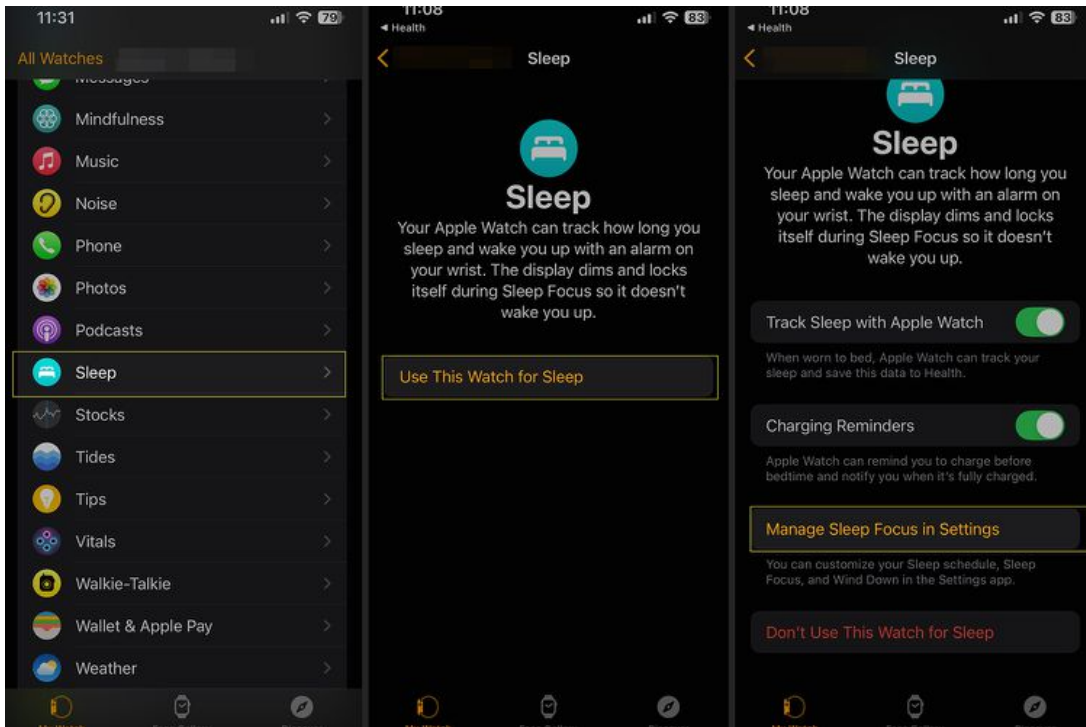
Edit sleep settings from Apple Watch Sleep app or in the Sleep section of the Health app on iPhone.

Apple Watch sleep tracking works closely with the Health and Watch apps on your iPhone. Learn how to turn this feature on, edit settings, and view sleep data.

How to Set Up an Apple Watch For Sleep Tracking

To get started with Apple Watch sleep tracking, turn the feature on in the Watch app on your iPhone and set the schedule in the Health app.

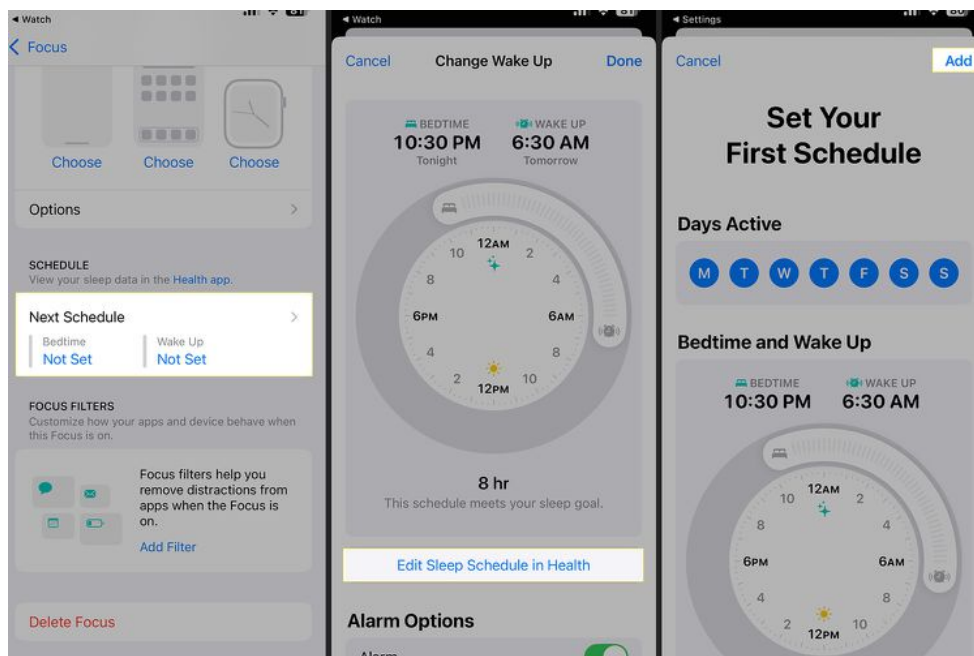
1. Open the Watch app on iPhone and select **Sleep**.
2. Tap **Use This Watch for Sleep**.
3. Next, select **Manage Sleep Focus in Settings**.



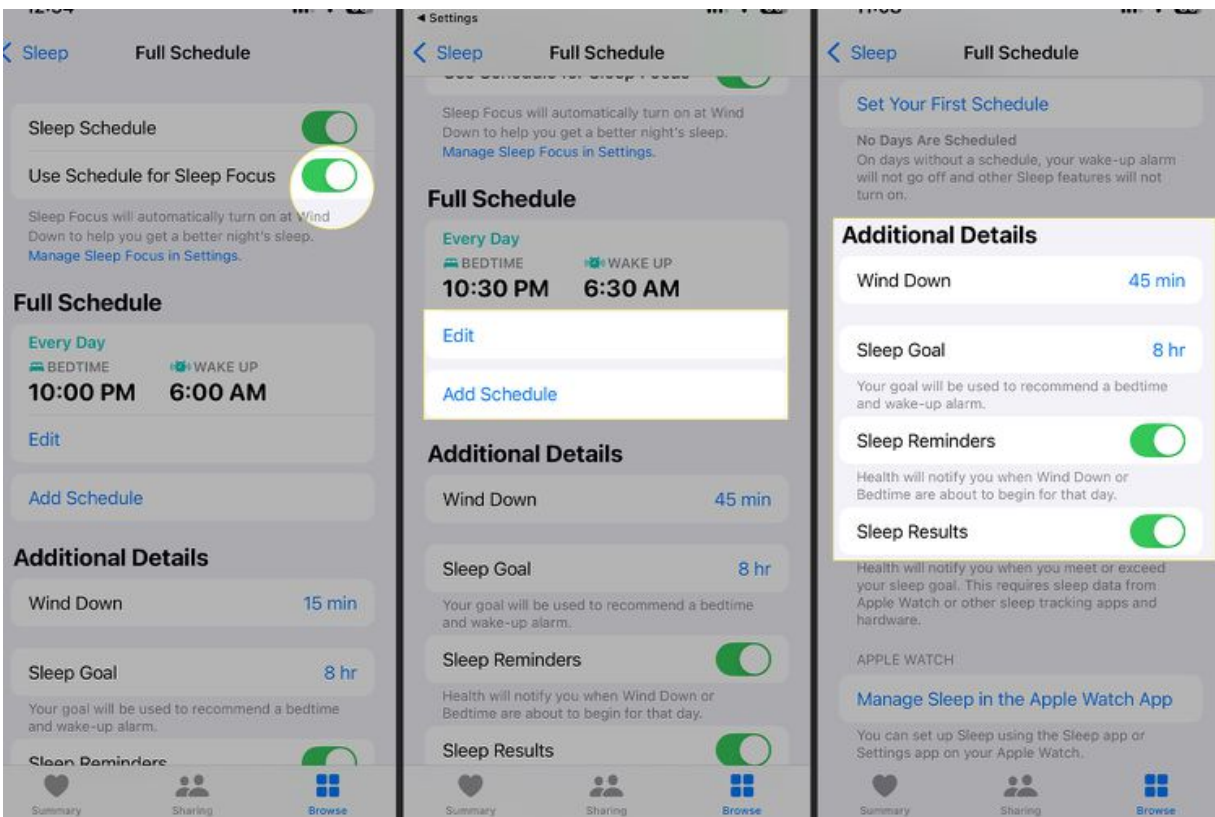
4. Tap **Next Schedule** > **Edit Sleep Schedule** in Health to open the Sleep settings in the Health app.

Alternatively, you can go directly to this area in the Health app, set your schedule, and toggle on **Track Sleep with Apple Watch** to turn on sleep tracking data in the Health app.

5. Select **Set Your First Schedule** and specify daily bedtime and wake-up hours. Tap **Add** when you're done.



6. If you haven't already done so, move the toggle beside **Use Schedule for Sleep Focus** to enable your sleep schedule.
7. Under **Full Schedule**, tap **Edit** to add or change a daily bedtime and wake-up time.
8. Tap **Add Schedule** to add an additional schedule. For example, you may want a weekend schedule that allows you to sleep later.
9. Under **Additional Details**, tap **Wind Down** to customize the time length for relaxing before you turn the lights out.

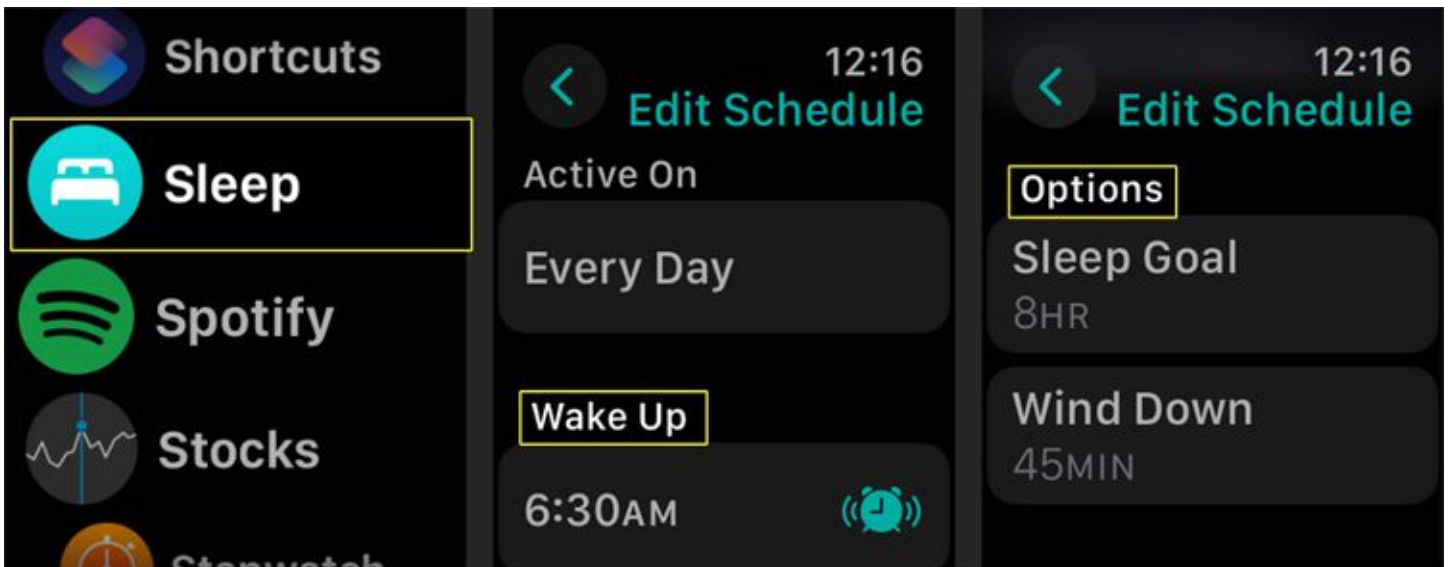


By default the Sleep Goal, Sleep Reminders, and Sleep Results are active. You can adjust your desired sleep duration and turn off these other settings if you prefer.

How to Edit Sleep Settings on Your Apple Watch

You can modify your sleep settings at any point via the Health app (see above) or the Apple Watch. Here's how to edit sleep settings directly on your Apple Watch.

1. On your watch, press the Digital Crown and tap **Sleep** from the list of apps.
2. Tap the **Edit Schedule** (alarm clock) icon to adjust bedtime, wake-up, change alarm sounds, or disable the alarm.
3. Scroll further down the screen to edit your schedule, add schedules, and adjust other options, including **Sleep Goal** and **Wind Down**.



How Apple Watch Sleep Tracking Works

After setting up your sleep schedule, your Apple Watch and iPhone work together to track your sleep, including the time you spend in the three sleep stages (REM, core, and deep).

To view your sleep history, open the Sleep app on your Watch and scroll down to see how much sleep you got the previous night and how much time you spent in REM, core, and deep sleep.

You can also view your sleep average over the past two weeks.

Another way to view historical data is from your iPhone's Health app. Tap **Browse > Sleep > Show More Sleep Data**.

Here's an overview of the Apple Watch sleep tracking cycle:

- **Wind Down:** Shortly before your specified bedtime, Wind Down begins. Wind Down turns on Focus Mode, hiding most iPhone features.
- **Bedtime:** Your watch's display will go dark to minimize distractions and conserve battery. You can tap the display to see the time or press and hold the digital crown to unlock the display and temporarily return it to normal.
- **Wake up:** When morning comes, your watch will vibrate to wake you, and your selected wake-up alarm will sound. You can tap **Snooze** or turn off the alarm from the iPhone's screen or your Apple Watch.

Apple recommends having at least a 30 percent battery at bedtime for proper logging while you sleep.

Which Apple Watch Models Track Sleep?

Apple began offering sleep tracking functionality with watchOS 8.

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Jonathan Fisher is a CompTIA-certified technologist with more than 10 years of experience writing for publications like TechNorms and Help Desk Geek.