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Apple has released watchOS 11 for Apple Watch. The new software update includes a variety of new features and changes for Apple Watch, including new fitness and health features and insights, improvements to Smart Stacks, sleep apnea notifications on eligible devices, new watch face options, a Translate app, and more.

Apple Watch users will also need to make sure they are running iOS 18 on iPhone that is paired with their device.

Separate from watchOS 11, Apple has also released iOS 18, iPadOS 18, macOS Sequoia 15.0, tvOS 18, and visionOS 2.

How to Install watchOS 11 Update on Apple Watch

You will first need to update iPhone to iOS 18, since iOS 18 is required to run watchOS 11. Do that first, then you can easily update to the latest watchOS:

1. Place your Apple Watch on a charger and near your iPhone
2. Open the “Watch” app on iPhone that is paired with Apple Watch
3. Go to the “Watch” tab
4. Go to “General”, and then go to “Software Update”
5. Choose to download and install watchOS 11

Installing watchOS 11 will take quite a while and is quite slow, as is typical with major watchOS updates, so be patient and just let your Apple Watch sit on its charger as installation completes. Installing the update on my Apple Watch took over an hour, for example.

When finished updating, you’ll be running watchOS 11 on Apple Watch.

Which Apple Watch models support watchOS 11?

The following Apple Watch models are compatible with watchOS 11:

Apple Watch Series 7	Apple Watch Series 9	Apple Watch Ultra	Apple Watch Ultra 2
Apple Watch Series 8	Apple Watch SE 2nd generation	Apple Watch Series 10	

You will also need an iPhone that is updated to iOS 18 to be able to run watchOS 11. If you haven't updated your iPhone yet, do that first.

Note that some features, like sleep apnea notifications, require an Apple Watch Series 9 or better.

WatchOS 11 Release Notes

Release notes included with watchOS 11 are as follows:

watchOS 11 brings powerful health and fitness insights, along with even more personalization, intelligence, and ways to stay connected, to the world's most popular watch. It has new experiences that provide deeper insights into your daily health status and help you understand the impact of your workouts over time. watchOS 11 uses the power of machine learning to help you easily create the perfect Photos watch face and the Smart Stack becomes even more intelligent and capable with suggested widgets, interactive widgets, and Live Activities. To further support your fitness journey, you can now adjust your Activity ring goals by day of the week or even pause them for a rest day. watchOS 11 also includes Check In, the Translate app, new ways to support you during pregnancy, sleep apnea notifications, and more.