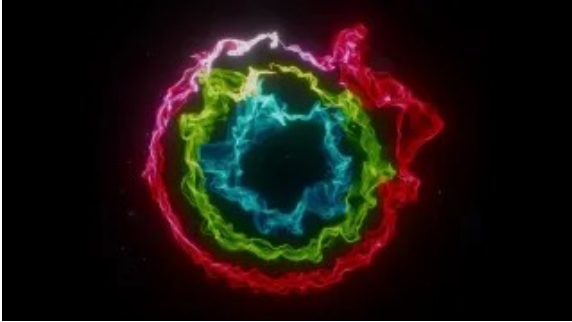


How closing your Apple Watch rings helps sleep, heart health, and mental wellbeing

Chance Miller



Ahead of the Apple Watch's 10th anniversary on April 24th, Apple is out with [new research](#) data today that highlights associations between the closure of Activity Rings and sleep, heart health, and mental wellbeing. The data comes from data contributed by over 140,000 participants in the Apple Heart and Movement Study...

Based on the data, Apple says that relative to people who infrequently closed their Activity rings most of the time, people who closed their rings most of the time were:

- 48 percent less likely to experience poor sleep quality, defined as waking up frequently during the night
- 73 percent less likely to experience elevated resting heart rate levels
- 57 percent less likely to report elevated stress, as measured by the Perceived Stress Scale-4 (PSS-4), a four-item questionnaire designed to assess an individual's perception of their stress levels

The Apple Watch is celebrating its 10th anniversary later this month, having originally been [released on April 24, 2015](#). It was announced during Apple's special event [on September 9, 2014](#).

In addition to sharing this new research, Apple also [announced](#) a special fitness challenge for April 24. Separately, Apple Store locations will carry a physical pin to commemorate a decade of Apple Watch encouraging exercise and fitness tracking.

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