

Summary

Apple Watches now feature a sleep score, a number from 1 to 100 indicating sleep quality. This feature is available on Series 6 or later watches and iPhones with iOS 26 and watch OS 26. The sleep score is calculated based on sleep duration, bedtime consistency, and interruptions, and can be viewed in the Sleep app on the watch or the Apple Health app on the iPhone.

Beth Skwarecki September 17, 2025



You don't even need the new Series 11 watch to access it.

The latest Apple Watches now boast a sleep score, which gives you a number on a scale of 1 to 100 for how well you slept. But that's not all—you can even get this number *without* the Series 11 watch, as I discovered this morning while waiting for my new watch to be delivered. To get the new sleep score, just

make sure you have iOS 26 and [watch OS 26](#) installed.

Where to find the sleep score

You can view the sleep score on your iPhone or on your Apple Watch. On the watch (Series 6 or later), go to the Sleep app. The sleep score is the first thing it will show you. On the iPhone, the sleep score gets its own card in the Apple Health app. If you don't see it, tap the search icon and then tap on Sleep.

Many devices can give you an Apple sleep score, not just the newest Apple Watch

The sleep score is a data analysis feature that doesn't require specific Apple Watch hardware, and Apple has said that [Apple Watches as old as Series 6 will get it](#). What's more, I noticed that my Apple Health app gives me sleep scores for nights I wore other devices to bed, but not an Apple Watch.

According to my settings, my Apple Health app receives sleep data from the Coros, Garmin, Zepp (Amazfit), Oura, Ultrahuman, Whoop, and Withings devices I've used. I've rarely worn an Apple Watch to bed lately, but I'm always wearing *something*,

usually including an Oura ring. I have sleep scores for all of those nights, not just the nights I wore an Apple Watch.

What do you think so far?

Your past sleep scores are calculated retroactively

The sleep score is new with iOS 26 and watch OS 26, but the data needed to calculate it was there anytime you wore a supported device to bed. Scrolling back, I can see sleep scores going back to April of 2020.

How sleep scores are calculated

Apple's sleep score comes with a breakdown of where your 100 potential points come from. This includes:

- 50 points for how long you slept
- 30 points for how consistent your bedtime was with previous nights
- 20 points for minimizing interruptions

My own scores include a lot of “high” and “excellent” ratings, even though I don't think my sleep has been great. But sleep scores are never totally scientific—even when they're based on solid data, there's no such thing as a medical cutoff for what counts as “high” or “excellent” sleep. The World Sleep Society [tells](#) us to “focus on trends and patterns, not individual ‘scores.’” If you see your sleep scores trending up (or down), that's more important than what exactly your number is today.