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Anke · gadgets health **Lifestyle** to sleep smart watch · 10/09/2024 · 2 min read

Detect sleep apnea with your Apple Watch

The most famous world leaders only sleep a few hours a night. They function well with that, but the average person still suffers from it. It is especially annoying if you have to get up several times during the night to pee or to feed your child. And then of course there is something called sleep apnea... *What does that have to do with this tech platform?* **Well... Apple is continuing to set course to get involved in the world of 'health'. For example, you will soon be able to detect sleep apnea with your Apple Watch!**

Sleep apnea is a condition in which you temporarily stop breathing during your sleep. As a result, your body does not get enough oxygen. It is estimated that more than 1 billion people worldwide have this condition, often without realizing it. Without treatment, you have a higher risk of, for example, high blood pressure, type 2 diabetes and heart problems.

Detecting sleep apnea

Apple Watch comes with a new feature called Breathing Disturbances, which can help you detect sleep apnea. The accelerometer detects small movements on your wrist that can indicate interruptions in your normal breathing pattern. Every 30 days, Apple Watch analyzes the data it collects. If it finds consistent signs of moderate to severe sleep apnea, you'll get a notification. You can discuss this with your doctor.

'Breathing Disturbances' can also be used to see how restless you are during your sleep. Alcohol use, medication, your sleeping position and other factors can disrupt your breathing. You can see how often your breathing seems to be disrupted in the Health app. It also immediately indicates whether there are more interruptions than normal. You choose whether you want to view this for one month, six months or a year.

Doctors often like to be able to read the data again. That is why you can export a PDF with information about possible sleep apnea moments. In addition, the Health app contains extra information about sleep apnea.

Clinical studies & approval...

The sleep apnea algorithm was developed using machine learning technology and based on extensive data from clinical sleep apnea tests. The feature was validated in a clinical study and the number of participants was unprecedentedly large for sleep apnea technology. According to this study, every participant picked up by the algorithm had at least mild sleep apnea.

"Giving consumers a reliable way to recognize abnormal breathing patterns during sleep could help them diagnose serious, often overlooked medical conditions like sleep apnea," said Sairam Parthasarathy, professor and director of the University of Arizona Health Sciences Center for Sleep, Circadian & Neurosciences in Tucson, Arizona. "This is an important step forward in improving public health."

The Sleep Apnea Notifications feature is expected to receive approval from the U.S. Food and Drug Administration (FDA) and other health authorities in the near future. It will be available in over 150 countries and regions, including the *U.S.* , *European Union* , and *Japan* later this month . This feature is available on Apple Watch Series 9, Apple Watch Series 10, and Apple Watch Ultra 2.

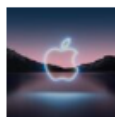TOPICS   #GADGETS   #HEALTH   #LIFESTYLE   #TO SLEEP   #SMART WATCH

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