

How can I track my sleep on healthmov?

Healthmov integrates with Apple Health, Google Fit, Garmin, Fitbit, and Withings. If you use another device, you can sync it with Apple Health or Google Fit, and healthmov will retrieve your sleep data from there.

If you don't have a dedicated device, you can turn your phone into a sleep tracker by connecting it to Apple Health or Google Fit. This way, you can start tracking your sleep data with healthmov.

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