

How can I track my sleep on healthmov?

Healthmov integrates with Apple Health, Health Connect + Samsung Health/Google Fit, Garmin and Fitbit. If you use another device, you can sync it with Apple Health or Health Connect + Samsung Health/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 Health Connect. This way, you can start tracking your sleep data with healthmov.

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