

# How to connect your iOS phone as your Sleep tracker?

If you are on iOS v18+ Apple Health has stopped tracking Sleep therefore we recommend to connect to the Healthmov Sleep Tracker and set your schedule alternatively consider wearing a device during your sleep which should be connected to Apple Health.

If you are on iOS v17 and below you can still track your sleep with Apple Health integration. Here's how to connect Apple Health for sleep tracking :

Set Up Sleep Tracking in Apple Health:

1. Open the Health app on your iPhone
2. If prompted, sign in with your Apple ID credentials
3. In the Health app, go to the Browse tab
4. Select Sleep
5. Tap Get Started under Set Up Sleep and follow the on-screen instructions, you can view instructions by [clicking here](#)

Connect Apple Health with healthmov :

1. Open the healthmov app on your device
2. On Home, select Settings (Cog icon on top right hand corner) then tap Sleep Connection or when selecting for the 1st time, a sleep related challenge the Sleep Connection screen will be displayed
3. On Connections, select With my phone then Setup on Apple Health or Healthmov Sleep Tracker

Follow the on-screen instructions to finalise the connection and grant all required permissions, ensuring sleep data is included. By following these steps, you'll enable comprehensive sleep tracking and monitoring through healthmov.

If you encounter any issues during the process, feel free to contact us at [support@healthmov.com](mailto:support@healthmov.com).

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