

How to connect your iOS phone as your Sleep tracker?

With Apple Health integration, you can seamlessly track your sleep data. 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 (add icon screen shot) then tap Connections or when selecting a challenge the Connections screen will be displayed
3. On Connections, select With my phone then Connect on Apple Health

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.

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