

Do fitness wearables track sleep effectively?

Fitness wearables may only offer early warning signs for sleep disorders. Don't ignore them, however

Ashishk Bose

A good night's sleep can help you feel rested and recharged, while poor sleep or sleep deprivation can hit your sense of well-being and cognitive functioning and even lead to health issues in the long run. For too long, however, people have ignored sleep issues, blaming them on stress or anxiety. Tracking your sleep can be particularly important, though, if you suffer from sleep disorders such as sleep apnea.

Sleep apnea is a condition in which breathing repeatedly stops and starts during sleep. The most common is obstructive sleep apnea, or OSA, in which breathing can cease for more than 10 seconds—in some cases, as long as 100-120 seconds—repeatedly. The death, earlier this year, of veteran music composer Bappi Lahiri focused attention on this disorder.

This is where fitness wearables can help. As someone who suffers from OSA, I have been using them (with caution, at the moment) to track my sleep patterns. I can also monitor improvement, if any, if I change a pillow or use a sleeping aid. Of course, you must consult a doctor if you think you have a problem; fitness wearables are not a substitute.

While the older fitness trackers used to monitor wrist movement to track sleep, the recent generation also monitors heart rate and factors like body temperature and snoring. The more advanced ones even pack in an SpO2 sensor to track blood oxygen levels. The trackers monitor duration and quality of sleep as well as sleep stages, reporting the phases in which you were awake, tossing and turning.

During a typical night, we cycle through various stages. Stage one is a state of extremely light sleep. In stage two, our brain waves begin to slow. In stages three and four, referred to as deep sleep, our bodies grow and repair themselves. The final stage is called rapid eye movement (REM). During this, our brains become more active, and dreams occur. The cycle repeats every 90-120 minutes. Missing out on any stage is a sign of poor sleep.

Since looking at and dissecting all this data can be overwhelming, fitness wearables and their companion apps distill it into some meaningful insights and an easy-to-follow "sleep score". Earlier this year, Fitbit went even further, introducing a Sleep Profile that offers a longitudinal analysis of sleep patterns—essentially, over a period of time. Since sleep can vary significantly from night to night, it is a good idea to analyse sleep data over a longer period to find out, for instance, the time spent in light, deep and REM sleep, plus time



While sleep tracking raises awareness, it's important not to obsess over sleep data.

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awake, as well as how your sleep is related to activity, mood, and more.

A sleep profile or a long period of evaluation via sleep trackers offers an edge over a traditional sleep study, since it's both difficult and expensive to have sleep specialists at home over too many days.

HOW ACCURATE IS IT?

My ENT doctor concedes that a credible fitness tracker can accurately detect snoring and monitor restless sleep patterns. But—and that's a bit echoed by most experts—sleep trackers are not diagnostic. Senior neurological and sleep specialist Manvir Bharia, director of the Neurology Sleep Centre in Delhi, believes that people who snore and have excessive daytime somnolence should undergo tests for OSA. An estimated 80-90% of adults with OSA remain undiagnosed, she adds.

Moreover, since they don't measure sleep directly and rely primarily on movement and heart rate for assessment, fitness trackers are of limited use. They measure inactivity as a surrogate for estimating sleep and one can fool a tracker by lying quietly while awake. So, such wearables often underperform in insomnia.

Still, fitness trackers do have their uses. Sleep tracking raises awareness and offers early warning signs of a disorder. My family physician asserts that problematic sleep patterns can also be indicative of larger health problems. How frequently has a doctor asked you



"Do you sleep well?"

A recent study published in the US National Sleep Foundation's *Sleep* journal, conducted for the performance evaluation of a wrist-worn reflective pulse oximeter, concluded that Samsung's Galaxy Watch 4 could potentially help measure OSA. It found that wrist-worn trackers embedded with reflective PPG (photoplethysmography) sensors were accurate in continuously measuring oxygen levels, enabling researchers to screen for OSA.

THINGS TO KEEP IN MIND

Before you start sleep tracking, be mindful that you should not get fixated on sleep data. A 2017 study published in the *Journal of Clinical Sleep Medicine* highlighted a downside of obsessive sleep tracking dubbed "orthosomnia", a condition in which people obsessively pursue optimal sleep based on insights derived from sleep tracking. This can lead to stress and anxiety, and, in turn, negatively impact sleep.

If you are worried about which tracker to choose, don't be. Pick a credible option and don't overthink it. But remember, a sleep tracker may not be as accurate as a professional sleep study (polysomnogram). Again, don't sweat over it—but do consult a doctor.

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