

Resources for Wearable Devices and Tracking Tools

Device	Location	Cost	App Integration	Activities Tracked	Charge	Display	Additional Features
Apple Watch	Wrist	\$300–\$750	Yes	Exercise Sleep Stationary time Steps	18–48 hours	Interactive face Phone	Alarms Apple Music & Apple Pay integration Email Magnetic charger Maps Photos Voice control
Bellabeat LEAF	Body Wrist	\$120–\$250	Yes	Exercise Sleep Stationary time Steps	None; 6-month battery	Phone	14-day memory Inactivity alert Pill reminder Smart alarm Sustainable materials Wireless sync
FitBit	Body Wrist	\$60–\$250	Yes	Exercise Floors climbed Sleep Stationary time Steps	5–7 days	Interactive face Phone	Auto sleep detection Clock Caller ID Music control Silent alarm
Garmin	Wrist	\$25–\$700	Yes	Exercise Floors climbed Sleep Stationary time Steps	40 hours— 5 days	Interactive face Phone	Auto sync Accelerometer Find my phone GPS Music control Smart notifications
InBody Band	Wrist	\$180	Yes	Exercise Sleep Steps	7–10 days	Phone	Body composition analyzer Heart rate monitoring Smart notifications
Jawbone Up	Wrist	\$50–\$200	Yes	Exercise Sleep Steps	7–10 days	Phone	Auto sleep detection Silent alarm Wireless sync

Resources for Wearable Devices and Tracking Tools *(cont.)*

Device	Location	Cost	App Integration	Activities Tracked	Charge	Display	Additional Features
Microsoft Band	Wrist	\$180–\$250	Yes	Exercise Floors climbed Sleep Steps	2 days	Interactive display Phone	Email and text alerts GPS Heart rate monitoring Music control
Misfit	Body Wrist	\$20–\$170	Yes	Exercise Sleep Steps	None; 6-month battery	Phone	Water resistant (50 m) Wireless sync
Moov Now	Ankle Wrist	\$80	Yes	Exercise Sleep	None; 6-month battery	Phone	Audio coaching (in-app) Waterproof
Withings	Body Wrist	\$80–\$170	Yes	Exercise Sleep	None; 8-month battery	Phone	Analog watch Auto sync Silent alarm Waterproof

Smartphone and Tablet Applications

Application	Platform	Heart Rate	Exercise & Movement	Nutrition	Sleep	Breathing & Meditation
Apple Health	iOS	■	■	■	■	
Calm	Android iOS					■
CBT-I Coach	Android iOS				■	
Fitbit	Yes	■	■	■	■	
Headspace	Android iOS					■
iHealth	Android iOS	■	■		■	
LEAF app (with device)	Android iOS		■		■	■
MyCalmBeat	Android iOS					■
MyFitnessPal	Android iOS Windows		■	■		
Nudge	Android iOS		■	■	■	
Olumia Life	Android iOS		■	■	■	
Pzizz	Android iOS				■	
S Health	Android	■	■	■	■	
Sleep++	iOS				■	
Sleepio	iOS				■	
SnoreLab	Android iOS				■	