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Apple Watch 的睡眠追蹤功能，能幫助你了解自己的睡眠習慣，並提供改善建議。

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AutoSleep - Apple Watch Sleep Tracking Without an App

AutoSleep is a feature on the Apple Watch that allows you to track your sleep without needing to download any additional apps. It uses the watch's sensors to monitor your heart rate and movement to determine when you fall asleep and wake up.

AutoSleep works by detecting when you are in bed and then monitoring your heart rate and movement. If your heart rate drops and your movement is minimal, the watch assumes you are asleep. It will then track your sleep duration and quality throughout the night.

AutoSleep is a free feature that is available on all Apple Watches. It does not require any additional apps or subscriptions. The data is stored on your watch and can be viewed on your iPhone through the Health app. AutoSleep is a convenient way to track your sleep without the need for additional hardware or software.

AutoSleep is a great way to track your sleep and get a better understanding of your sleep patterns. It is a simple and easy-to-use feature that can help you improve your sleep and overall health.



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