



# Sleep Cycle app for Wear OS by Google™ featured by Android™ at MWC, Barcelona

March 1, 2022, Gothenburg - This year, the Sleep Cycle app for Wear OS by Google is included in Android Avenue at Mobile World Congress (MWC), Barcelona. A testament to how important of a role digital health and sleep tracking plays in the world of connectivity, and an exciting highlight following the successful launch of Sleep Cycle's Wear OS app in August last year, and Sleep Cycle being named [Google Play's 2021 Best for Wear](#)

Sleep Cycles CEO Carl Johan Hederoth comments:

“We're honored to be included by Google in the Android Avenue at this year's MWC. Following our ambition to be the preferred choice for sleep and sleep improvement on health platforms, Wear OS is one of the most important platforms for us. As we see interest for wearable sleep technology steadily continuing to increase by users and the industry at large, we aim to remain in the forefront of developing wearable sleep solutions.”

**Sleep Cycle for Wear OS** offers a seamless sleep tracking experience with unparalleled quality. Featuring the prediction tile, the Wear OS application provides the user with predicted sleep quality based on their bedtimes to encourage healthy sleep routines. It analyzes the user's sleep through audio-based sleep tracking and leverages its smart alarm clock to wake users at their lightest sleep stage, helping them feel more rested and alert. For users who sleep with their partners, the app offers a silent alarm option to wake them up with vibrations without disturbing their partner's rest.

Using the Health Services API on Galaxy Watch4 and Galaxy Watch4 Classic, the Sleep Cycle app automatically detects sleep and can be set to automatically start the analysis and alarm setting, which means users no longer need to remember to set their alarms and can instead focus on peacefully drifting off to sleep.

## About MWC

Hosted annually in Barcelona, [MWC](#) is the world's most influential event for the connectivity industry, is where the latest thought leadership about the future of connectivity comes together, attended by global mobile operators, device manufacturers, technology providers, vendors, and content owners from all over the world.

For more information, please visit [www.sleepcycle.com](http://www.sleepcycle.com) or contact:

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### **About Sleep Cycle**

With millions of daily active users and over two billion nights analyzed in more than 150 countries, Sleep Cycle is the leading sleep tracking application and one of the most widely used solutions worldwide to improve sleep health. Sleep Cycle's mission is to improve global health by empowering people to sleep better. Since its launch in 2009, Sleep Cycle has helped millions of people understand their sleep habits and improve their sleep. The mobile application helps users fall asleep more easily, tracks and analyses sleep during the night, wakes the user in a light sleep phase, and provides insight into how sleep quality is best improved. Sleep Cycle is one of the world's most comprehensive sources for statistics on sleep and contributes to research and reporting on sleep worldwide. Sleep Cycle is listed on Nasdaq Stockholm under the ticker SLEEP. The head office is located in Gothenburg, Sweden.

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