

Withings Launches Sleep Care Solution to Address the Global Sleep Crisis and Connect Millions to Specialist Sleep Care

Smarter sleep starts with expert care. With over 2 million nights of signs of mild sleep apnea recorded in 2025, this World Sleep Day, Withings is connecting its US consumers with Sleep specialists to improve long-term sleep health



BOSTON, Massachusetts – March 13, 2026 – Withings, the pioneer of connected health, today announces a paradigm shift in sleep medicine with the launch of the **“Sleep Care Solution”** within the Withings app. This new end-to-end experience moves beyond data collection to offer a direct bridge between home monitoring and clinical intervention, addressing a global epidemic where nearly 1 billion people¹ worldwide are affected by sleep apnea. In the U.S., about 29.4 million adults have sleep apnea, and approximately 80% are undiagnosed¹, resulting in a significantly higher risk of cardiovascular health problems:

- 1.6x increased risk of Type 2 diabetes².
- 3x higher risk of developing hypertension³.
- 4x higher risk of developing AFib⁴.

“Sleep plays a critical role in overall health and understanding its complexities is essential,” said Dr. Singh, MD, PhD, Cardiologist and Special Medical Advisor. “Research supported by connected devices, combined with the expertise of sleep specialists, creates an opportunity to improve sleep care, address

¹<https://pmc.ncbi.nlm.nih.gov/articles/PMC6140019>

²<https://pmc.ncbi.nlm.nih.gov/articles/PMC5983096>

³<https://pubmed.ncbi.nlm.nih.gov/37332747/>

⁴<https://pmc.ncbi.nlm.nih.gov/articles/PMC12386619>

⁵Edouard P, Campo D, Bartet P, Yang RY, Bruyneel M, Roisman G, Escourrou P. Validation of the Withings Sleep Analyzer, an under-the-mattress device for the detection of moderate-severe sleep apnea syndrome. J Clin Sleep Med. 2021 Jun 1;17(6):1217-1227. doi: 10.5664/jcsm.9168. PMID: 33590821; PMCID: PMC8314651.

long-term health risks, and deliver a more personalized health experience.”

Examining the Data: US Ranks Dramatically Lower in Sleep Quality Than Europe

The 2025 Withings sleep and activity dataset highlights a significant health gap in the United States. Compared with other Western countries, the U.S. shows poorer outcomes across key metrics, with an average Sleep Score of 68—well below France (74) and Germany (72)—and the lowest average daily step count among major Western regions. Most notably, the U.S. also shows the highest prevalence of poor sleep outcomes: 35% of users exhibited signs of sleep apnea, corresponding to more than 2 million nights with moderate-to-severe apnea events (AHI > 15). In addition, the data reveals a marked gender disparity, with approximately 2.5 times more men than women identified with potential sleep apnea in the U.S. (AHI is the standard metric used to quantify apnea events per hour of sleep).

Cardiovascular Risk in Mild Sleep Apnea

A [recent study](#) conducted by researchers at Flinders University using anonymized data from the Withings user database, collected with the Withings Sleep Analyzer over four years across nearly 30,000 participants in 20 countries, reveals an important insight: sleep apnea severity alone does not tell the whole story. The study shows that people with mild sleep apnea but high night-to-night variability in breathing interruptions can exhibit arterial stiffness similar to those with severe apnea. These findings highlight the value of longitudinal, real-world monitoring at home, which can provide a more accurate picture of health than a single hospital-based sleep assessment.

Introducing Sleep Care Solution: at-home monitoring with direct access to sleep medicine

Sleep Care Solution enhances the Withings app experience in the United States by offering telemedicine-based sleep support. Through the Withings app, users can schedule virtual appointments with sleep-qualified physicians from [Dune Health](#), who will use their sleep data as the basis for assessment. To help users prepare, the app uses AI to assess the patient profile, and offers validated questionnaires—including the Epworth Sleepiness Scale. Real-time access to a patient’s historical and current sleep data allows sleep physicians to identify subtle, long-term trends, which is crucial for tailoring highly personalized and effective treatment plans. Since its launch, several hundred sleep consultations have been completed, and in many cases, the service is covered by health insurance in the United States.

The underlying data foundation is the Withings Sleep device, a thin, contactless mat placed discreetly under the mattress that continuously measures breathing rate, heart rate, snoring and body movements during sleep. The technology has been clinically validated against polysomnography (PSG)—the gold standard for sleep assessment. In the EU, the Sleep Analyzer is certified as a medical device for the detection of sleep apnea, and in the U.S., Sleep Rx is FDA-cleared as an aid in the diagnosis of obstructive sleep apnea⁵.

This significant evolution is Withings' role in streamlining the transition to professional care:

1. **Instant Access to Sleep Specialists:** Users can connect with certified sleep clinicians directly through the Withings ecosystem, enabling fast expert guidance for issues ranging from snoring to chronic insomnia.
2. **Faster Path to Diagnosis:** Longitudinal sleep data collected at home can be securely shared with clinicians, helping accelerate evaluation and reduce the delays of traditional sleep testing.
3. **End-to-End Sleep Care:** From detection to treatment, users receive ongoing support from a sleep specialist—from diagnosis to therapy options such as CPAP and personalized behavioral interventions.
4. **From Insight to Care—Faster:** By combining continuous at-home monitoring with direct specialist access, Withings helps shorten the journey from early detection to expert-led care.

Closing the Loop: Seamless Access to Specialists

This development responds to a growing challenge across many national healthcare systems: patients seeking orientation and support, while specialist appointments—particularly in rural regions with limited care infrastructure—are often difficult to access. Digital pre-assessments, telemedicine, and expert review services, developed in collaboration with medical professionals, can help guide patients more effectively, identify the next appropriate step sooner, and improve preparation for medical consultations.

In 2025, Withings launched the **Cardio Check Up Solution**, which connects users with expert cardiologists for professional evaluation of their health measurements. Withings also announced the **NutriCare** solution via a partnership with Fay Nutrition in the US, enabling users to access registered dietitians across all 50 states to develop personalized, evidence-based plans for meal logging, food journaling, and nutrition education to support their health goals. Together, along with **Sleep Care Solution**, these offerings position Withings as a comprehensive primary health and medical services platform for consumers.

Availability

Sleep Care Solution is currently available for both Withings and Withings+ users in the United States.

***Product Nomenclature:** In the European Union, the device is marketed as **Withings Sleep Analyzer**. In the United States, the device is available as **Withings Sleep** (a wellness device) and **Withings Sleep Rx** (a clinical device available only by prescription).

****Intended Use:** Withings Sleep Analyzer is a certified medical device in the EU for the **detection of sleep apnea**. In the United States, Withings Sleep Rx is a FDA-cleared medical device as an **aid in the diagnosis of sleep apnea**. Specific features and clinical pathways may vary by region based on local regulatory approvals.

About Withings

A pioneer in real-life health monitoring, Withings created the first connected scale in 2009 and has continually innovated since then to offer an ecosystem of clinically validated connected objects, used by 12 million people worldwide, as well as by numerous renowned healthcare centers and research institutes. The Withings ecosystem measures over 90 biomarkers. It includes a sleep analyzer that detects sleep cycles, wake phases, and sleep apnea. It also features hybrid connected watches that notably track heart rate and its variations day and night, perform a medical-grade electrocardiogram to detect pathologies like atrial fibrillation, or monitor blood oxygenation. Its connected blood pressure monitors allow for home monitoring of blood pressure evolution, thanks to sharing reliable and exhaustive measurement reports with a doctor, and can integrate a stethoscope to detect at-home valvular heart disease, which is more frequent in cases of arterial hypertension. To learn more, visit withings.com and contact us on [Facebook](#), [Instagram](#), or [X](#) (formerly Twitter).

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Methodology

Scope of the Study

The data presented on sleep apnea reflects an analysis from January 1, 2025 - December 31, 2025 of anonymized and aggregated user data from Withings devices. [Click here for more information.](#)