
Brand Lookup

Find your device, then find the name of the number. Rows are grouped by verdict: what to trust first, then what to watch, then what to ignore. The “Kind” and “Verdict” columns are those of that kind of number in this book; the chapter in the last column explains why, and the Number Dictionary has the full card. Feature names were checked against each maker’s official website on October 27, 2026. Not every model has every feature, and features vary by country. Makers rename features often; updates are at yourbodydecoded.org. Brand and feature names are trademarks of their owners; this book is not affiliated with any maker.

Three numbers to look at first, on any device: resting heart rate, bedtime and wake time, and weekly average steps. Each brand section below says what they are called.

Apple Watch

Look at first: Heart Rate (resting); bedtime and wake time in the sleep data; weekly average steps. Hide if it worries you: Sleep score, Readiness.

Name on the device	Kind	Verdict	Chapter
Heart Rate (heart rate, resting heart rate)	Measured	Trust at rest and during steady exercise	4

Name on the device	Kind	Verdict	Chapter
High and low heart rate alerts	Estimated	See the safety flag	4
Irregular rhythm notifications	Estimated	Trust, then see a doctor	5
ECG app	Measured	Trust for the atrial fibrillation question; bring recordings to your doctor	5
Hypertension notifications	Estimated	Trust an alert; no alert doesn't mean normal	11
Sleep apnoea notifications	Estimated	Trust an alert	10
Heart rate variability	Measured	Watch your own trend	9
Vitals app, respiratory rate, wrist temperature	Measured / Estimated	Watch, compared with yourself	10
Blood Oxygen app	Estimated	Watch; not a substitute for a fingertip oximeter	10
Heart Rate Zones	Estimated	Watch	4
Training load	Scored	Watch	12
Cardio fitness (VO ₂ max)	Estimated	Watch the trend	12
Cycle Tracking (including retrospective ovulation estimates)	Estimated	Watch; not for contraception	10
Sleep score	Scored	Ignore the number	8

Name on the device	Kind	Verdict	Chapter
Sleep stages	Estimated	Ignore single nights	8
Readiness app	Scored	Ignore the number	9
Activity rings (the Move ring counts calories)	Estimated	Ignore calories for planning meals	6, 7

Samsung Galaxy Watch and Galaxy Ring

Look at first: Vitals (heart rate); bedtime and wake time in the sleep data; weekly average steps. Hide if it worries you: Energy Score, Sleep Insight.

Name on the device	Kind	Verdict	Chapter
ECG, Irregular Heart Rhythm Notification	Measured / Estimated	Trust, then see a doctor	5
Sleep Apnea	Estimated	Trust an alert	10
Vitals (heart rate, HRV, blood oxygen, respiratory rate, skin temperature)	Measured / Estimated	Watch, compared with yourself	4, 9, 10
Bedtime Guidance	Scored	Watch; keep regular sleep times	8
Body Composition	Estimated	Watch, very loosely; don't use with an implanted device	11
Cycle Tracking	Estimated	Watch; the maker says not for contraception	10
Energy Score	Scored	Ignore the number	9

Name on the device	Kind	Verdict	Chapter
Sleep Insight (sleep score)	Scored	Ignore the number	8
Heart Health Score, Vascular Load	Scored	Ignore the number	12
Blood Pressure Trend (calibrated with a cuff)	Estimated	Not a substitute for a cuff monitor	11
Antioxidant Index	Estimated	Not covered in this book; the maker says it is for personal reference only	—

Google Pixel Watch and Fitbit (Google Health app)

Look at first: Resting heart rate; bedtime and wake time in the sleep data; weekly average steps. Hide if it worries you: Readiness, Sleep score, Stress.

Name on the device	Kind	Verdict	Chapter
Resting heart rate	Measured	Trust, compared with yourself	4
ECG app, Irregular Rhythm Notifications	Measured / Estimated	Trust, then see a doctor	5
Heart-rate variability (HRV)	Measured	Watch your own trend	9
Breathing rate, skin temperature variation, oxygen saturation (SpO ₂)	Measured / Estimated	Watch, compared with yourself	10
Target load	Scored	Watch	12

Name on the device	Kind	Verdict	Chapter
Readiness	Scored	Ignore the number	9
Sleep score, sleep stages	Scored / Estimated	Ignore the number	8
Stress (in Stress & mindfulness)	Scored	Ignore the number	9

Garmin

Look at first: Resting Heart Rate; bedtime and wake time in the sleep data; weekly average steps. Hide if it worries you: Body Battery, Stress, Training Readiness, Sleep Score, Fitness age.

Name on the device	Kind	Verdict	Chapter
Resting Heart Rate	Measured	Trust, compared with yourself	4
ECG app	Measured	Trust, then see a doctor	5
HRV status	Measured	Watch your own trend	9
Pulse Ox, respiration, skin temperature	Measured / Estimated	Watch, compared with yourself	10
Health status	Scored (baseline-based)	Watch	10, 15
Training Status, Recovery Time	Scored	Watch	12
VO ₂ max	Estimated	Watch the trend	12
Women's health tracking	Estimated	Watch; the maker says not for contraception	10

Name on the device	Kind	Verdict	Chapter
Body Battery energy monitoring	Scored	Ignore the number	9
Stress tracking	Scored	Ignore the number	9
Training Readiness	Scored	Ignore the number	9
Sleep Score, sleep coach	Scored	Ignore the number; keep regular sleep times	8
Fitness age	Scored	Ignore the number	12

Oura

Look at first: Resting Heart Rate; bedtime and wake time in the sleep data; weekly average steps. Hide if it worries you: Readiness Score, Sleep Score, Daytime Stress, Cardiovascular Age.

Name on the device	Kind	Verdict	Chapter
Resting Heart Rate	Measured	Trust, compared with yourself	4
Heart Rate Variability	Measured	Watch your own trend	9
Respiratory Rate, Body Temperature	Measured / Estimated	Watch, compared with yourself	10
Cycle Insights, Fertile Window	Estimated	Watch; not for contraception unless through an authorized app	10
Oura Advisor	AI assistant	Use it to understand numbers, not to make health decisions	14

Name on the device	Kind	Verdict	Chapter
Readiness Score	Scored	Ignore the number	9
Sleep Score, Sleep Debt	Scored	Ignore the number	8
Sleep Stages	Estimated	Ignore single nights	8
Activity Score	Scored	Ignore the score; look at weekly average steps	6
Daytime Stress, Resilience, Cumulative Stress	Scored	Ignore the number	9
Cardiovascular Age	Scored	Ignore the number	12
Glucose Tracking (from a connected CGM)	Measured	See CGMs for people without diabetes	12

WHOOP

Look at first: your resting heart rate in the app; bedtime and wake time in the sleep data; weekly average steps. Hide if it worries you: Recovery, Sleep, Healthspan, Stress Monitor.

Name on the device	Kind	Verdict	Chapter
Heart Screener with ECG, On-demand AFib Detection	Measured / Estimated	Trust, then see a doctor	5
VO2 Max, Heart Rate Zones	Estimated	Watch	4, 12
Strain	Scored	Watch	12
Recovery	Scored	Ignore the number	9

Name on the device	Kind	Verdict	Chapter
Sleep (sleep score)	Scored	Ignore the number	8
Healthspan, WHOOP Age	Scored	Ignore the number	12
Stress Monitor	Scored	Ignore the number	9
Blood Pressure Insights	Estimated	Not a substitute for a cuff monitor	11
Natural Cycles Integration	Authorized app	See the section on contraception	10

Other brands (Amazfit, Coros, Huawei, Polar, Withings, Xiaomi and many more). Ask three questions about each number: is it measured directly, estimated from other signals, or a score made by the maker? Which entry in the Number Dictionary is it closest to? Is it authorized as a medical device in your country? The answers will take you to the right chapter. Worksheet 1 lets you write your own lookup for any device.