

Apple Watch vs Google Fitbit - 5-Day Sleep Comparison

Sleep data comparison from 9-13 August 2026

Date	Metric	Google Fitbit	Apple Watch	Difference
9 Aug	Time in bed	7h 55m	7h 34m	Google Fitbit +21m
	Time asleep	7h 42m	7h 27m	Google Fitbit +15m
	Awake	12m	21m	Apple +9m
	REM	52m	1h 08m	Apple +16m
	Light / Core	5h 33m	5h 44m	Apple +11m
	Deep	1h 17m	35m	Google Fitbit +42m
10 Aug	Time in bed	5h 25m	5h 12m	Google Fitbit +13m
	Time asleep	5h 10m	5h 10m	Same
	Awake	15m	8m	Google Fitbit +7m
	REM	1h 12m	59m	Google Fitbit +13m
	Light / Core	2h 46m	3h 39m	Apple +53m
	Deep	1h 11m	32m	Google Fitbit +39m
11 Aug	Time in bed	6h 08m	6h 01m	Google Fitbit +7m
	Time asleep	5h 57m	5h 58m	Apple +1m
	Awake	11m	10m	Google Fitbit +1m
	REM	1h 27m	1h 06m	Google Fitbit +21m
	Light / Core	3h 22m	4h 08m	Apple +46m
	Deep	1h 17m	44m	Google Fitbit +33m
12 Aug	Time in bed	7h 20m	7h 01m	Google Fitbit +19m
	Time asleep	7h 10m	6h 57m	Google Fitbit +13m
	Awake	9m	18m	Apple +9m
	REM	1h 54m	1h 02m	Google Fitbit +52m
	Light / Core	4h 00m	4h 52m	Apple +52m
	Deep	1h 16m	1h 03m	Google Fitbit +13m
13 Aug	Time in bed	9h 13m	8h 47m	Google Fitbit +26m
	Time asleep	9h 00m	8h 38m	Google Fitbit +22m
	Awake	12m	29m	Apple +17m
	REM	1h 40m	1h 45m	Apple +5m
	Light / Core	6h 05m	6h 08m	Apple +3m
	Deep	1h 15m	45m	Google Fitbit +30m

5-Day Average and Key Comparison

Metric	Google Fitbit Avg.	Apple Watch Avg.	Difference
Time in bed	7h 12m	6h 55m	Google Fitbit +17m
Time asleep	7h 00m	6h 50m	Google Fitbit +10m
Awake	12m	17m	Apple +5m
REM	1h 25m	1h 12m	Google Fitbit +13m
Light / Core	4h 21m	4h 54m	Apple +33m
Deep	1h 15m	44m	Google Fitbit +31m

Overall: Total sleep is very close. Google Fitbit reports about 10 minutes more sleep per night on average across these five nights.

Largest disagreement: Deep sleep. Google Fitbit averages about 1h 15m per night, while Apple Watch averages about 44m - around 31 minutes less.

Stage pattern: Apple Watch classifies more time as Core/Light sleep. Google Fitbit classifies more time as Deep sleep and, on several nights, more REM sleep.

Practical interpretation: Use total sleep duration and sleep/wake timing for trends. REM and Deep values from wrist wearables are estimates and should not be treated as exact clinical measurements.

Note: Google Fitbit 'Light' and Apple Watch 'Core' are grouped for practical comparison, although their algorithms and stage definitions are not identical. This report uses only the values visible in the provided screenshots.