

watchOS 9 launched: More new watch face options, additional heart rhythm monitoring feature

On the stage of the WWDC 2022 event that took place at dawn on June 7, Apple officially announced the watchOS 9 update, bringing a series of new features and improvements to the Apple Watch.

All bring a new experience in terms of interface, as well as provide more detailed information about the user's physical condition.

In terms of interface, Apple introduced on watchOS 9 a series of new watch face options, including astronomical faces, constantly updated 3D models of the Earth, moon, and solar system. new fitness mode and an interface that displays form metrics (such as stride length, ground contact time, and vertical oscillation) for runners.

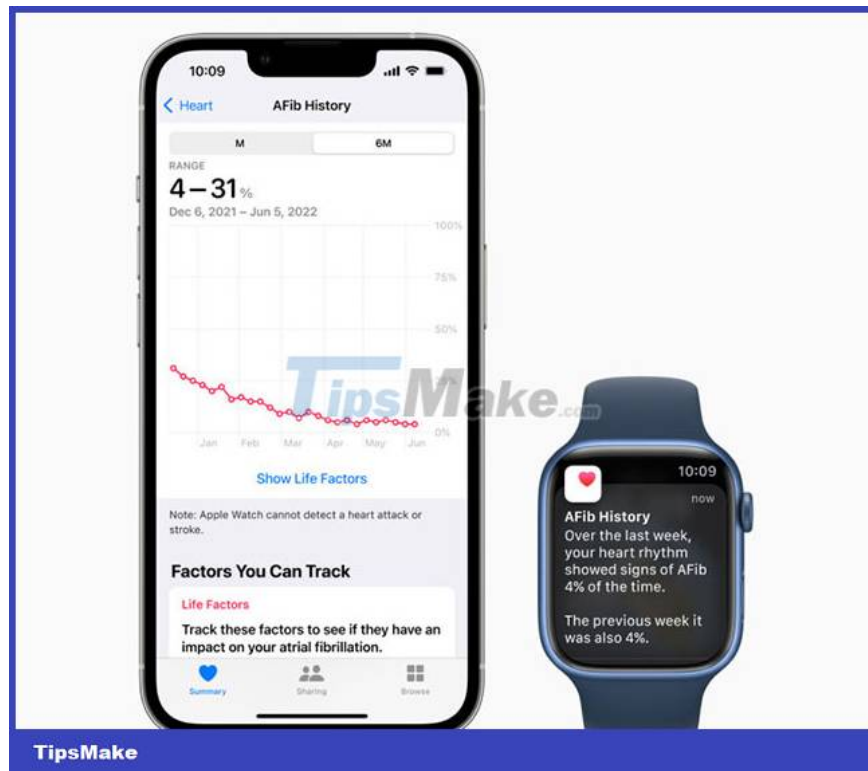


The Workout app will now provide more accurate metrics for measuring performance. Apple has added new workout modes that include alerts for speed, power, tempo, and more to guide users through their workouts. Alongside that is a new training mode for triathletes, where it can automatically switch between cycling, swimming and running.



Sleep tracking in watchOS 9 has now been improved in metrics, with the help of accelerometer and heart rate sensors. Apple also added a new sleep monitoring feature, which allows tracking of different stages of sleep such as REM (rapid eye movement) or deep sleep.

However, the most notable improvement lies in the arrhythmia detection (AFib) feature for the Apple Watch. If not detected and treated promptly, AFib is one of the leading causes of stroke, heart failure and related complications. On watchOS 9, users diagnosed with AFib can turn on the AFib History feature for helpful overview tracking information.



Apple has also launched a new Medications app on the Apple Watch and iPhone. As the name suggests, this app helps users keep track of their medications, vitamins, supplements, and more. User can also set up custom medication schedule according to prescription, such as twice a day, three times a week, etc.

Apple will release the public beta of watchOS 9 next month. This operating system supports Apple Watch Series 4 and later.

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