MedPro Respiratory Care



AI, Wearables & the Evolving Sleep Health Landscape

January 2026 Newsletter

AI & Healthcare: Patient Attitudes

- **72% believe chatbot (AI) health advice is accurate, yet 89% still seek physician confirmation.**
- **50% use wearable technology to monitor health.**

Consumer Sleep Technology (CST)

Wearable Technology

- 35% of patients surveyed report using a sleep tracker; most find it helpful and behaviour-changing.
- Highest use among adults 25–44.
- More patients are arriving with sleep data from wearables.

Apple Watch & Sleep Apnea Notifications (Canada, 2024)

- Available on Apple Watch Series 9, 10, and Ultra 2 (18+).
- Uses accelerometer-based breathing analysis to flag possible moderate–severe OSA.
- Provides “elevated/not elevated” breathing disturbance summaries + optional PDF.

Important Clarifications:

- Apple holds a Medical Device License, but the feature itself is not a diagnostic medical device.
- Users may receive an elevated-risk notification after 30 days of patterns, plus a sharable PDF summary.

Bottom Line

Wearables are becoming common points of discussion in clinical visits. While not diagnostic tools, they can help patients engage with their sleep health and highlight when further assessment may be needed.

References:

1. https://aasm.org/one-in-three-americans-have-used-electronic-sleep-trackers-leading-to-changed-behavior-for-many/
2. https://aasm.org/about/newsroom/
3. https://jcsm.aasm.org/doi/10.5664/jcsm.7128
4. https://newsroom.clevelandclinic.org/2024/02/01/cleveland-clinic-survey-most-americans-using-health-monitoring-technology-are-experiencing-significant-physical-and-mental-benefits-2

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