

Fitbit Sense Advanced Smartwatch for Heart Health, Stress, and Skin Temperature Tracking

QUICK BUYER GUIDE



Ideal for health-conscious users tracking heart health, stress, and sleep patterns



At a Glance Specs



HEART HEALTH MONITORING

ECG app detects atrial fibrillation with doctor sharing



STRESS & SLEEP TRACKING

EDA scan and skin temp logs for stress insights



SKIN TEMPERATURE TRENDS

Nightly skin temp logs with blood oxygen display



GPS & NAVIGATION

Built-in GPS for runs, hikes, and rides



BATTERY LIFE

6+ days with 12-min fast charge for 1 day



BLUETOOTH CONNECTIVITY

Bluetooth 5.0 for phone calls and notifications



COMPATIBILITY

Requires iPhone or Android with Fitbit app



ECG AVAILABILITY

ECG app available in select countries only

Who It Is For

-  Users tracking heart health metrics
-  Individuals managing stress levels
-  Sleep analysts monitoring sleep patterns
-  Runners needing GPS without phone
-  Bluetooth call users with phone nearby
-  ECG app users in supported countries

Who It Is Not For

-  Users without compatible smartphones
-  Those needing extended GPS battery life
-  People uninterested in health tracking
-  Individuals under 22 years old
-  Users in ECG app unsupported regions

Trade Offs to Consider

-  Battery drains faster with continuous GPS
-  Requires smartphone for full functionality
-  ECG app limited to select countries
-  Higher price compared to basic smartwatches
-  Skin temp sensor only active at night
-  Bluetooth calls need phone proximity



Users Say

● POSITIVES

- ✓ Comprehensive health tracking features
- ✓ Useful stress management tools
- ✓ Clear sleep quality insights

● COMPLAINTS

- ⚠ Battery drains quickly with GPS
- ⚠ ECG app availability is limited
- ⚠ Skin temp sensor only works nightly



How It Compares

- ECG and skin temp tracking not available elsewhere
- GPS functionality without phone dependency
- Advanced health insights with Fitbit Premium
- Battery life outperforms basic models
- Stress tracking with EDA scan technology
- Compatibility with both iOS and Android



Choose This If...

- ✓ Need heart health monitoring
- ✓ Want GPS for outdoor activities
- ✓ Use Fitbit Premium for insights
- ✓ Track stress and sleep patterns



Skip This If...

- × Require long GPS battery life
- × No smartphone access
- × Not in ECG app supported regions
- × Seeking basic smartwatch functionality



Learn More



Read our Review

[Fitbit Sense 2026 Review: Health Tracking & Smartwatch Features](#)



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