

# Fitbit Sense

Advanced health wearable fitness device developed by Fitbit



## Specifications and Features

### Health

- Stress Score
- Electrodermal Activity (EDA) Scan for Stress
- Self-Report Stress Option
- Electrocardiogram (ECG) – optional
- Oxygen Saturation Monitor – the level of oxygen in the user's blood
- Temperature Sensor
- Heart Rate Monitoring
- Breathing Rate Monitoring
- Menstrual Health Tracking
- Activity Tracking
- Sleep Staging and Monitoring

### Additional Features

- GPS Monitoring
- Exercise Modes
- Waterproof up to 50 meters

- 6+ Day Battery
- One day's charge in 12 minutes