

What Features Are Included in SweetWater Health Apps?

SweetWater Health apps include tools designed to help you understand stress, balance, and recovery in real time.

The Monitor screen displays your heart rate, HRV, and detected stress level. Stress is shown across five levels, from low stress in blue to high stress in red, helping you quickly understand how balanced your nervous system is in the moment.

The Relax screen offers guided breath pacing and visual feedback that respond to your stress state. The History screen lets you review saved sessions and session summaries. The Settings area gives you control over sensitivity, alerts, breath pacing, visual options, and account settings.

Together, these features are designed to help you measure, understand, and respond to how your body is feeling throughout the day.