



Multimedia Appendix 16. Cost-effectiveness of consumer sleep trackers. Relationship between the sum of the 2-year subscription fees and the cost of purchasing additional devices is shown, compared with the corresponding F1 scores. By plotting the total cost against the F1 score, we determined the cost-performance profiles of different sleep trackers.

Pricing references

- Pillow: <https://apps.apple.com/gy/app/pillow-auto-sleep-tracker/id878691772>
- Withings Sleep Tracking Mat: <https://www.withings.com/us/en/sleep/shop>
- Sleepscore: <https://apps.apple.com/us/app/sleepscore/id1364781299>
- SleepRoutine: <https://apps.apple.com/kr/app/sleep-routine-tracker-alarm/id1620995257?l=en>
- Google Nest Hub: https://store.google.com/us/product/nest_hub_2nd_gen?hl=en-US&pli=1
- Amazon Halo Rise (discontinued): <https://press.aboutamazon.com/2022/9/amazon-introduces-halo-rise-a-first-of-its-kind-bedside-sleep-tracker>
- Google Pixel Watch: https://store.google.com/us/product/google_pixel_watch?hl=en-US
- Galaxy Watch 5: <https://www.samsung.com/us/watches/galaxy-watch5/buy/>
- Fitbit Sense 2: <https://www.fitbit.com/global/us/products/smartwatches/sense2>
- Apple Watch 8: <https://www.apple.com/apple-watch-series-8/why-apple-watch/>
- Ouraring (Gen3): <https://ouraring.com/product/heritage-silver>