# Garmin to launch screenless sleep band rivaling Whoop in bid to redefine recovery tracking



Garmin is reportedly on the cusp of releasing a ground-breaking screenless recovery tracker, inspired by the popular Whoop device. According to credible sources, including leak site The5KRunner, this anticipated launch is set for within the next two months. The new device is described as a "sleep band" that focuses on comfort, particularly for overnight use, an area where Garmin's traditional smartwatches have often fallen short due to their bulkier designs.

The forthcoming band incorporates several features synonymous with the Whoop experience. These include vibration alarms, LED indicators for battery life, and intuitive tap gestures for alarm control. Notably, the sleep tracker is designed to monitor various sleep stages by employing heart rate metrics and other health indicators, much like its competitors. This is part of a broader trend in the fitness tracking industry towards devices that prioritise holistic health over specific workout metrics, catering to users who are more focused on overall well-being.

Garmin’s move into the realm of screenless devices follows a significant year for the fitness technology sector, which has seen an emergence of various brands, including Whoop and Coros, offering alternatives devoid of traditional screens. This reflects a burgeoning trend towards discreet health monitoring, as consumers increasingly seek fitness devices that blend seamlessly into their everyday lives. The idea is that by reducing the screen-based distractions associated with fitness trackers, users can immerse themselves more fully in their activities and sleep without the interruption of notifications or data displays.

The competitive landscape is heating up, particularly for brands like Garmin that have established themselves in health and fitness tracking—known for their robust software ecosystems. The introduction of a screenless device aligns with current consumer preferences for simplicity and unobtrusiveness in health-related technology. Analysts suggest that Garmin, which has historically offered feature-rich smartwatches, could position itself as a formidable player in this niche market.

Other companies have taken steps to diversify their offerings; for example, Garmin's Vivoactive range has been touted as a comprehensive health tracker that offers features such as stress monitoring and sleep analysis but retains the traditional smartwatch interface. This indicates a balancing act that Garmin is performing as it navigates the shift towards screenless technology, highlighting that while consumers appreciate advanced features, there is also a growing market for minimalistic approaches.

Ultimately, as Garmin prepares to unveil this screenless sleep band, it signals a noteworthy evolution in how fitness trackers are perceived and utilised. Consumers appear to be prioritising health insights that are less intrusive and more supportive of a holistic lifestyle. The upcoming launch could set a new standard and reshape expectations for how devices can facilitate recovery and wellness, expanding Garmin's influence in the fitness tracking domain.

With recognition of this shift, it seems likely that Garmin's new offering could resonate with a demographic increasingly disillusioned by the distractions of traditional smartwatches, making a strong case for a more focused, intentional approach to health tracking.

## Reference Map:

* Paragraph 1 – [[1]](https://www.techradar.com/health-fitness/garmins-long-rumored-whoop-style-screenless-sleep-band-will-reportedly-break-cover-soon), [[2]](https://www.the5krunner.com/2025/05/29/garmin-sleep-band/)
* Paragraph 2 – [[1]](https://www.techradar.com/health-fitness/garmins-long-rumored-whoop-style-screenless-sleep-band-will-reportedly-break-cover-soon), [[2]](https://www.the5krunner.com/2025/05/29/garmin-sleep-band/), [[4]](https://www.wareable.com/fitness-trackers/best-wearables-for-discreet-fitness-tracking-320)
* Paragraph 3 – [[2]](https://www.the5krunner.com/2025/05/29/garmin-sleep-band/), [[5]](https://www.advnture.com/features/garmin-watch-no-screen)
* Paragraph 4 – [[6]](https://www.gadgetsandwearables.com/2022/07/05/garmin-vs-whoop-forerunner-955-7-fenix/)
* Paragraph 5 – [[3]](https://www.digitaltrends.com/mobile/best-whoop-alternatives/), [[7]](https://www.marieclaire.co.uk/life/health-fitness/best-fitness-trackers)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.techradar.com/health-fitness/garmins-long-rumored-whoop-style-screenless-sleep-band-will-reportedly-break-cover-soon> - Please view link - unable to able to access data
2. <https://www.the5krunner.com/2025/05/29/garmin-sleep-band/> - The5KRunner reports that Garmin is developing a screenless, Whoop-style sleep band, expected to launch within two months. The device is designed for comfort during sleep, featuring a buckle mechanism and adjustable strap similar to Whoop. It includes vibration alarms, LED battery indicators, and tap gestures for alarm control, aligning with Whoop's functionalities. This move indicates Garmin's expansion into screenless fitness trackers, focusing on holistic health benefits rather than specific workout tracking.
3. <https://www.digitaltrends.com/mobile/best-whoop-alternatives/> - Digital Trends highlights Garmin's Vivoactive 5 as a notable alternative to Whoop. The Vivoactive 5 offers comprehensive health tracking, including stress and sleep monitoring, without a subscription model. It features a vivid AMOLED display and up to 10 days of battery life, catering to users seeking a balance between fitness tracking and smartwatch functionalities.
4. <https://www.wareable.com/fitness-trackers/best-wearables-for-discreet-fitness-tracking-320> - Wareable discusses discreet fitness trackers, focusing on the Whoop 4.0's design and features. The Whoop 4.0 is a screenless device that monitors health metrics like heart rate, sleep, and stress, offering a minimalist approach to fitness tracking. Its versatility allows for various wearing options, including on the wrist or under clothing, appealing to users seeking unobtrusive health monitoring.
5. <https://www.advnture.com/features/garmin-watch-no-screen> - Advnture explores the concept of screenless sports watches, referencing Whoop as a leading example. The article suggests that Garmin could benefit from developing a similar device, focusing on health and performance analytics without the distractions of a screen. This aligns with Garmin's potential move into screenless fitness trackers, as reported by The5KRunner.
6. <https://www.gadgetsandwearables.com/2022/07/05/garmin-vs-whoop-forerunner-955-7-fenix/> - Gadgets & Wearables compares Garmin's Forerunner 955 with Whoop 4.0, noting that both devices now monitor similar recovery metrics. The article highlights Garmin's entry into recovery-type metrics, indicating a shift towards more comprehensive health tracking, aligning with the development of screenless fitness trackers like the Whoop 4.0.
7. <https://www.marieclaire.co.uk/life/health-fitness/best-fitness-trackers> - Marie Claire UK editors review 15 fashionable fitness trackers, including the Whoop 5.0. The Whoop 5.0 is praised for its sleek design and detailed health insights, offering continuous monitoring of recovery, training, sleep, and stress. Its subscription-based model provides in-depth data analysis, appealing to users seeking comprehensive health tracking without a traditional smartwatch interface.