



Apple Watch SE 3 - Tech Specs

Year introduced: 2025

Material and Finish

Aluminium case

Starlight

Midnight

Size and Weight

44mm

Height: 44mm

Width: 38mm

Depth: 10.7mm

368x448 pixels

977 sq mm display area

Weight (GPS): 32.9 grams

Weight (GPS + Cellular): 33.0 grams

Fits 140–245mm wrists

40mm

Height: 40mm

Width: 34mm

Depth: 10.7mm

324x394 pixels

759 sq mm display area

Weight (GPS): 26.3 grams

Weight (GPS + Cellular): 26.4 grams

Fits 130–200mm wrists

Hardware and Buttons

Digital Crown

Microphone

Side button

Speaker / air vent

Optical heart sensor

Controls

Digital Crown with haptic feedback

Side button

Double tap and wrist flick gestures

Faster on-device Siri

Chip

S10 chip with 64-bit dual core processor

4-core Neural Engine

64GB capacity

Sensors

Second-generation optical heart sensor

Temperature sensor¹

Compass

Always-on altimeter

High-g accelerometer

High dynamic range gyroscope

Ambient light sensor

Health and Wellness

Cycle Tracking app with retrospective ovulation estimates²

Heart Rate app

High and low heart rate notifications

Irregular rhythm notifications³

Medications app

Mindfulness app

Noise app

Sleep app including sleep stages

Sleep score

Sleep apnoea notifications⁴

Display

Always-On Retina display with OLED and LTPO

Tough Ion-X front glass with 4x crack resistance⁵

Up to 1,000 nits peak brightness

2 nits minimum brightness

326 pixels per inch

Audio

Speaker

Microphone

Media playback

Power and Battery Life

All-day battery life, up to 18 hours of normal use⁶

Up to 32 hours in Low Power Mode⁶

Built-in rechargeable lithium-ion battery

Fast-charge capable⁷

Up to 80% charge in about 45 minutes⁷

15 minutes for up to 8 hours of normal use⁸

8 minutes for up to 8 hours of sleep tracking⁸

[Learn more about Power and Battery Life](#)

Operating System

watchOS

watchOS is the world's most advanced wearable operating system, with apps and features designed to keep you active, healthy, safe and connected.

Workouts and Activity

Running

Custom workouts

Customisable Workout Views

Training Load

Heart Rate Zones

Race Route

Pacer

Stride Length, Ground Contact Time and Vertical Oscillation

Automatic track detection

Multisport workout

Hiking

Compass with bearing, incline, elevation and coordinates

Custom waypoints

Automatically generated waypoints to cellular connectivity

Backtrack GPS data

Offline maps with custom route creation

Topographic maps for thousands of national and regional parks (US only)

Hundreds of curated hikes across all 63 US national parks

Cycling

Average speed, elevation gained and distance

Connection to cycling accessories via Bluetooth

Functional Threshold Power

Power Zones

Cadence

Live Activity on iPhone

Swimming

Pool swim or open water swim

Custom workouts for pool swims

Splits and auto sets

SWOLF score

Automatic stroke detection

Kickboard detection

Average pace, total distance and lengths

More Workouts

Skiing

Snowboarding

Outdoor Rowing

Paddling

Golf

Walk

Elliptical

Rowing Machine

Stair Stepper

HIIT

Yoga

Functional Strength Training

Dance

Cooldown

Core Training

Pilates

Tai Chi

Wheelchair

Kickboxing

Multisport

Other

Safety

Emergency SOS⁹

International emergency calling¹⁰

Crash Detection⁹

Fall Detection

Noise monitoring

Backtrack

Durability

Water resistance 50m (swimproof)¹¹

Connectivity

L1 GPS, GNSS, Galileo and QZSS

5G¹² and LTE¹³

Wi-Fi 4 (802.11n)

Support for 2.4GHz Wi-Fi networks

Bluetooth 5.3

Apple Pay¹⁴

GymKit

Support for Apple Watch For Your Kids¹⁵

Accessibility

Built-in accessibility features supporting vision, mobility, hearing and cognitive disabilities.

[Learn more about Accessibility](#)

Features include:

VoiceOver

Zoom

On/Off Labels

Reduce Transparency

Increase Contrast

Colour Filters

Text Size

Bold Text

Reduce Motion

Hourly Chimes

AssistiveTouch

Button Click Speed

Touch Accommodations

Auto-Answer Calls

Type to Siri

RTT Support

Audio Volume Balance

Auto Transcription

Live Speech

Accessibility Shortcut

Mono Audio

Taptic Time

Personal Voice

Live Listen

Environmental Requirements

Operating temperature: 0° to 35° C (32° to 95° F)

Non-operating storage temperature: -20° to 45° C (-4° to 113° F)

Relative humidity: 5% to 90% non-condensing

Operating altitude: 0 to 3,000 metres (0 to 10,000 feet)

Apple Watch and the Environment

Apple Watch SE 3 is designed to reduce environmental impact:¹⁶

[See the Apple Watch SE 3 Product Environmental Report \(PDF\)](#)

Progress towards Apple 2030

Apple 2030 is our commitment to be carbon neutral for our entire carbon footprint. Our plan to decarbonise products is rigorous and focuses on transitioning to low-carbon electricity, designing with recycled and low-carbon materials, and prioritising lower-carbon ways of shipping products, like sea freight.

[See Apple's commitment](#)

Materials

Apple Watch SE 3 is made with 40% recycled content,¹⁷ including:

100% recycled aluminium in the case

100% recycled cobalt and 95% recycled lithium in the battery

100% recycled rare earth elements in all magnets

100% recycled gold plating and tin solder in all Apple-designed printed circuit boards

100% recycled tungsten in the Taptic Engine

40% recycled glass in the display glass

Energy

100% of manufacturing electricity for Apple Watch SE 3 is sourced from renewable electricity¹⁸

100% of expected customer energy use matched with low-carbon electricity

Meets California Energy Commission's energy efficiency standards for battery charger systems¹⁹

Packaging

100% fibre-based packaging²⁰

Apple Watch SE 3 packaging is designed to be compact, enabling 40% more units per trip compared to Apple Watch SE

Waste

No established final assembly sites generate waste sent to landfill as part of Apple's Zero Waste Programme²¹

Smarter chemistry²²

All the materials used in Apple products, accessories and packaging are covered by the requirements of our [Regulated Substances Specification](#), which was one of the first in industry to restrict the use of key substances of concern. See the latest [Environmental Progress Report](#) to understand Apple's recent efforts in phasing out these chemistries.

Compatibility

iPhone 11 or later, including iPhone SE (2nd generation or later), with iOS 26 or later

In the Box

Apple Watch SE 3

Strap

Apple Watch Magnetic Fast Charger to USB-C Cable (1m)

1. The temperature sensing feature is not intended for medical use. Temperature sensing is available only on Apple Watch Series 8 and later, Apple Watch SE 3 and all Apple Watch Ultra models.
2. The Cycle Tracking app should not be used for birth control or to diagnose a health condition.
3. Irregular rhythm notification requires the latest version of watchOS and iOS. It is not intended for use by people under 22 years old or those who have been previously diagnosed with atrial fibrillation (AF).
4. Sleep apnoea notifications are available on Apple Watch Series 9 and later, Ultra 2 and later, and SE 3. The feature is intended to detect signs of moderate to severe sleep apnoea for people 18 years old or older without a diagnosis of sleep apnoea.
5. Apple Watch SE 3 Ion-X glass is 4x more crack resistant than Apple Watch SE 2.
6. All-day battery life is based on the following use: 300 time checks, 90 notifications, 15 minutes of app use and a 60-minute workout with music playback from Apple Watch via Bluetooth, over the course of 18 hours; Apple Watch SE 3 (GPS) usage includes connection to iPhone via Bluetooth during the entire 18-hour test; Apple Watch SE 3 (GPS + Cellular) usage includes a total of 4 hours of cellular connection and 14 hours of connection to iPhone via Bluetooth over the course of 18 hours. Battery life in Low Power Mode including

sleep tracking is based on the following use: 430 time checks, 130 notifications, 20 minutes of app use, a 60-minute workout with music playback from Apple Watch via Bluetooth and 6 hours of sleep tracking, over the course of 32 hours; Apple Watch SE 3 (GPS) usage includes connection to iPhone via Bluetooth during the entire 32-hour test; Apple Watch SE 3 (GPS + Cellular) usage includes on-demand cellular connection and 24 hours of connection to iPhone via Bluetooth over the course of 32 hours. Testing conducted by Apple in July and August 2025 using pre-production Apple Watch SE 3 (GPS) and Apple Watch SE 3 (GPS + Cellular), each paired with an iPhone; all devices tested with pre-release software. Battery life varies by use, configuration, mobile network, signal strength and many other factors; actual results will vary.

7. Charge times are from 0–80% and 0–100% using the included Apple Watch Magnetic Fast Charger to USB-C Cable. Testing conducted by Apple in July and August 2025 using pre-production Apple Watch SE 3 (GPS) and Apple Watch SE 3 (GPS + Cellular), each paired with an iPhone; all devices tested with pre-release software, Apple Watch Magnetic Fast Charger to USB-C Cable (Model A2515) and Apple 20W USB-C Power Adapter (Model A2305). Fast-charge testing conducted with drained Apple Watch units. Times measured from the appearance of the Apple logo as the unit started up. Charge time varies with adapter, region, settings, initial battery levels, usage and environmental factors; actual results will vary.
8. Testing conducted by Apple in July and August 2025 using pre-production Apple Watch SE 3 (GPS) and Apple Watch SE 3 (GPS + Cellular), each paired with an iPhone; all devices tested with pre-release software, Apple Watch Magnetic Fast Charger to USB-C Cable (Model A2515) and Apple 20W USB-C Power Adapter (Model A2305). Charge time varies with adapter, region, settings, initial battery levels, usage and environmental factors; actual results will vary.
9. Emergency SOS requires a cellular connection or Wi-Fi calling with an internet connection from your Apple Watch or nearby iPhone. You can use cellular models of Apple Watch to make an emergency call in many locations, provided that mobile service is available. Some mobile networks may not accept an emergency call from your Apple Watch if your Apple Watch isn't activated, if it isn't compatible with or configured to operate on a particular mobile network, if it isn't set up for mobile service, or if the mobile network does not support emergency calling over IMS. See support.apple.com/en-gb/108374 and apple.com/uk/watch/cellular for more information.
10. Requires Apple Watch Series 7, Apple Watch SE, Apple Watch Ultra or later. For a list of supported countries and regions, see apple.com/uk/watchos/feature-availability.
11. Apple Watch SE 3 has a water resistance rating of 50 metres under ISO standard 22810:2010. This means that it may be used for shallow-water activities like swimming in a pool or ocean. Apple Watch SE 3 should not be used for scuba diving, waterskiing or other activities involving high-velocity water or submersion below shallow depth. Water resistance is not a permanent condition and can diminish over time. For additional information, see support.apple.com/en-gb/109522.
12. Data plan required. 5G is available in selected markets and through selected network providers. Speeds vary based on site conditions and network. For details on 5G support, contact your provider and see apple.com/uk/watch/cellular.
13. Wireless service plan required for cellular service. Contact your service provider for more details. Connection may vary based on network availability. Check apple.com/uk/watch/cellular for participating network providers and eligibility. See support.apple.com/en-gb/HT207578 for additional setup instructions.
14. To use Apple Pay you need a supported card from a participating card issuer. To check if your card is compatible with Apple Pay, contact your card issuer. Apple Pay is not available in all markets. [View Apple Pay countries and regions](#).
15. Not all features will be available if the Apple Watch is set up through Apple Watch For Your Kids. Check support.apple.com/en-gb/109036 for details. Wireless service plan required for cellular service. Check apple.com/uk/watch/cellular for participating network providers and eligibility.
16. Data accurate as of product launch.
17. Product recycled or renewable content is the mass of certified recycled material relative to the overall mass of the device, not including packaging or in-box accessories.
18. Our manufacturing electricity is sourced from clean electricity, including a mix of supplier and Apple clean-energy projects.
19. Apple Watch SE 3 meets California Energy Commission's Energy Efficiency Standards for Small Battery Charger Systems as outlined in the [California Code of Regulations](#).
20. Based on retail packaging as shipped by Apple. Breakdown of US retail packaging by weight. Adhesives, inks and coatings are excluded from our calculations of plastic content and packaging weight.
21. All established final assembly supplier sites — those that have been Apple suppliers for more than one year — for Apple Watch SE 3 are third-party verified as Zero Waste by UL LLC (UL 2799 Standard). UL requires at least 90% diversion through methods other than waste to energy to achieve Zero Waste to Landfill (Silver 90–94%, Gold 95–99% and Platinum 100%) designations.
22. Apple's Regulated Substances Specification describes Apple's restrictions on the use of certain chemical substances in materials in Apple products, accessories, manufacturing processes and packaging used for shipping products to Apple's end customers. Restrictions are derived from international laws or directives, regulatory agencies, eco-label requirements, environmental standards and Apple policies. Every Apple product is free of PVC and phthalates except for AC power leads in India, Thailand (for two-pin AC power leads) and South Korea, where we continue to seek government approval for our PVC and phthalates replacement. Apple products comply with the European Union Directive 2011/65/EU and its amendments, including exemptions for the use of lead such as high-temperature solder. Apple is working to phase out the use of these exempted substances for new products where technically possible.

Apple Watch Ultra 3, Apple Watch Series 11 and Apple Watch SE 3 require iPhone 11 or later with iOS 26 or later.

Features are subject to change. Some features, applications and services may not be available in all regions or all languages. [View complete list](#).

Helpful?

Yes

No

Support Apple Watch SE 3 - Tech Specs