



Apple Watch Series 10 - Tech Specs

Year introduced: 2024

Material and Finish	Aluminium case	
	Jet Black Rose Gold Silver	
	Titanium case	
	Slate Gold Natural	
Size and Weight	46mm	42mm
	Height: 46mm Width: 39mm Depth: 9.7mm 416x496 pixels 1220 sq mm display area Weight (aluminium, GPS): 36.4 grams Weight (aluminium, GPS) + Cellular: 35.3 grams Weight (titanium): 41.7 grams Fits 140–245mm wrists	Height: 42mm Width: 36mm Depth: 9.7mm 374x446 pixels 989 sq mm display area Weight (aluminium, GPS): 30 grams Weight (aluminium, GPS) + Cellular: 29.3 grams Weight (titanium): 34.4 grams Fits 130–200mm wrists
Hardware and Buttons	Display Digital Crown Microphone with voice isolation Side button Strap Release Electrical heart sensor Speaker / air vent Optical heart sensor	
Controls	Digital Crown with haptic feedback Side button Double tap gesture Siri with on-device processing	

Chip	S10 SiP with 64-bit dual-core processor 4-core Neural Engine 64GB capacity					
Sensors	Electrical heart sensor Third-generation optical heart sensor Temperature sensor ¹ Compass Always-on altimeter High-g accelerometer High dynamic range gyroscope Ambient light sensor Depth gauge Water temperature sensor					
Health and Wellness	ECG app ² Cycle Tracking app with retrospective ovulation estimates ³ Heart Rate app High and low heart rate notifications Irregular rhythm notifications ⁴ Medications app Mindfulness app with state of mind tracking Noise app Sleep app including sleep stages Sleep apnoea notifications ⁵					
Display	Always-On Retina LTPO3 display Wide-angle OLED Up to 40% brighter when viewed at an angle Edge-to-edge display Ion-X front glass (aluminium cases) Sapphire front crystal (titanium cases) Up to 2,000 nits maximum brightness 1 nit minimum brightness 326 pixels per inch					
Audio	Speaker Media playback					
Power and Battery Life	All-day battery life, up to 18 hours of normal use ⁶ Up to 36 hours in Low Power Mode ⁶ Built-in rechargeable lithium-ion battery Fast-charge capable ⁷ Up to 80% charge in about 30 minutes ⁷ 15 minutes for up to 8 hours of normal use 8 minutes for up to 8 hours of sleep tracking 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. Learn more about watchOS					
Workouts and Activity	<table> <tr> <td> 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 </td> <td> 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 </td> </tr> <tr> <td>Cycling</td> <td>Swimming</td> </tr> </table>	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	Swimming	
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Cycling	Swimming					

Average speed, elevation gained and distance	Pool swim or open water swim
Connection to cycling accessories via Bluetooth	Custom workouts for pool swims
Functional Threshold Power	Splits and auto sets
Power Zones	SWOLF score
Cadence	Automatic stroke detection
Live Activity on iPhone	Kickboard detection
	Average pace, total distance and lengths

More Workouts

Skiing	Stair Stepper	Pilates
Snowboarding	HIIT	Tai Chi
Outdoor Rowing	Yoga	Wheelchair
Paddling	Functional Strength	Kickboxing
Golf	Training	Multisport
Walk	Dance	Other
Elliptical	Cooldown	
Rowing Machine	Core Training	

Safety

Emergency SOS⁸
 International emergency calling⁹
 Crash Detection⁸
 Fall Detection
 Noise monitoring
 Backtrack

Durability

Water resistance 50m (swimproof)¹⁰
 Dust resistance IP6X¹¹

Connectivity

L1 GPS, GNSS, Galileo and BeiDou
 LTE and UMTS¹²
 Wi-Fi 4 (802.11n)
 Bluetooth 5.3
 Second-generation Ultra Wideband chip¹³
 Apple Pay
 GymKit
 Support for Family Setup¹⁴

Accessibility

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

[Learn more about Accessibility](#)

Features include:

VoiceOver	Reduce Motion	Audio Volume
Zoom	Hourly Chimes	Balance
On/Off Labels	AssistiveTouch	Auto Transcription
Reduce	Button Click Speed	Live Speech
Transparency	Touch	Accessibility
Increase Contrast	Accommodations	Shortcut
Colour Filters	Auto-Answer Calls	Mono Audio
Text Size	Type to Siri	Taptic Time
Bold Text	RTT Support	Personal Voice

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 Series 10 and the Environment

Apple Watch Series 10 is designed to reduce environmental impact:¹⁵

[See the Apple Watch Series 10 Product Environmental Report \(PDF\)](#)

Progress towards Apple 2030

Apple Watch Series 10 is one of Apple's carbon-neutral products¹⁶

More than 30% recycled or renewable content¹⁷

100% of manufacturing electricity sourced from clean electricity¹⁸

50% or less shipped by air¹⁹

More than 80% emissions reduction against baseline²⁰

8.4kg CO2e total remaining emissions covered by high-quality carbon credits²¹

[See Apple's commitment](#)

Materials

100% recycled aluminium in the case
95% recycled titanium in the case
100% recycled cobalt in the battery²²
100% recycled gold in the plating of multiple printed circuit boards
100% recycled copper in multiple printed circuit boards
100% recycled tin in the solder of all Apple-designed printed circuit boards
100% recycled tungsten and copper wire in the Taptic Engine
100% recycled rare earth elements in all magnets
80% recycled steel in the speaker yoke and Taptic Engine
25% renewable plastic component in the speaker
100% fibre-based packaging²³
30% recycled content in fibre packaging

Energy

100% of manufacturing electricity for Apple Watch Series 10 is sourced from renewable electricity
100% of expected customer energy use matched with low-carbon energy²⁴
Meets California Energy Commission's energy efficiency standards for battery charger systems²⁵

Waste

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

Smarter chemistry²⁶

Arsenic-free glass
Mercury-, BFR- and PVC-free

Compatibility

iPhone Xs or later with iOS 18 or later and iPhone SE (2nd generation or later)

In the Box

Apple Watch Series 10

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 and all Apple Watch Ultra models.
2. The ECG app is available on Apple Watch Series 4 and later (excluding Apple Watch SE) and can generate an ECG similar to a single-lead electrocardiogram. Intended for use by people 22 years old and over.
3. The Cycle Tracking app should not be used for birth control or to diagnose a health condition.
4. 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).
5. The Sleep Apnoea Notification feature is supported on Apple Watch Series 9 and later and Apple Watch Ultra 2. It is intended to detect signs of moderate to severe sleep apnoea for people 18 years old or older without a diagnosis of sleep apnoea.
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 Series 10 (GPS) usage includes connection to iPhone via Bluetooth during the entire 18-hour test; Apple Watch Series 10 (GPS + Cellular) usage includes a total of 4 hours of 4G LTE connection and 14 hours of connection to iPhone via Bluetooth over the course of 18 hours. Battery life in Low Power Mode is based on the following use: 600 time checks, 180 notifications, 30 minutes of app use, and a 60-minute workout with music playback from Apple Watch via Bluetooth, over the course of 36 hours; Apple Watch Series 10 (GPS) usage includes connection to iPhone via Bluetooth during the entire 36-hour test; Apple Watch Series 10 (GPS + Cellular) usage includes on-demand 4G LTE connection and 28 hours of connection to iPhone via Bluetooth over the course of 36 hours. Testing conducted by Apple in August 2024 using pre-production Apple Watch Series 10 (GPS) and Apple Watch Series 10 (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 August 2024 using pre-production Apple Watch Series 10 (GPS) and Apple Watch Series 10 (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 region, settings and environmental factors; actual results will vary.
8. Emergency SOS requires a cellular connection or Wi-Fi calling with an internet connection from your Apple Watch or nearby iPhone.
9. 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.
10. Apple Watch Series 10 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 snorkelling or swimming in a pool or ocean. Apple Watch Series 10 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/HT205000.
11. Apple Watch Series 10 is rated IP6X dust resistant.
12. 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.
13. Ultra Wideband availability varies by region.
14. Not all features will be available if the Apple Watch is set up through Family Setup. Wireless service plan required for cellular service. Contact your service provider for more details. Check apple.com/uk/watch/cellular for participating network providers and eligibility.
15. Data accurate as of product launch.
16. Carbon-neutral combinations of this product include Apple Watch Series 10 paired with Sport Loop, Milanese Loop, Braided Solo Loop and Pride Edition Braided Solo Loop.
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. 50% of all carbon-neutral products by weight are planned, as of product launch, to be shipped via non-air modes of transport over the lifetime of the products.
20. Carbon reductions are calculated against a baseline scenario: 1) No use of clean electricity for manufacturing or product use beyond what is already available on the latest modelled grid (based on regional emissions factors). 2) Apple's carbon intensity of key materials as of 2015 (our baseline year for our 2030 product carbon-neutrality goal). Carbon intensity of materials reflects use of recycled content and production technology. 3) Apple's average mix of transport modes (air, rail, ocean, land) by product line across three years (fiscal years 2017 to 2019) to best capture the baseline transport emissions of our products.

21. For more information about our use of carbon credits, please see the [Product Environmental Report](#).
22. All cobalt claims are on a mass balance allocation.
23. 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.
24. Apple is matching 100% of expected electricity consumption only for carbon-neutral aluminium Apple Watch Series 10, Apple Watch SE and Apple Watch Ultra 2 combinations.
25. Apple Watch Series 10 meets California Energy Commission's Energy Efficiency Standards for Small Battery Charger Systems as outlined in the California Code of Regulations.
26. 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 the Republic of 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 2, Apple Watch Series 10 and Apple Watch SE require iPhone Xs or later with iOS 18 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 Series 10 - Tech Specs