

# best sleep tracker rings

## The Ultimate Guide to the Best Sleep Tracker Rings in 2024

**best sleep tracker rings** are revolutionizing how we understand and improve our nightly rest, offering a discreet yet powerful way to monitor crucial sleep metrics. Gone are the days of bulky wristbands; these sleek wearable devices provide detailed insights into sleep stages, heart rate, body temperature, and even readiness for the day ahead, all from the comfort of your finger. This comprehensive guide will delve into what makes a sleep tracker ring stand out, explore the top contenders in the market, and equip you with the knowledge to choose the perfect device for your sleep optimization journey. We will cover essential features, battery life considerations, app integration, and the unique benefits each ring brings to the table, ensuring you make an informed decision for better sleep.

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# Understanding Sleep Tracker Rings

Sleep tracker rings represent a significant advancement in personal health technology, focusing specifically on the critical aspect of sleep quality. Unlike their wrist-worn counterparts, these rings are designed for minimal intrusion, allowing for more accurate readings by staying consistently in contact with the skin. They leverage advanced sensors to detect subtle physiological changes that occur during different sleep cycles, providing a detailed breakdown of light sleep, deep sleep, and REM sleep. This data, combined with heart rate variability (HRV), resting heart rate, and body temperature fluctuations, paints a comprehensive picture of your sleep architecture and its impact on your overall well-being.

The primary benefit of using a sleep tracker ring lies in its ability to translate complex biological data into actionable insights. Many devices come with accompanying mobile applications that offer personalized recommendations, helping users identify patterns and make adjustments to their lifestyle, sleep environment, or daily routines. Whether you're an athlete looking to optimize recovery, someone struggling with insomnia, or simply curious about improving your energy levels, these rings offer a data-driven approach to achieving better sleep hygiene.

## Key Features to Look for in the Best Sleep Tracker Rings

When evaluating the best sleep tracker rings, several key features should be prioritized to ensure you get the most accurate and useful data. The core functionality revolves around the sophistication of its sensors. Advanced optical sensors are crucial for precise heart rate monitoring, which directly influences sleep stage detection and HRV analysis. Similarly, infrared sensors for body temperature tracking provide valuable clues about your circadian rhythm and recovery status. The accuracy of these sensors directly correlates with the reliability of the sleep data you receive.

Beyond sensor technology, the accompanying software and app experience are paramount. The best sleep tracker rings offer intuitive interfaces that clearly present complex sleep data, making it easy to understand your sleep score, efficiency, and time spent in each sleep stage. Look for features such as

daily readiness scores, which combine sleep, activity, and physiological data to guide your day's intensity, and guided meditation or breathing exercises designed to improve sleep onset and quality. The ability to sync with other health platforms can also be a significant advantage for a holistic view of your health.

## **Sensor Technology and Data Accuracy**

The heart of any sleep tracker ring lies in its sensor suite. High-quality optical sensors are essential for accurately measuring heart rate and its variability (HRV). HRV is a critical indicator of nervous system balance and recovery, and its fluctuations throughout the night provide deep insights into sleep quality and stress levels. Infrared sensors play a vital role in monitoring subtle changes in body temperature, which is a key component of your circadian rhythm and can indicate when you are entering and exiting different sleep stages. The precision of these sensors directly impacts the reliability of the sleep stage analysis (light, deep, REM) and the overall sleep score provided by the device.

## **App Functionality and User Interface**

A powerful sleep tracker ring is only as good as its companion app. The best applications offer a clean, intuitive user interface that makes it easy to navigate and understand your sleep data. Look for comprehensive dashboards that display sleep duration, efficiency, time in each sleep stage, resting heart rate, and HRV trends. Personalized insights and actionable recommendations based on your data are crucial for making meaningful improvements to your sleep habits. Features like daily readiness scores, which help you gauge your body's recovery and prepare for the day, and long-term trend analysis are invaluable. seamless syncing and robust data export capabilities are also important considerations for users who want to integrate their sleep data with other health and fitness platforms.

## **Comfort and Durability**

Given that you'll be wearing the ring 24/7, especially during sleep, comfort is a non-negotiable factor. The best sleep tracker rings are crafted from lightweight, hypoallergenic materials that are smooth and

unobtrusive. Many are designed with a seamless inner surface to prevent irritation and ensure a comfortable fit throughout the night. Durability is also key; the ring should be able to withstand daily wear and tear, including exposure to water (water resistance is a common and desirable feature) and minor impacts. The materials used, such as titanium or high-grade stainless steel, contribute to both comfort and longevity.

## **Battery Life and Charging Convenience**

The practicality of a sleep tracker ring is significantly influenced by its battery life. Constantly needing to charge your device can disrupt its continuous monitoring capabilities. The best options offer several days of use on a single charge, typically ranging from 3 to 7 days, depending on usage and specific features enabled. Charging mechanisms also vary, with magnetic charging docks being a common and user-friendly approach. A quick charging feature, allowing for a significant battery boost in a short period, can be a lifesaver for busy individuals.

## **Top Sleep Tracker Rings Reviewed**

The market for sleep tracker rings is continually evolving, with several innovative devices leading the pack. These devices distinguish themselves through a combination of advanced sensor technology, sophisticated algorithms, user-friendly apps, and stylish designs. Understanding the unique strengths of each contender is crucial for selecting the one that best aligns with your personal needs and preferences. We will explore some of the most highly regarded options, highlighting their specific features and benefits.

### **Oura Ring Gen3**

The Oura Ring Gen3 is widely recognized as a benchmark in the sleep tracking ring industry, known for its robust sensor array and comprehensive data analysis. It tracks sleep stages (deep, light, REM),

heart rate, heart rate variability (HRV), respiratory rate, and body temperature. The accompanying Oura App provides a daily readiness score, sleep score, and activity tracking, along with personalized insights and recommendations. Its sleek, durable design is available in various finishes, making it as fashionable as it is functional. The Gen3 model boasts improved accuracy and additional features like period prediction for women and guided audio sessions.

## **RingConn Smart Ring**

RingConn has emerged as a strong competitor, offering a compelling blend of features and value. This smart ring provides detailed sleep tracking, including sleep stages, duration, and efficiency, alongside heart rate and HRV monitoring. It also tracks activity levels, body temperature, and SpO2 (blood oxygen saturation), offering a holistic view of your health. The RingConn app presents this data in an easily digestible format, with a focus on providing actionable advice for sleep improvement. Its comfortable, minimalist design makes it suitable for all-day wear, and it generally offers competitive battery life.

## **Ultra Human Ring**

The Ultra Human Ring positions itself as a powerful tool for understanding metabolic health and sleep. It tracks a wide array of metrics, including sleep stages, heart rate, HRV, respiratory rate, and body temperature. A key differentiator is its focus on continuous glucose monitoring (CGM) integration for some users, offering unparalleled insights into how food and lifestyle choices impact sleep and overall physiological responses. The app provides detailed reports and guidance aimed at optimizing metabolic health and improving sleep quality. Its robust build and sophisticated app make it a strong contender for those seeking deep physiological data.

## **Choosing the Right Sleep Tracker Ring for You**

Selecting the best sleep tracker ring involves a careful consideration of your individual needs and priorities. While all these devices aim to improve sleep, they cater to slightly different user profiles and offer varying levels of depth in their data and features. It's essential to align the ring's capabilities with your personal health goals and your willingness to engage with the data it provides. A thorough evaluation of each aspect, from comfort to app usability, will ensure you make a wise investment.

## **Accuracy and Data Interpretation**

The accuracy of the sleep data is fundamental. Look for devices that have been independently validated or have a strong reputation for reliable readings. Beyond raw data, the interpretation provided by the accompanying app is equally crucial. Does it offer clear explanations of your sleep stages, HRV, and other metrics? Are the recommendations actionable and personalized? A ring that provides overwhelming or confusing data without context will be less helpful than one that guides you towards understanding and improvement. Consider your familiarity with health metrics; if you're new to this, an app with more hand-holding and simpler explanations might be preferable.

## **Comfort and Design**

Since you'll be wearing the ring continuously, especially overnight, comfort is paramount. The material should be hypoallergenic and smooth, with no sharp edges or protruding sensors that could cause irritation. Consider the width and thickness of the ring; some prefer a slimmer profile for minimal sensation, while others don't mind a slightly more substantial feel. The aesthetic appeal is also a factor for many. Rings come in various finishes and styles, so choose one that complements your personal style and that you'll be happy to wear day in and day out. Water resistance is also a valuable design consideration for everyday wear.

## **App Ecosystem and Usability**

The mobile application is your gateway to all the data and insights your sleep tracker ring collects. A well-designed app will have an intuitive interface, making it easy to access your sleep scores, historical

data, and trends. Look for features that resonate with your goals, such as readiness scores, guided meditations, or detailed breakdowns of sleep efficiency. The ability to sync with other health and fitness apps you use (like Apple Health, Google Fit, or Strava) can provide a more consolidated view of your overall well-being. A clunky or difficult-to-navigate app can detract significantly from the user experience, regardless of the hardware's capabilities.

## **Battery Life and Charging**

Long battery life is a significant convenience factor, as it reduces the frequency of charging and ensures continuous monitoring. Aim for a ring that can last at least 3-5 days on a single charge, with some models offering up to 7 days or more. Consider the charging method; magnetic docks are common and generally easy to use. A quick-charge feature can be a lifesaver if you forget to charge your ring overnight and need a quick top-up before heading out. Evaluate how often you are willing to charge your device and choose a ring that fits your routine.

## **Advanced Features and Personalization**

Some sleep tracker rings offer advanced features that may be particularly beneficial depending on your interests. These can include SpO2 monitoring for sleep apnea insights, advanced recovery metrics for athletes, or even integrations with other health devices like continuous glucose monitors.

Personalization is also key; does the app allow you to set custom goals or focus on specific metrics? The ability to tailor the ring's output and the app's insights to your unique needs can greatly enhance its value. Think about your primary motivation for purchasing a sleep tracker ring and look for a device that excels in those specific areas.

Ultimately, the best sleep tracker ring is the one that you will consistently wear and engage with. While advanced technology and comprehensive data are important, the most effective device is often the one that seamlessly integrates into your life and provides understandable, actionable information that empowers you to make positive changes. By carefully weighing these factors, you can find a sleep tracker ring that becomes an indispensable tool in your quest for better rest and improved well-being.

## **FAQ**

### **Q: How accurate are sleep tracker rings compared to professional sleep studies?**

A: Sleep tracker rings offer a good approximation of sleep stages and quality for personal use, but they are not a substitute for medical-grade polysomnography (PSG) conducted in a sleep lab. While they can accurately detect sleep and wakefulness and provide valuable trends in sleep stages, HRV, and body temperature, they may not always differentiate between all subtle variations within sleep stages with the same precision as PSG. However, for most individuals seeking to understand and improve their sleep habits, the data provided by a high-quality sleep tracker ring is more than sufficient.

### **Q: Can sleep tracker rings detect sleep apnea?**

A: Some advanced sleep tracker rings, particularly those that measure blood oxygen saturation (SpO2) and respiratory rate, can provide indicators that suggest a potential issue like sleep apnea. Low SpO2 levels and significant disruptions in breathing patterns during sleep detected by the ring might prompt you to consult a healthcare professional for a formal diagnosis. However, these rings are not diagnostic tools themselves; they are monitoring devices that can flag potential concerns for further medical evaluation.

### **Q: How do sleep tracker rings measure sleep stages?**

A: Sleep tracker rings primarily use a combination of sensors to infer sleep stages. They monitor your heart rate and heart rate variability (HRV), as these metrics change predictably across different sleep stages. Body temperature fluctuations are also tracked, as your core temperature typically drops during deep sleep. Algorithms then analyze these data streams, comparing them against established patterns to estimate the time spent in light sleep, deep sleep, and REM sleep.

## **Q: What is a "readiness" or "recovery" score, and how is it calculated?**

A: A readiness or recovery score is a metric provided by many sleep tracker rings that synthesizes data from sleep quality, recent activity levels, and physiological markers like HRV and resting heart rate. It aims to give you an indication of how recovered your body is and its capacity to handle physical and mental stress for the day. A higher score typically suggests better recovery and readiness, while a lower score might indicate the need for rest or a less strenuous day.

## **Q: Do I need to wear the sleep tracker ring on a specific finger?**

A: While most sleep tracker rings can be worn on any finger, the most common recommendation is to wear them on your index, middle, or ring finger. This is because these fingers generally offer a more consistent connection to the skin and less movement during sleep, which helps in obtaining more accurate sensor readings. Some manufacturers may provide specific guidance for optimal wear.

## **Q: What is the typical battery life of a sleep tracker ring?**

A: The battery life of sleep tracker rings can vary considerably between models. Generally, you can expect anywhere from 3 to 7 days of use on a single charge. Some models might offer slightly longer or shorter durations depending on the features enabled and usage patterns. It's advisable to check the manufacturer's specifications for the specific ring you are interested in.

## **Q: Can sleep tracker rings track naps?**

A: Yes, most modern sleep tracker rings are capable of tracking naps. They use their sensors to detect periods of inactivity and physiological changes that indicate sleep, even if it's not during your primary overnight sleep period. The accuracy of nap tracking can sometimes be slightly less precise than overnight sleep due to the shorter duration and potential for more movement, but they generally provide a good overview of your total sleep time.

## Q: Are sleep tracker rings waterproof?

A: Many sleep tracker rings are water-resistant, meaning they can withstand splashes, sweat, and brief immersion in water (like showering). However, it's important to check the specific IP (Ingress Protection) rating for the model you're considering. True "waterproof" capabilities, allowing for prolonged submersion in water for activities like swimming or diving, are less common. Always refer to the manufacturer's guidelines regarding water exposure.

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**best sleep tracker rings:** *Unstoppable* Ben Angel, 2021-01-12 Unlock Your Potential. Become Unstoppable. Unable to overcome debilitating fatigue and depression, bestselling author and personal development expert Ben Angel set out on a 90-day mission to find and conquer the root of his rut. The result of his journey is *Unstoppable*, a highly revealing book where Ben gives you a look into the world of nootropics, wearable devices, and nutrition and delivers a guide to help you reduce stress, increase focus, improve physical performance, and eliminate your fears. You'll hear from

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**best sleep tracker rings: Advances in technology for the sleep field, An Issue of Sleep Medicine Clinics, E-Book** Steven Holfinger, 2023-08-03 In this issue of *Sleep Medicine Clinics*, guest editor Dr. Steven Holfinger brings his considerable expertise to the topic of Advances in Technology for the Sleep Field. Top experts discuss current development and use of multi-modal sensors and technologies which make accurate sleep monitoring at scale a possibility in today's sleep medicine. - Contains 15 practice-oriented topics including using telehealth platforms to transform sleep care models; are consumer wearable sleep trackers ready for clinical use; potential implications of screen time in an age of augmented/virtual reality; advancements in sleep health to optimize human performance; and more. - Provides in-depth clinical reviews of advances in technology for the sleep field, offering actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

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**best sleep tracker rings: Healthy Sleep** John T. Peachey, Diane C. Zelman, 2023-09-21 We all know how important sleep is, but many of us struggle to consistently get enough high-quality rest. This book answers readers' sleep-related questions and offers guidance for a better night's slumber. Part of Bloomsbury's Q&A Health Guides series, this book aims to educate teens and young adults about the importance of sleep through an engaging question-and-answer format. The book's 44 questions cover the basics of sleep and dreaming, the connection between sleep and health, sleep problems and disorders, and how to improve sleep: - Why exactly is sleep so important? - How does not getting enough impact physical wellbeing, academic performance, and interactions with others?

- How do you know if you have a sleep disorder? - Can caffeine and power naps really make up for poor sleep habits? The text strikes a balance between theory and practice, offering both clear explanations of foundational concepts in sleep science and useful suggestions that readers can implement in their own lives. Augmenting the main text, a collection of 5 case studies illustrate key concepts and issues through relatable stories and insightful recommendations. The Common Misconceptions section at the beginning of the volume dispels 5 long-standing myths about sleep, directing readers to additional information in the text. The glossary defines terms that may be unfamiliar to readers, while a directory of resources curates a list of the most useful sleep-related books, websites, and other materials. Finally, whether they're looking for more information about sleep or any other health-related topic, readers can turn to the Guide to Health Literacy section for practical tools and strategies for finding, evaluating, and using credible sources of health information both on and off the Internet.

**best sleep tracker rings: Digital Health and Patient Data** Disa Choun, Anca Petre, 2022-08-03 Patients with unmet needs will continue to increase as no viable nor adequate treatment exists. Meanwhile, healthcare systems are struggling to cope with the rise of patients with chronic diseases, the ageing population and the increasing cost of drugs. What if there is a faster and less expensive way to provide better care for patients using the right digital solutions and transforming the growing volumes of health data into insights? The increase of digital health has grown exponentially in the last few years. Why is there a slow uptake of these new digital solutions in the healthcare and pharmaceutical industries? One of the key reasons is that patients are often left out of the innovation process. Their data are used without their knowledge, solutions designed for them are developed without their input and healthcare professionals refuse their expertise. This book explores what it means to empower patients in a digital world and how this empowerment will bridge the gap between science, technology and patients. All these components need to co-exist to bring value not only to the patients themselves but to improve the healthcare ecosystem. Patients have taken matters into their own hands. Some are equipped with the latest wearables and applications, engaged in improving their health using data, empowered to make informed decisions and ultimately are experts in their disease(s). They are the e-patients. The other side of the spectrum are patients with minimal digital literacy but equally willing to donate their data for the purpose of research. Finding the right balance when using digital health solutions becomes as critical as the need to develop a disease-specific solution. For the first time, the authors look at healthcare and technologies through the lens of patients and physicians via surveys and interviews in order to understand their perspective on digital health, analyse the benefits for them, explore how they can actively engage in the innovation process, and identify the threats and opportunities the large volumes of data create by digitizing healthcare. Are patients truly ready to know everything about their health? What is the value of their data? How can other stakeholders join the patient empowerment movement? This unique perspective will help us re-design the future of healthcare - an industry in desperate need for a change.

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**best sleep tracker rings: Fundamentals of Search and Rescue** Donald C. Cooper, 2005 This book provides an overview of all aspects of search and rescue procedures and equipment, It teaches the absolutely essential techniques employed by nearly all search and rescue personnel. This book offers an in-depth and practical approach to search and rescue and is recommended for all

emergency responders. For both paid and unpaid professionals, this resource combines dynamic features with the latest comprehensive content.

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**best sleep tracker rings:** The Cornhill Magazine William Makepeace Thackeray, 1925

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**best sleep tracker rings:** AI for Daily Life: 50 Simple Ways Artificial Intelligence Makes Everyday Living Smarter Dizzy Davidson, 2025-07-23 Practical AI for Everyday Living—50 Smart Ways to Simplify, Secure, and Supercharge Your World! If you've ever scrambled to remember appointments, or if you've stayed up late wrestling with to-do lists, this book is for you. If you dread mundane chores and crave more free time, this book is for you. If you wish your home could think for itself—keeping you safe, saving money, and streamlining your life—this book is for you. Welcome to your ultimate guide to AI in everyday life: 50 chapters packed with tips, tricks, step-by-step guides, real-life stories, illustrations, and clear examples. Whether you're a tech beginner or the family "go-to" gadget guru, you'll learn how to harness AI to solve the daily headaches that steal your time and peace of mind. Inside, you'll discover how to: • Master AI Assistants: Wake up with Siri or Alexa prepping your day, handling reminders, alarms, and grocery lists—hands-free and fuss-free. • Automate Chores: Deploy robot vacuums, smart thermostats, and automated pet feeders that learn your habits—so you never vacuum, adjust the heat, or worry about Fido's dinner again. • Plan Meals Like a Pro: Use AI grocery apps to track your pantry, suggest recipes, and generate optimized shopping lists in seconds. • Stay Secure: Arm your home with AI-driven security cameras, doorbells, and sensors that distinguish family, pets, and genuine threats—cutting false alarms to zero. • Predict the Weather: Get hyperlocal storm and flood alerts powered by AI models that process satellite, radar, and historical data for minute-by-minute accuracy. • Optimize Sleep: Track sleep stages, adjust mattress firmness, and tune bedroom temperature automatically—so you wake up refreshed. PLUS: Real-world case studies—from a busy mom who reclaimed her mornings, to a college student whose grades soared after fixing her sleep schedule. Packed with easy-to-follow diagrams, sidebars, and checklists, every chapter hands you practical steps you can apply today. Stop letting life's small tasks steal your joy. Transform your home and habits with AI as your partner—so you can focus on what truly matters. GET YOUR COPY TODAY!

**best sleep tracker rings:** Sorrel and Myriana Evelyn Sun, 2016-07-22 Pain begets insanity. Insanity begets love. Love begets pain. It is 1932, and the City of Dalltop is teeming with corruption. In the dead of night, a woman cries for help, but none turn an ear to her pleas. She scuttles through the lost buildings under their leaky roofs for shelter, but they always come. They dress as dark as the night and hide in the shadows. She pierces her feet in mileage and tears her clothes in desperation, but they always find her. Myriana was a rich young lady with no ambitions, no voice of

her own that is until she became the wife of the handsome tycoon, Sorrel Borchardt. She soon learns that nothing is as it superficially appears. The streets that shine during the day actually stand upon the rotten foundations of a mafia organization known as Idon. What hand does Sorrel Borchardt have in Idon? Will Myriana learn to adapt to her new violent lifestyle or will she be consumed by it? Embark on a journey rife in spine-chilling bloodshed as you thread upon the fine line that divides infatuation from insanity.

**best sleep tracker rings:** Opals & Gold Robert MacLauchlan Macdonald, 1928

**best sleep tracker rings:** **Backpacker** , 2000-03 Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

**best sleep tracker rings:** Fast Minds Craig Surman, Tim Bilkey, Karen Weintraub, 2014-06-03 FAST MINDS is an acronym for common symptoms that are often seen in Attention Deficit Hyperactivity Disorder (ADHD). Millions of adults have ADHD or some of its traits, but they are under-recognized, under-treated, and often under-supported. This book empowers people with ADHD, or some of its characteristics, to adapt and thrive. By working through the program in this book, you will develop personalized strategies to take control of your life. Forgetful. Achieving below potential. Stuck in a rut. Time challenged. Motivationally challenged. Impulsive. Novelty seeking. Distractible. Scattered. If any or all of these symptoms are making it difficult for you—or someone you know—to live life to the fullest, then the clinically proven, cutting-edge program in this book will help you understand your struggles and challenges. Whether you have been diagnosed with ADHD, think you may have it, or just exhibit many of these traits, FAST MINDS will help you: Figure out what isn't working in your life, and the keys to fixing it. Build personalized strategies for managing your time, tasks, and relationships. Learn organizational habits that work for you. Stop communicating poorly, making impulsive choices and taking pointless risks. Eliminate negative thinking patterns that waste your mental energy. Create environments that support your challenges. Make the most of both medical and nonmedical resources (medication, coaching, Cognitive Behavioral Therapy, mindfulness, support groups, lifestyle change). With inspiring stories of real people who have adapted and thrived using the methods in this book, FAST MINDS will help you create the kind of life you want to live.

**best sleep tracker rings:** **Popular Science** , 1988-12 Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

**best sleep tracker rings:** *T-Minus* Shannon Greenland, 2019-08-06 "A savvy female lead, a best friend crush, and twenty-four hours to save the world... LOVED IT!" —New York Times bestselling author Julie Cross I am the daughter of the first female POTUS, and today is about to become the longest day of my life... 24 hours—that's how much time I have to save my mother before terrorists assassinate her. But now my father and brother are missing, too. This goes deeper than anyone thinks. Only someone on the inside would know how to pull this off—how to make the entire First Family disappear. I can't trust anyone, so it's up to me to uncover the conspiracy and stop these madmen. Because little do they know, they picked the wrong person to terrorize. My name is Sophie Washington, and I will not be a victim. No one, I repeat no one, is taking me or my family down. But the clock is ticking...

**best sleep tracker rings:** **The Independent** , 1902

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