Syncing Issues with Moto Watch 40: How to Fix

Inas B. - 2025-10-10 - Troubleshooting & Setup

If your **Moto Watch 40** isn't syncing with your phone, follow these steps to resolve the issue:

Step 1: Check Bluetooth Connection

- Make sure **Bluetooth is enabled** on your phone.
- **Important:** Do not pair the watch directly through your phone's Bluetooth settings. Use the **Moto Watch Lite app** to handle pairing. The app will establish a stable connection between your phone and watch.

Step 2: Restart Your Devices

- Restart your **phone** and **reboot your Moto Watch 40** to refresh the connection.

Step 3: Check the Moto Watch Lite App

- Ensure the **Moto Watch Lite app** is updated to the latest version.
- Open the app and confirm your watch appears under **"My Devices."**

Step 4: Re-pair Your Devices

- Open the **Moto Watch Lite app**.
- Remove the Moto Watch 40 from the device list.
- Follow the **pairing instructions within the app** to reconnect your watch.

Step 5: Check App Permissions

- Ensure the **Moto Watch Lite app** has the necessary permissions to access **Bluetooth** and sync data with your watch.

Step 6: Reboot and Try Again

- After completing the steps above, **restart both your phone and watch** once more. This often resolves lingering syncing issues.