Optimizing Sleep and Health Data Accuracy on Your Moto Watch 100

Inas B. - 2025-10-08 - Troubleshooting & Setup

Your Moto Watch 100 tracks your sleep and health metrics throughout the day and night. To get the most accurate data, proper wear and care are essential. Here's how to ensure your watch delivers reliable results:

1. Wear Your Watch Correctly

- Place the watch centered on top of your wrist.
- Slide the strap through the loop and adjust for a snug, comfortable fit.
- Insert the pin fully into the adjustment hole without overtightening.

2. Consider Skin Sensitivity

- If you have sensitive skin or allergies, take necessary precautions to avoid irritation while wearing the watch.

3. Handle Your Watch with Care

- Avoid bending the strap excessively.
- Do not brace your watch against your body or a table while sleeping.

4. Sleep During Travel

- Movements from buses, trains, or subways can affect sleep tracking.
- Accidental touches on the screen while sleeping may record false wake-up events.

5. Troubleshooting Data Accuracy

- Keep your watch and the Moto Wear app updated with the latest software.
- Environmental and skin conditions may impact sensor readings.

6. Resetting the Watch (If Needed)

- If issues persist, press and hold the top button for about 20 seconds to reset the watch.

By following these tips, you can ensure your Moto Watch 100 tracks your sleep and health metrics as accurately as possible. For additional help, our support team is always ready to assist.