Oxygen Saturation (SPO2) Tracking on the Moto Watch 40

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The **Moto Watch 40** is designed to support your health and fitness journey with a range of smart features. While it doesn't include **SPO2 (blood oxygen) tracking**, it still provides everything you need to stay active, monitor your heart, and sleep well.

Why SPO2 Isn't Available

SPO2 monitoring requires a specialized sensor to measure blood oxygen levels using light-based technology. The Moto Watch 40 focuses on essential fitness and health features—like **heart rate tracking, step counting, and activity monitoring**—while keeping a sleek, user-friendly design.

What You Can Track

Even without SPO2, the Moto Watch 40 offers robust tracking tools:

- **Heart Rate Monitoring:** Track your heart rate continuously, during workouts, and even while you sleep.
- **Sleep Tracking:** Get insights into your light and deep sleep stages and total sleep duration.
- **Activity Tracking:** Monitor running, walking, cycling, calories burned, steps, and distance traveled.
- **Fitness Goals:** Set daily activity targets and follow your progress.

Alternatives for SPO2 Monitoring

If tracking blood oxygen is important to you:

- **Moto Watch 120:** Comes with an SPO2 sensor for on-wrist monitoring.
- **External Devices:** Pulse oximeters are compact, easy to use, and provide accurate readings.

While the Moto Watch 40 doesn't measure blood oxygen, it **excels in core fitness tracking and health monitoring**, making it perfect for users focused on heart rate, activity, and sleep. For those who want SPO2 monitoring, the Moto Watch 120 provides that additional feature, giving you the flexibility to choose the right watch for your health needs.