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Sleep Tracking on Moto 360: Automatic Sleep Insights

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Track your sleep effortlessly with Moto 360 using the **Sleep as Android** app. Here's how to get the most out of automatic sleep tracking:

Prevent Accidental Tracking

- **App Awareness:** Avoid starting Sleep as Android unintentionally from your watch, as this begins sleep tracking immediately.

Fine-Tune Your Settings

- **Automatic Sleep Start:** Check **Settings** → **Sleep tracking** → **Start sleep tracking** to manage automatic sleep tracking.

Automatic Sleep Time Estimation

- **Smart Estimation:** Sleep as Android uses your phone's activity recognition and Google Sleep API to estimate your sleep times automatically.

Access Sleep Time Estimation

- Go to **Settings** → **Sleep tracking** → **Start sleep tracking** → **After fall asleep** in the app.
- If this option is missing, your phone may not support background activity tracking.

Compatibility Check

- Some phones may not support background activity tracking. Ensure your device is compatible for accurate automatic sleep insights.

Need Help?

- The **Sleep as Android support team** is available for any questions or troubleshooting.

□ Unlock the full potential of automatic sleep tracking on your Moto 360. Monitor your sleep, adjust settings, and gain insights into your sleep quality with ease. Sweet dreams!