Sleep Tracking with Your Moto Watch 70: A Simple Guide

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Your Moto Watch 70 automatically tracks your sleep, giving insights into your sleep patterns.

How Sleep Tracking Works

- **Automatic Tracking:** Just wear your watch to bed; no manual start is needed.
- **Sleep Duration:** Sleep is tracked based on the schedule in the Moto Watch Lite App (default: 12:00 AM to 8:00 AM).

Viewing Your Sleep Data

- After waking, the watch processes sleep data.
- It may take up to an hour for sleep stages to appear in the sleep widget.

Wear Your Watch Correctly

- **Position:** At least one finger width below the wrist bone.
- **Fit:** Snug, but not too tight; back of watch in contact with skin.
- **Avoid Light Exposure:** Keep sensors shielded from light for accurate tracking.

Additional Tips

- **Comfort:** Avoid irritation if you have sensitive skin or allergies.
- **Strap Care:** Avoid excessive bending or stretching.
- **Avoid Hard Surfaces:** Don’t rest the watch on hard surfaces, which may affect sensor accuracy.

Things to Keep in Mind

- **Traveling:** Motion in vehicles can affect readings.
- **Movement:** Turning or touching the watch may be misinterpreted as wake-ups.

Troubleshooting Sleep Tracking

- Ensure both watch and Moto Watch Lite app are updated.

- Tattoos, skin conditions, and temperature can impact sensor accuracy.

By following these steps, your Moto Watch 70 will provide accurate sleep data to help optimize your rest.