Understanding the Sleep Circle on Your Moto Watch 120

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Your Moto Watch 120 includes a **Sleep Circle** — a simple visual way to understand how much you've slept compared to your nightly goal.

What the Sleep Circle Shows

The circle represents your **sleep goal** (for example, 7.1 hours) and your **actual sleep time**.

- If you meet your goal, the circle fills completely.
- If you sleep longer — say, 9.6 hours — the circle stays full, showing that you've exceeded your target.

View Your Detailed Sleep Data

To explore your sleep in more detail:

1. Tap on the sleep numbers (for example, **9.6 / 7.1h**).
2. You'll open the **Sleep Details** page, where you can see a breakdown of your sleep stages — including **deep sleep**, **light sleep**, and **REM sleep**.

Why It Matters

By checking your Sleep Circle regularly, you can start to recognize patterns in your rest — helping you build better, healthier sleep habits over time.