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!