How to Manage Sound, Vibration, and Do Not Disturb on Your Reebok Stride

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You can customize your watch's sound, vibration, and Do Not Disturb (DND) settings.

Sound and Vibration

Use the watch settings to:

- Adjust incoming call ringtone volume.
- Turn vibration on or off.
- Choose between weak and strong vibration intensity.

Turn On Do Not Disturb

1. Swipe down from the watch face.
2. Tap the **DND** icon.
3. The icon will turn light blue when DND is enabled.

You can also open the settings menu to schedule DND hours and customize how Always On Display behaves during DND periods.