How to Track Sleep and Stress on Your Reebok Stride

Inas B. - 2026-11-04 - Sensors & Tracking

Your Reebok Stride can automatically track sleep and provide stress measurements based on heart rate data.

Sleep Tracking

The watch automatically tracks:

- Light sleep
- Deep sleep
- REM sleep
- Daytime naps

Sleep data may take up to **1 hour after you wake up** to appear in the app.

Stress Tracking

Stress measurements are calculated using changes in your heart rate.

You can enable automatic stress measurements through the watch settings in the **Reebok Connect** app.