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# How to Track Sleep and Stress on Your Reebok Rush

Inas B. - 2026-09-22 - [Sensors & Tracking](#)

Your Reebok Rush can automatically track sleep and provide an indication of changes in your stress levels.

## Sleep Tracking

The watch tracks different stages of sleep, including:

- Light sleep
- Deep sleep
- REM sleep
- Midday naps

Sleep sessions and naps may take up to **1 hour** to appear in the app.

## Stress Tracking

The Reebok Rush analyzes changes in your heart rate to estimate your stress levels.

Stress measurements are intended for general wellness purposes and should not be used as a medical diagnosis.