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How to Track Sleep and Stress on Your Reebok Stride

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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.