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Power Saving Mode on Your Reebok Pulse

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Power Saving mode lets your Reebok Pulse conserve energy by simplifying the display to just your step count, current time, and battery level.

It's perfect when you need your watch to last longer between charges.

How to Use Power Saving Mode

- Activate Power Saving mode from the watch's settings menu.
- The screen will switch to a minimal display showing only steps, time, and battery level.
- To exit Power Saving mode, press and hold the top button for 5 seconds.

Tips for Maximizing Battery Life

- Reduce screen brightness and lower screen timeout duration
- Disable "Wake by Wrist Up" if you don't need it.
- Use Power Saving mode during long trips or days with limited charging access.
- Limit notifications or enable Do Not Disturb to minimize vibrations and screen activations.
- Keep your watch's software updated to benefit from the latest battery optimizations.

By balancing features and power, your Reebok Pulse stays ready when you need it most.