



[Knowledgebase](#) > [Smartwatches](#) > [Reebok Icon Troubleshooting and Information](#) > [Sensors & Tracking](#) > [Sleep - Recharge and Recover](#)

Sleep - Recharge and Recover

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Your Reebok Icon makes it easy to understand how well you're sleeping, and how to improve it, without any extra effort.

Automatic Tracking

Just wear your watch to bed.

The Icon automatically detects when you fall asleep and when you wake up — no buttons, no manual start or stop required.

Sleep Stages — What Your Watch Measures

Sleep is made up of several stages, each with an important role:

Stage	What It Means
Light Sleep	The transition phase where your body begins to relax
Deep Sleep	Physical recovery and immune system support
REM Sleep	Dreaming, memory processing and brain activity

Seeing how much time you spend in each stage helps you understand the quality of your sleep — not just the quantity.

Naps Count Too

Quick recharge? It still counts.

Your Reebok Icon automatically detects **daytime naps**, so even short rest sessions contribute to your overall wellness score.

Tips for Better Sleep Tracking

- **Wear it snugly, not tight** - prevents loose-sensor readings
- **Charge before bed** - aim for at least 30-50% battery
- **Keep the sensors clean** - wipe the back of the watch before bedtime
- **Wind down** - reduce screen use and lower lights for better sleep (and better data)
- **Stay consistent** - going to bed and waking up at similar times improves both sleep patterns and tracking accuracy

A Note on Timing

Sleep sessions and naps can take **up to 1 hour** to appear in the app after you wake up.

No need to worry — the data is still being processed in the background and will appear automatically.