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# Sleep - Recharge and Recover

Inas B. - 2025-08-19 - [Sensors & Tracking](#)

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
<b>Light Sleep</b>	The transition phase where your body begins to relax
<b>Deep Sleep</b>	Physical recovery and immune system support
<b>REM Sleep</b>	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.