What Is a Sleep Score?

Inas B. - 2026-11-19 - Health & Activity Tracking

A sleep score is a numerical summary intended to provide an overview of sleep information collected during a sleep period.

On supported devices, the score is generated by software that analyzes recorded sleep data and applies an algorithm to summarize aspects of sleep.

What Information Can Contribute to a Sleep Score?

Depending on the device and its software, sleep analysis may consider information such as:

- Total sleep duration.
- Time spent in different sleep stages.
- Sleep patterns and interruptions.
- Physiological measurements collected during sleep.

The exact factors and weighting used to calculate a sleep score depend on the device's software.

What Does a Sleep Score Mean?

A sleep score provides a simplified summary of estimated sleep information. It can help users observe patterns and changes in their sleep data over time.

It should not be interpreted as a medical assessment of sleep quality or a diagnosis of a sleep disorder.

Is a Sleep Score the Same as Sleep Duration?

No. Sleep duration represents the estimated amount of time spent sleeping. A sleep score is a broader summary that may take several aspects of recorded sleep information into account.

The Reebok Kinetic provides a Sleep Score as part of its sleep tracking features. The score and its interpretation are dependent on the watch's software.