Why Is My Reebok Smartwatch's Battery Draining So Quickly?

Inas B. - 2026-11-19 - Charging & Battery

Battery life can vary depending on how you use your Reebok smartwatch and which features are enabled.

If your battery is draining faster than expected, try the following:

1. **Check the display settings:** A bright screen, longer screen-on duration and frequent screen activation can use additional battery power.
2. **Review Always-On Display:** If your model supports Always-On Display, try turning it off or using a schedule.
3. **Review notifications:** Receiving frequent notifications may increase battery use. Turn off notifications you don't need.
4. **Check activity tracking:** Frequent use of GPS and other tracking features can affect battery life.
5. **Restart your watch:** Restart the watch and monitor its battery performance.
6. **Check for software updates:** Make sure your watch and Reebok Connect app are up to date.

Battery life will vary depending on your settings, usage and software version.

If the battery continues to drain unusually quickly, contact our support team at **support.reebok@vitalist.ca**. Include your watch model, serial number and an estimate of how quickly the battery is draining.