



[Base de Conhecimento](#) > [Relógios Inteligentes](#) > [Informações e Solução de Problemas - Reebok Stride](#) > [Sensores e Rastreamento](#) > [How to Improve Sensor & Tracking Accuracy on Your Reebok Stride](#)

How to Improve Sensor & Tracking Accuracy on Your Reebok Stride

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The fit and positioning of your Reebok Stride can affect the accuracy of its sensors and health tracking features.

Wear the Watch Correctly

For general use, wear the watch approximately one finger-width below your wrist bone.

During workouts, position the watch approximately two finger-widths below your wrist bone.

The watch should fit snugly against your skin without being uncomfortably tight. Make sure there is no visible gap between the watch's optical sensor and your skin.

Keep the Sensor Clean

Sweat, dirt, and moisture can interfere with optical sensor readings.

After exercising, wipe your wrist and the rear optical sensor with a clean, dry cloth.

Stay Still During SpO2 Measurements

When taking a manual blood oxygen (SpO2) measurement, remain still and relaxed.

The measurement can take up to two minutes to complete. Movement during the measurement may affect the reading.

If readings continue to seem inaccurate, make sure the watch is positioned correctly and that the sensor and your skin are clean and dry.