



[Base de Conhecimento](#) > [Relógios Inteligentes](#) > [Informações e Solução de Problemas - Reebok Stride](#) > [Funcionalidades do Produto](#) > [How to Use Theatre Mode on Your Reebok Stride](#)

How to Use Theatre Mode on Your Reebok Stride

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Theatre Mode reduces screen activity when you do not want the watch to light up or respond to wrist movements.

When Theatre Mode is enabled:

- The screen is dimmed.
- **Wake by Wrist Up** is disabled.

This feature is useful in dark or quiet environments where you want to minimize screen distractions.

To return to normal operation, disable Theatre Mode.