



[Knowledgebase](#) > [Smartwatches](#) > [Reebok Pulse Troubleshooting and Information](#) > [Charging & Battery](#) > [Operating Environment - What It Means for Everyday Use](#)

Operating Environment - What It Means for Everyday Use

Inas Laghzaoui - 2025-08-20 - [Comments \(0\)](#) - [Charging & Battery](#)

To perform properly and avoid damage, your Reebok Pulse should only be used and stored within specific temperature ranges.

Recommended Operating Temperatures

- **Safe operating range: 0 °C to 45 °C** (32 °F to 113 °F)
- **Ideal range for best performance: 5 °C to 35 °C** (41 °F to 95 °F)

This means:

- You can wear the watch outside in cold or hot weather, but extreme temperatures may affect performance.
- In very cold environments (below 0 °C), the screen may become slow or the battery may drain faster.
- In very hot environments (above 45 °C), the battery and electronic components can become permanently damaged.

Storage Temperatures

- **Store the device between -20 °C and 45 °C** (-4 °F to 113 °F)

Scenarios to Avoid

Situation	Why to Avoid
Leaving the watch in a parked car on a hot day	Temperatures inside a car can easily exceed 60 °C (140 °F), which may damage the battery or screen.
Leaving the device in a freezing car or outside overnight in winter	Extremely low temperatures may cause the battery to drain or components to crack or malfunction.
Using the device near open flames, stoves, or heaters	High heat can cause swelling or deformation of the battery and internal parts.
Storing or charging the device near flammable or explosive materials (e.g. fuel, aerosol cans, gas stoves)	Batteries can generate heat during normal use. In rare cases, this may ignite flammable substances nearby.

In short:

Use your watch in normal everyday temperatures. If you're in extreme heat or cold (e.g., sauna, snowstorm, parked car), let the watch cool down or warm up **before** using or charging it.

If you're unsure whether it's safe, follow this simple rule:

If it's uncomfortable for you, it's probably not good for your watch either.

