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# SpO<sub>2</sub> - Monitor Your Oxygen Levels

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Your Reebok Icon helps you monitor **SpO<sub>2</sub>**, or blood oxygen saturation — an important indicator of respiratory function and overall wellness. Whether you check it manually or track it during sleep, this feature delivers meaningful health data directly from your wrist.

## What Is SpO<sub>2</sub>?

SpO<sub>2</sub> (blood oxygen saturation) represents the **percentage of oxygen being carried by your red blood cells**. A healthy level typically ranges between **95% and 100%** in most individuals.

## SpO<sub>2</sub> During Sleep

You can enable automatic SpO<sub>2</sub> tracking while you sleep:

1. Open the **Reebok Connect** app
2. Tap **Device Settings**
3. Scroll to **Blood Oxygen Settings**
4. Toggle **Sleep SpO<sub>2</sub> Tracking** to **ON**

Your watch will now record SpO<sub>2</sub> levels automatically while you sleep and sync the data to the app for review.

## Manual Spot-Checks

To take a manual reading:

- **Wear your watch snugly** — a loose fit may affect the sensor.
- **Stay still and relaxed** — the reading can take up to **2 minutes**.
- **Avoid moving or talking** during the measurement.

Once the process is complete, your current oxygen saturation level will appear on-screen.

## Sync for Deeper Insight

SpO<sub>2</sub> readings are synced to the **Reebok Connect** app, where you can view trends over time and compare night-to-night results for a more complete picture of your wellness.