



[Knowledgebase](#) > [Smartwatches](#) > [Reebok Pulse Troubleshooting and Information](#) > [Sensors & Tracking](#) > [SpO₂ - Monitor Your Oxygen Levels](#)

SpO₂ - Monitor Your Oxygen Levels

Inas Laghzaoui - 2025-08-20 - [Comments \(0\)](#) - [Sensors & Tracking](#)

Your Reebok Pulse helps you monitor **SpO₂**, 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 SpO₂?

SpO₂ (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.

SpO₂ During Sleep

You can enable automatic SpO₂ tracking while you sleep:

1. Open the **Reebok Connect** app
2. Tap **Device Settings**
3. Scroll to **Blood Oxygen Settings**
4. Toggle **Sleep SpO₂ Tracking** to **ON**

Your watch will now record SpO₂ 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

SpO₂ 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.