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# Managing Sound, Vibration & Do Not Disturb on Your Reebok Pulse

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Your Reebok Pulse provides flexible options to manage sound, vibration, and interruptions. Whether you're taking calls, winding down for the evening, or need total focus, these settings ensure your watch aligns with your environment.

## Sound & Vibration Settings

### Ringtone Volume

Adjust how loudly your watch rings for incoming calls. You can fine-tune this to suit quiet settings or ensure you never miss a call in louder environments.

### Vibration Intensity

Customize the strength of vibration alerts:

- **Off** - No vibration for notifications or calls
- **Weak - A subtle nudge**
- **Strong** - A firmer vibration for added noticeability

### Mute Mode

Silence all incoming calls and notification sounds.

**Note:** Alarms will continue to sound, even when Mute is enabled, so you never miss an important alert.

### Manual Control

Enable or disable Do Not Disturb mode manually when you need uninterrupted time. While active, the watch will silence notifications and calls.

### Scheduled DND

Set a recurring schedule for DND mode, perfect for sleep, meetings, or daily focus blocks. Your watch will automatically enter and exit DND mode at the times you select.

### AOD During DND

Decide whether to keep the Always On Display active during DND. This option helps save battery and further reduce distractions when you're trying to stay focused or rest.