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Fitbit Manual

Sleep

# Fitbit Manual Sleep

~~Fitbit Versa 2 User  
Manual Fitbit  
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Inspire HR User Manual  
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Fitbit User Manual

Version 2

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~~Activity Trackers &~~

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Use Fitbit's advanced tools to help you sleep better, have more

energy and improve your health. Working to

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### Sleep

fit a sleep lab in a sensor Precise heart rate sensors and sensitive motion detectors work behind the scenes to track your sleep.

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The Fitbit Community

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is a gathering place for real people who wish to exchange ideas, solutions, tips, techniques, and insight about the Fitbit products and services they love. By joining our Community, you agree to uphold these guidelines, so please take a moment to look them over.

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Fitbit Blaze Instruction

Manual Fitbit Blaze a

step-counting and

sleep-tracking

smartwatch which

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### Sleep

consists of some playful animations, and aims to keep you focused on your health. It will be your smart partner to oversee your health. If you have recently purchased the Blaze, you may need to read this tutorial of Setting up Fitbit Blaze.

~~UserManual Version2—  
statics.fitbit.com~~

Wear your tracker or watch to record your sleep, then use the



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Fitbit app to view insights, set goals and create a better bedtime routine.\*\* See how everything you do adds up Log meals and snacks, then compare that information against your activity stats to get a better idea of your calories in vs. out. Stay inspired on your journey

~~How do I manually enable sleep mode!?~~

~~Fitbit Community~~

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~~Manual Sleep mode~~  
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Sleep Stages & Reminders. Your tracker will automatically track your sleep. Just wear it to bed! Using heart rate, you can now track your time in light, deep & REM sleep, plus time awake. Use the Fitbit app to manually adjust your sleep or set Sleep Reminders, Bedtime

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Reminders. Setting a bedtime reminder can help you maintain a consistent sleep schedule.

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user with our ...~~

Get help with your  
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~~Fitbit Help - How do I track my sleep with my Fitbit device?~~

So there isn't a way to put the Charge 2 into sleep mode from the tracker itself, but you can start and stop a sleep log on the Fitbit App by following the instructions listed here.

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## Fitbit Manual

### Sleep

Let me know if you need any additional help and welcome to the Fitbit Community!

~~Solved: Manual sleep.~~  
~~Input on charge 2~~  
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history, earn badges, analyze your sleep logs, and more on your Fitbit dashboard. A daily sync is recommended but not required. The Fitbit apps use Bluetooth Low Energy (BLE)

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technology to sync with your Fitbit tracker. Each time you open the app it will sync if the tracker is nearby, and the app

#### ~~Fitbit~~

If your tracker has already logged your sleep you will need to delete it first before you enter the new one manually. You could also try using the app to manually start recording your sleep

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just go to the apps's sleep area and start the recording, once you wake up in the morning you finish the record and this will work as manually logging it.

~~Fitbit Alta HR User Manual~~

Key Fitbit features differ from device to device, but they all offer the following:

Step tracking  
(measured by

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### Sleep

movement of your arm) Sleep tracking (measured by your heart rate and movement of your...

#### ~~Fitbit Help - Versa 2~~

I am new to Fitbit, after using a Microsoft Band 2 for the past year or 2. What I really liked about the Band was that I could enter sleep mode, which meant 2 things - 1) it would measure how long it took me to fall asleep,



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and 2) it would stop the screen from coming on in the middle of the night. I...

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Set a sleep schedule in the Fitbit app to help you meet your sleep goal and maintain consistent sleep patterns. You can set either a bedtime or a wake-up time target, or set both targets. If you meet your target by

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going to sleep or waking up within 30 minutes of the target, a star appears in the sleep schedule graph.

~~Fitbit Official Site for Activity Trackers & More~~

Use the Fitbit app to edit your sleep logs or set a Bedtime Reminder to help you maintain a consistent sleep schedule. Silent Alarms To wake up in the morning or alert

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you at a certain time of day, you can set silent alarms that gently vibrate.

~~Solved: Sleep mode~~

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Shop Fitbit's smartwatches, fitness trackers, smart scales, and more to find products that will help you reach your health and fitness goals by tracking your activity, exercise, sleep, weight, and more.

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