

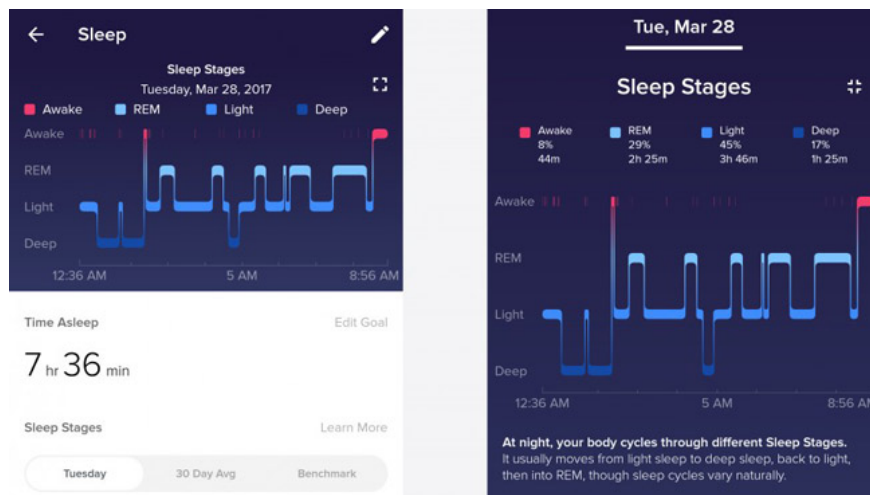
# If you want to use Fitbit Alta HR health bracelets, you need to know these 5 tips

Want to use the Fitbit Alta HR health bracelet effectively, you have to memorize 5 good tips below.

*You own yourself a Fitbit Alta HR health monitoring bracelet, but do you know how to use it effectively? The following 5 tips will show you all the things you need to know to avoid wasting Fitbit Alta HR's work.*

## Review sleep-related data

Fitbit Alta HR is equipped with sleep monitoring feature so you not only get data about each stage such as: sleep, sleep, deep sleep but also know whether your sleep is good or not to improve good. So how do I review my sleep stages? Quite simply you need to choose a specific day, Fitbit Alta HR health bracelet will show sleep details that day. If you want to see how the detailed evaluation of each stage of sleep affects the body, then click on the chart above. One trick to keep in mind is to turn on this health bracelet throughout the day to fit Fitbit Alta HR through your activity analyzing the sleep stages and giving more accurate feedback.



*Sleep data is fully displayed on Fitbit Alta HR.*

## Change the motion reminder

If you have not been active for a long time, Fitbit Alta HR will constantly remind you to move. This is very good for health, but sometimes you feel too annoying with this function and want to adjust again. Then, go to the

General section and select the Reminders to Move to change the number of times that the Fitbit Alta HR health bracelet reminds you. You can also choose the reminder date to your liking or don't like it, you can turn it off completely.

## Measure heartbeat

Fitbit Alta HR displays each level of heart rate, fat burning, cardio until you exercise. You can measure your heart rate with only Fitbit's "small but martial arts" device.



*Now you can freely use Fitbit Alta HR as you like.*

**See more: <https://quantrimang.com/3-cong-dung-noi-bat-cua-vong-tay-suc-khoe-fitbit-alta-hr-142590>**

**<https://quantrimang.com/danh-gia-nhanh-vong-tay-theo-doi-suc-khoe-fitbit-alta-hr-142598>**

## Get reminded to go to sleep

Understanding the importance of sleep, Fitbit Alta HR has added a sleep reminder feature. To get this reminder from the Fitbit Alta HR smart bracelet, go to Account then select Sleep and pull down the Bedtime section to choose the daily bedtime. Doing this Fitbit Alta HR task will remind you 30 minutes before bedtime.



Thanks to Fitbit Alta HR your sleep will be guaranteed daily.

## Increase battery life

The shelf life of Fitbit Alta HR health bracelet is quite long, can be operated up to 7 days with a full charge. However, if you know the tip, you will increase the usage time longer. In the Alta HR Settings section, turn off the data synchronization feature throughout the day, this will help the Fitbit Alta HR smart bracelet only sync data when you open the app on the phone. Alternatively, you can turn off the Always Connected option in the Help section to reduce the stability of the bluetooth connection, but compensate for the longer use of Fitbit Alta HR.

Here are 5 good tips to help you use Fitbit Alta HR health bracelets better, just memorize these 5 useful tips that you've mastered your health monitoring.

**To buy quality and reliable Fitbit Alta HR health bracelets, visit: <https://meta.vn/vong-tay-theo-doi-suc-khoe-fitbit-alta-hr-p48458>**

You finished reading the article "**If you want to use Fitbit Alta HR health bracelets, you need to know these 5 tips**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.