

Fitbit Versa Not Tracking Sleep: How to Fix

I love my Fitbit Versa. It tracks my heart rate, calories burned, the distance I covered in my morning jog, and even my sleep! I was able to keep a steady sleep tracker for a few months now until recently, my Fitbit Versa stopped tracking my sleep.

Annoyed at this inconvenience, I did some research online and followed a few troubleshooting procedures. That's when I found out why my Fitbit Versa was not tracking sleep. I wore it too loose around my wrist.

This is just one of the reasons why your Fitbit Versa is not tracking sleep. Here I have documented the different reasons for this problem and how to solve them.

To fix your Fitbit Versa not tracking sleep, start by monitoring the position of your sleep or the way you have worn the watch. From rebooting the watch to unlinking the app, there are various methods that you can try to solve the issue.

Wear it the right way

Since heartbeat is necessary for the watch to track your sleep, make sure to wear your watch on your wrist. Some prefer to hang it on a clip or pendant and this may hinder the device's capability to track the heart rate thereby affecting its mechanism of analyzing sleep. Also, ensure to wear it on the inside of your wrist where the pulse can be assessed clearly.

Manually reset the sleep log

You can also manually reset the sleep log. Tap on the sleep tile on the watch to see the sleep logs. Swipe left on the sleep log you want to delete. Manually add the details you want and set the new sleep log. This technique will also generate more accurate results as clearing logs will erase corrupted data.

Reboot the device

To reboot your Fitbit Versa, press the button on the side for 10 seconds and wait for the screen to go blank. Release the button when the Fitbit logo appears and wait for the screen to light up.

Uninstall the app

A technique that has proved to be useful in most cases, uninstalling the app can bring your Fitbit Versa back on track.

How to Uninstall Fitbit Versa app on your phone

1. Unlink Fitbit Versa from your phone. To do this, go to account settings on the Fitbit Versa app and tap on the image of the device to be removed.
2. Uninstall the Fitbit Versa app on your phone.
3. Reset the watch. To do this, open settings and tap Shutdown. Press and hold the left button and right bottom button. Release when the Fitbit logo appears on the screen.
4. Install the app again and link Fitbit Versa with your phone as a new device.

Factory Reset

Factory Reset is a method that involves risk. Even though factory resetting can help the sleep tracking to function normally, you will lose all the settings and data stored in your watch, delete all the installed apps, and erase all information synced with the phone.

To factory reset your phone, follow the steps given below:

1. Go to 'Settings' on your Fitbit Versa watch
2. Find 'About' and tap on it.
3. Scroll down to find the 'Factory Reset' option and click on it. Once you give the final confirmation the process will start.

Remember to set up your watch again after factory reset.

Adjust the sensitivity mode

If you are not a deep sleep person, you should change your Fitbit Versa's sensitivity mode to normal. This way, slight movements in your sleep will not be considered as sleep disturbances.

To change the sensitivity mode of Fitbit Versa:

1. Click on the profile icon on the Fitbit app on your mobile
2. Tap on 'Advanced Settings'
3. Click on 'Sleep sensitivity'
4. Choose the mode you want

Note that this option is not yet open for Android users. For Android users, the settings can be changed by logging in to the Fitbit account on the computer. The option can be found under 'Settings'.

Why is Your Fitbit Versa Not Tracking Sleep?

There are many reasons for your Fitbit Versa to not track your sleep.

Short naps would not be counted

Fitbit registers your sleep when you are an hour into your doze. This means you have to lay still without any movements for an hour for the watch to note that you are asleep. Therefore, a quick nap that lasts for less than an hour will not be counted as 'sleep' by the watch.

To track short naps, I would recommend manually activating sleep tracking.

Sleeping in the wrong position

Your sleep position can make your Fitbit Versa hang loose from your wrist, thereby affecting the sleep tracking ability of your watch. As the device is constantly trying to monitor your heart rate, the watch ought to stay close to your skin and should not come loose while you are asleep. For instance, if you're frequently changing positions in your sleep, the watch may come off from your wrist.

Low battery life

The watch tends to shut down the tracking capability when its battery runs out of charge. Hence, if the charge is critically low, do not expect your watch to keep tabs on your sleep.

How does your Fitbit Know you're sleeping?

Sleep tracking smartwatches do their work by keeping tabs on the heart rate of the user.

It is the variation in your heartbeat that helps the watch to analyze the amount of your sleep, the stages that you have gone through while sleeping, and the depth of your slumber at various points of time.

The beat-to-beat changes also called Heart rate variability or HRV keep changing during the different stages of sleep such as light sleep, deep sleep, and REM sleep stages.

In addition to heart rate, Fitbit Versa also analyses your movements during sleep. It is the combination of these two elements that help the smartwatch translate the readings into sleep patterns.

Do You Need to Tell Your Fitbit You're Going to Sleep?

Fitbit Versa has a built-in sleep monitoring feature. You need not tell your Fitbit you're going to bed.

Nevertheless, you can manually begin sleep tracking on your Fitbit Versa. There is an option called 'Begin Sleep Now' if you want to track power naps, that lasts for less than an hour.

Conclusion

Do not panic the next time you see your Fitbit Versa refusing to track your sleep, use these tips and see how the problem gets solved easily. Remember not every situation demands the same solution so do not hesitate to give each tip a try until you see your watch back on track!

Frequently Asked Questions

What is a good sleep score on Fitbit?

For good sleep, Fitbit Versa gives a score in the range of 80–89 while a score between 90–99 stands for excellent. 100 is the perfect sleep score. However, oftentimes, a perfect sleep devoid of slight distractions or movements is near to impossible.

Is Fitbit's sleep score accurate?

Yes, Fitbit's sleep score is known for its accuracy. The technology is quite advanced and takes into consideration even the nuances of sleep to make the analysis.

Does Fitbit disrupt sleep?

No, Fitbit Versa does not disrupt your sleep. The watch merely stays on your hand devoid of any noise or other disturbances. Tracking of the sleep is done without letting the user know.

How tight should Fitbit be overnight?

Do not wear the watch too tightly especially while you are asleep. Tie it in a way that lets you move it up and down your wrist while not too loose, as the watch needs to track the pulse to assess your sleep.

How to Get Snapchat Notifications on Fitbit Versa 2

Fitbit Versa 2 is like my go-to place. The smart watch not only keeps a tab on my activities but also assess my health like a personal fitness mentor.

One of the best things about Fitbit smart watches is how they do not let you miss out on your social exchanges while you are busy with your work or doing your morning yoga.

And this is exactly why I was disappointed when I found out that my Fitbit Versa 2 has stopped showing my Snapchat notifications. As an ardent Snapchatter, this was something that I could not get away with.

I took to the internet to find the reason behind this and found out that this was a pretty common glitch with these watches. And so, with some time-taking research I could solve the issue.

Today, I am going to share with you all those tips I found to be useful to correct the minor problem. So read on...

To get Snapchat Notification on your FitBit Versa 2, you have to turn on the Snapchat notification on your Fitbit app installed on the phone. In case the problem is not resolved there are a few other ways you can try to solve the issue.

Turn on the notifications

Oftentimes, turning on the notifications for the third party apps on the Fitbit app can help you with the situation. All you have to do is:

1. Open the Fitbit app on your phone.
2. Click on your picture on the left corner.
3. Choose the device.
4. Scroll down to select 'Notification'.
5. Choose Snapchat from the list of the third party apps available.

Change the 'Show Preview' option

Fitbit Versa 2 not showing the Snapchat notifications can also be the result of some default settings in the app that you are not aware of. 'Show Preview' is one such setting. To fix it do the following:

1. Open the Fitbit app on the phone.
2. Go to 'Settings'.
3. Click on 'Notifications'.
4. Find 'Snapchat' from the apps list.
5. Scroll down and find the option 'Show Preview'.
6. Under Show Preview select either 'When locked' or 'Always'.

Update the Fitbit App

At times, it can also be the outdated version of your Fitbit App that prevents the notification from appearing on your Versa screen. Try updating the app from the App store or Play Store and see whether the problem gets solved. This technique is said to work 80% of the time.

Checking if the notifications are on after each update

It can also be a post-update issue. Yes, this can happen too. Once the app is updated, it tends to switch off the app notifications by default. So check whether all the notifications are kept on after each update.

Keep the devices within a close range

As the phone is connected via Bluetooth with the watch, you need to keep them within almost a 30 feet range for the notifications to register on your Fitbit. If they are too far from each other, the connection between the devices can be weak.

Turn off 'Do Not Disturb'

Keeping the 'Do Not Disturb' enabled on your phone can also be a reason for your Fitbit Versa not notifying the Snapchat notifications. DND not only keeps the phone on silent but also the watch when connected.

Install the bitTracker App

If the above techniques are not working, you can go for outside help. BitTracker is an app that helps to sync the Fitbit products settings with your phone. It acts as an aid for the third party app usage.

BitTracker is not free. You can buy it from App store or Play Store. Once the installation and syncing is done, turn on the apps (from a list) that you want to have notifications from. You can now see the Snapchat notifications on your Fitbit Versa 2 screen.

How to turn off Snapchat notifications on Fitbit Versa 2

I know at times it can get a bit annoying with the frequent notifications. Especially when you are trying to relax after a long day's work, the insistent vibrations can make you go insane.

In situations such as this, you have no other choice but to turn off the app notifications.

To turn off Snapchat notifications on your Fitbit Versa 2 follows the step given below:

1. Open the Fitbit app on your phone.
2. Go to 'Settings'.
3. Scroll down to find 'Notifications' and click on it.
4. From the app list, find Snapchat and tap on it so that the check mark disappears.

Now, you have successfully turned off the Snapchat notifications on your Fitbit Versa 2.

How to get Bitmoji on Fitbit Versa 2

Who does not want to see a cheerful face motivating them throughout the day? A bitmoji avatar on your Fitbit Versa can keep you company making your day all the more lively. Personally, these little people are one of my favorite things about Fitbit Versa.

To setup Bitmoji on your Fitbit Versa do the following:

1. Open the Fitbit dashboard in your mobile. Tap on the account icon and choose the device.
2. Click on 'Clock Faces' and select 'All clocks'.
3. Search for Bitmoji by tapping the magnifying glass.
4. Here, you will find the Bitmoji face result here. Select it and install.
5. Once installed, click 'Settings'.
6. Go to the 'Snapchat' Connection section and click 'Connect'.
7. Log into your Snapchat account and connect it to Fitbit.

Conclusion

The tricks that I mentioned in the blog are proven methods to deal with the situation. Hope they work out for you the next time your Fit bit Versa stops showing Snapchat notifications.

Frequently Asked Questions

How do I hide Snapchat notifications on Fitbit Versa 2?

To hide Snapchat notification on your Fitbit, you can turn off the Snapchat notifications on the Fitbit app on your phone.

Why won't my Fitbit vibrate when I get a text?

The reason for your Fitbit not vibrating might be that you have kept the 'Always Vibrate' option under the 'Vibration Settings' section off. This option can be found under 'Notifications' of the Fitbit app installed on your phone.

How do I get text notifications on my Fitbit versa 2?

To get the text messages on your Fitbit Versa, turn on the toggle for 'Text Messages' under 'Notifications' section of the Fitbit app installed on your phone.

How do I turn off text notifications on Fitbit?

To turn off the text notifications on your Fitbit, turn off the 'Text Messages' option under the 'Notification' section of your Fitbit app installed on your phone.