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Subject: Fitbit "Silent" Alarm

Posted by [Nymeria](#) on Tue, 26 Aug 2014 13:59:26 GMT

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I have a Fitbit with a "silent" alarm; it vibrates and emits a low buzz. I wear it on my belt or collar and surprisingly it always wakes me up. I don't understand how it can be so quiet and yet so effective. Does anyone else have experience with this?

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Subject: Re: Fitbit "Silent" Alarm

Posted by [audioaudio90](#) on Wed, 27 Aug 2014 12:34:15 GMT

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Perhaps it's the combination of vibration and audible sound that wakes you. I'm sure they also did studies to figure out an optimum frequency for waking.

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Subject: Re: Fitbit "Silent" Alarm

Posted by [Nymeria](#) on Sun, 31 Aug 2014 14:40:10 GMT

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You're probably right. It's just so strange to me that it works as well as it does. I was very skeptical and tried it on a morning when I didn't technically have to be awake, just in case it didn't work. I've found I can rely on it though.

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