

Why Is My Apple Watch Automatically Locked Once Removed From Wrist?

TechRounder PDF Edition

Live article:

<https://www.techrounder.com/apple/why-is-my-apple-watch-automatically-locked-once-removed-from-wrist/>

By Vipin PG | Published January 9, 2023 | Updated June 12, 2025 | Format: Explainer | 3 min read

In brief

Your Apple Watch automatically locks when removed from your wrist due to a built-in security feature called Wrist Detection, which prevents unauthorized access to your device.

If you are using an Apple Watch, you might notice that it is automatically locked once removed from the Wrist. Most Apple Watch users know the Apple Watch is automatically locked when removed from the hand.

We will explain why the Apple Watch automatically locks once removed from the Wrist.

Apple Watch Automatic Lock Once Removed From Wrist

Apple Watch has a built-in feature that automatically checks whether the watch is on the wrist. It will automatically lock the device once it detects that the watch is removed from the wrist. Since Apple is more focused on privacy and security, the watch will automatically lock by default to prevent unauthorized access and misuse. Comfortable Apple Watch straps can make wearing your watch all day a breeze.

How to Disable the Automatic Locking Apple Watch

As mentioned before, the automatic locking of the Apple Watch is turned on By default. If you wish to disable the Apple Watch's automatic Locking, follow the steps below.

Turn Off the Automatic Apple Watch Lock From the Apple Watch

You can disable the Automatic Lock when removed from the Wrist option in the watch settings. To do so, follow the steps.

Step 1: Open your Apple Watch and Press the Digital Crown to access the app list options.

Step 2: Scroll the digital crown to access the Settings option. Once the setting app is found, click on it.

Step 3: From the settings items, scroll down and click on Passcode.

Step 4: While inside the Passcode options, scroll down, and you will find an option, Wrist Detection, as the last item, which will be enabled by default.

Step 5: Turn Off the Wrist Detection option, and your Apple watch will not get automatically locked while removed from the Wrist.

Disable the Automatic Lock of the Apple Watch From the iPhone

Alternatively, you can disable the automatic locking feature of the Apple Watch from the iPhone itself. To do so, follow the below steps.

Step 1: Open the Watch App on your iPhone.

Step 2: Under the My Watch section, scroll down and find an option called Passcode. Click on that.

Step 3: You will find Wrist Detection under the Passcode section. Turn off that to disable the automatic locking on the Apple Watch once it is removed from the wrist.

Few Things to be Noted Before Turning Off the Wrist Detection Feature

Since the Passcode and the Wrist Lock are features that add security and privacy to the Apple Watch, disabling the Wrist Lock feature will disable some of the core features of the Apple Watch.

Therefore, before disabling the Wrist Lock, note the following points.

- Once you disable the Wrist Lock Feature on the Apple Watch, the Following feature will be disabled.
- Once the Wrist Detection is Disabled, your Apple Watch won't lock automatically.
- You won't be able to open the iPhone using the Apple Watch.
- Emergency SOS will not work once the Wrist Detection is turned off.
- Noise measurement won't work.
- Sleep Tracking will not work.
- Heart rate tracking will not be available while the Wrist detection is off.
- The respiratory rate won't be available.

Most features won't work once the wrist detection is turned off. So, only turn off the Apple Watch Wrist Detection feature if needed.

References

1. smartstraps.au - collections / apple-watch-bands - <https://smartstraps.au/collections/apple-watch-bands>