SUN 24
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25626

使用指南

USER MANUAL

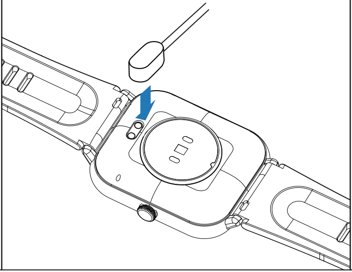
手表客户端下载

扫描下方二维码下载并安装手表客户端。

扫码下载手机客户端

手表充电与激活

首次使用手表之前需要充电激活；
使用配备的磁吸充电线吸附到手表背面的金属触点，充电线另一端接入USB充电头或者电脑USB接口即可。



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USER MANUAL

SMART BRACELET

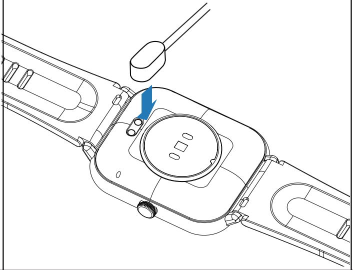
Downloading the App

Scan the following QR code, download and install the App.

Scan QR Code and Download

Charging and Active

Charging the device to active before the first time using;
To charge your device, plug the charging cable into the adapter or USB port on your computer.



连接手表

打开手机客户端设置个人信息

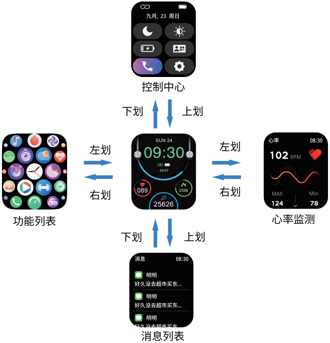
切换至「设备」页面，点击「绑定设备」

在扫描到的设备列表点击你的设备

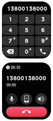
绑定完成

在手表设置菜单—关于界面，将显示手表MAC地址，可以通过设备列表中的MAC地址来确定你的设备；
手表绑定成功后，今后每次打开客户端，手表会自动与手机连接，在客户端数据页面下拉可以同步数据。

手表操作指导

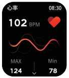

控制中心
下划
上划
左划
右划
左划
右划
功能列表
心率监测
下划
上划
消息列表

通话功能简介



当手表与手机连接后,可以使用手表进行拨号控制手机进行通话;也可以在手表上接听来自手机的通话。
同时也可以查看手表的通话记录信息。
在使用通话功能时,需要确保手表与手机的连接状态稳定。

手表功能简介



心率

手表可以记录并显示全天24h心率值。
点击心率界面，可测量当前心率值。
更多详细信息分析以及数据记录可以在客户端中查看。

Pairing

Open the App and set up your profile

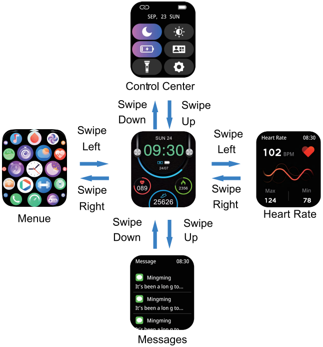
Go to the「Device」, Click「Add a Device」

Choose your device on the scanning list

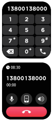
Finish

The MAC address on the “Setting”-”About” page could help you identify your device on the scanning list.

Use the Touch Screen

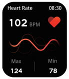

Control Center
Swipe Down
Swipe Up
Swipe Left
Swipe Right
Swipe Left
Swipe Right
Menue
Heart Rate
Swipe Down
Swipe Up
Messages

Phone Call



After connecting t he smart Watch to the phone, you canuse the watch to dial to control the phone for making calls and answering the phone calls.
You can also vi ew the call history of the watch.
You need to keep the connection between the watch andthe phone stable when using the Phone Call function.

Smart Watch Features

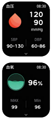


Heart Rate Test

The Smart Watch could record your heart rate all day.

You also could tap on the page to start measuring heart rate.

手表功能简介


血压
08:30
120
90
mmHg
SBP
90-130
DBP
60-86
血氧
08:30
96%
MAX
99
Min
96

血压/血氧

点击血压/血压界面，可测量当前血压值/血氧值。

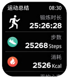
更多详细信息分析以及数据记录可以在客户端中查看。

经期提醒

点击生理期界面，通过管理周期日历，智能预测胜利周期。

更多详细信息分析以及数据记录可以在客户端中查看。

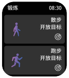
手表功能简介


运动总结
08:30
锻炼时长
25:26:28
步数
25268 Steps
消耗
2526 Kcal

运动信息

手表可记录并显示每天行走的步数、消耗的热量以及里程信息。

更多详细信息分析以及数据记录可以在客户端中查看。

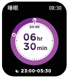

锻炼
08:30
散步
开放目标
跑步
开放目标

锻炼

8种运动模式可供选择，包括：走路、跑步、骑行、篮球、足球、羽毛球、跳绳、游泳。

更多详细信息分析以及数据记录可以在客户端中查看。

手表功能简介


睡眠
08:30
23:00
06 hr
30 min
23:00-05:30

睡眠

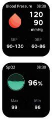
手表可记录并显示昨夜的睡眠总时长以及深睡眠、浅睡眠的时长。

更多详细信息分析以及数据记录可以在客户端中查看。

音乐控制

连接手机后，手表可以控制手机音乐播放器。

Smart Watch Features


Blood Pressure
08:30
120
90
mmHg
SBP
90-130
DBP
60-86
SpO2
08:30
96%
Max
99
Min
96

Blood Pressure /SpO2 Test

Tap on the blood pressure /SpO2 page,to start measuring your blood/SpO2.

On the blood pressure/SpO2 page,
It can show the blood pressure /SpO2 measured data of the last times.

show the blood pressure measured

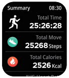
Period will start
tomorrow.

Period reminder

Click on the menstrual period interface, through the management cycle calendar, Intelligently predict victory cycles.

On the period reminder page,
It can show the period reminder measured data of the last times.

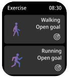
Smart Watch Features


Summary
08:30
Total Time
25:26:28
Total Move
25268 Steps
Total Calories
2526 Kcal

Sports

Smart Watch automatically tracks Steps taken on the screen.

NOTE: Your movement stats reset to zero at midnight.

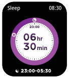

Exercise
08:30
Walking
Open goal
Running
Open goal

Training

Tap the training icon on the menu to start a new training measure recording, there are 8 sport modesto be chosen.

The last training recording will be shown on the training page.

Smart Watch Features


Sleep
08:30
23:00
06 hr
30 min
23:00-05:30

Sleep

If you keep wearing Smart Watch in your sleep , it can provide the hours slept and quality of sleep stats on both the screen and the APP.

NOTE: Sleep stats reset to zero at 8:00 pm.

Player
08:30

Player Shutter

After connecting the device,you can remote contral the music player on yourphone.

手表功能简介

相机控制

连接手机后，手表可以作为手机相机遥控器。
在手机上打开相机后，在手表相机控制页面点击即可触发手机相机快门。

消息
08:30
明明
好久没去超市买东...
明明
好久没去超市买东...
明明

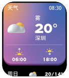
消息推送

手表可以接收显示手机上的通知推送，可在客户端中设置推送项目开关。
手表消息页面可以储存最近5条消息记录。

手表功能简介

其他功能

手表的其他功能中包含秒表、闹钟、计时器、亮度调节、振动开关、影院模式、恢复出厂设置、关机操作、关于。


天气
08:30
雾
20°
深圳
06:00
18:00
周日
20/14

天气信息

天气页面会显示当前的天气、空气质量信息，以及明日的状况。
天气信息需要连接客户端后才可以获取数据，如果长时间断开连接，天气信息将无法更新。

手表功能简介

久坐提醒

手表在你久坐1小时后，会提示你起身走走。

久坐提醒功能可以在客户端中设置开关。

喝水提醒

手表在计划的喝水时间时，会提示你该喝水了。
喝水提醒功能可以在客户端中设置。

Smart Watch Features

Shutter
08:30

Remote Shutter

After connecting the device,you can remote contral the camera on your phone.

Message
08:30
Mingming
It's been a lon g to...
Mingming
It's been a lon g to...
Mingming

Messages Reminder

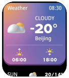
The device can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram etc.
Recently 5 messages can be stored.
Note: You can switch of/off the incoming notification in the APP.

Smart Watch Features

Timer
Alarm
Stopwatch
Period

Other Features

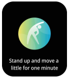
Other features include stop watch, alarm, timer, brightness,mute on/off, theater mode,factory reset, power off and about.


Weather
08:30
CLOUDY
-20°
Beijing
06:00
18:00
SUN
20/14

Weather

It could show the weather info of current and tomorrow on the weatherpage.
Weather info is synced after connecting with the APP, it will not be updated after a long disconnected.

Smart Watch Features


Stand up and move a little for one minute

Remind to Move

The device will vibrate to remind you to make a relax after 1 hour sittiing.
Note: You can switch on/off the feature in the APP.

Time to Drink Water

Remind to Drink

The smart watch will remind you "Time to Drink Some Water" at the planned drinking time.
Note: You can set the feature in the APP.

常见问题与解答

血压数值为什么跟血压计有偏差?

手表和血压计测量数值出现的偏差是由多种因素决定的，血压计测量部位是在肱动脉，手表测量部位是在微动脉的两个主要分支，正常情况下主动脉血压测量值和微动脉血压测量值会相差三到四十；如果你使用手表和血压计同时进行测量，由于动脉里流动的是离心方向的血液，血压计测量时绑带使你的肘正中以下部位处于受压状态，暂时血液无法顺畅的向下面的动脉分支流动；血管紧张感增加，将使上下血压测量值偏差会更大。

为什么不能佩戴手表洗热水澡?

洗澡水的温度比较高，会产生很多的水蒸气，而且水蒸气是气相的，其分子半径小，容易从手表的壳体空隙渗进去，当温度降下来后又会重新凝结成液相的水滴，容易造成手表内部线路短路，损伤手表电路板，进而损坏手表。

常见问题与解答

为什么手表接收不到消息推送?

安卓手机设置:
1.确认在手机客户端开启了消息推送的开关
2.确认消息在手机通知栏都可以正常显示，手表消息推送是通过读取手机通知栏消息进行推送；若手机通知栏没有消息，手表将无法接收推送。
(需要在手机设置中找到通知设置，开启微信、QQ、电话、短信、手机客户端的通知开关)
3.打开手环客户端的辅助功能设置
(在手机设置中找到辅助功能，打开手环客户端的辅助功能设置)

苹果手机设置:
1.确认在手机客户端开启了消息推送的开关
2.确认消息在手机通知栏都可以正常显示
(需要在手机设置中找到通知设置，开启微信、QQ、电话、短信、手机客户端的通知开关)

Getting to Know Your Device

1.Using in Wet Conditions
Your device is water-resistant, which means it is rain-proof and splash-proof and can stand up to even the sweatiest workout.
NOTE: Do not swim with your Smart Bracelet. We also don't recommend showering with your wristband; though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your bracelet wet, dry it thoroughly before putting it back on.

2.Using Quick View
With Quick View you can check the time or the message form your phone on your Smart Bracelet without taping. Just turn your wrist towards you and the time screen will appear for a few seconds.

General Info & Specifications

1.Environmental Conditions

Operating temperature: 14F to 122°F(-10°C to 50°℃)
Non-operating temperature: -4F to 140F (-20C to 60°℃)

2.Size
Fits a wrist between 5.5 and 7.7 inches in circumference.

3.Disposal and Recycling
Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Smart Bracelet and accompanying components. Do not dispose of Smart Bracelet with common household waste, the Smart Bracelet unit is considered electronic waste and should be disposed of at your local electronic equipment collection facility.
For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.

FCC Warning

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-Reorient or relocate the receiving antenna.

-Increase the separation between the equipment and receiver.

-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.