

Citizen NY0040-09E

Instruction Manual

CITIZEN MEN ANALOG WATCH WITH POLYURETHANE STRAP NY0040-09E

Introduction

This manual provides essential information for the proper use, care, and maintenance of your Citizen Mechanical Watch NY0040-09E Diver's Automatic Promaster. Please read this manual thoroughly to ensure optimal performance and longevity of your timepiece.

The Citizen NY0040-09E is a robust diver's watch featuring a 42 mm steel case, a black dial with date display, a unidirectional rotating bezel, and a screw-locked bottom. Its screw-down crown is uniquely positioned at 8 o'clock. It comes with a black soft polyurethane strap and is powered by a mechanical movement with automatic winding. This watch holds an ISO6425 certificate with ISO 20 Bar waterproofing, making it suitable for professional diving.

Product Overview

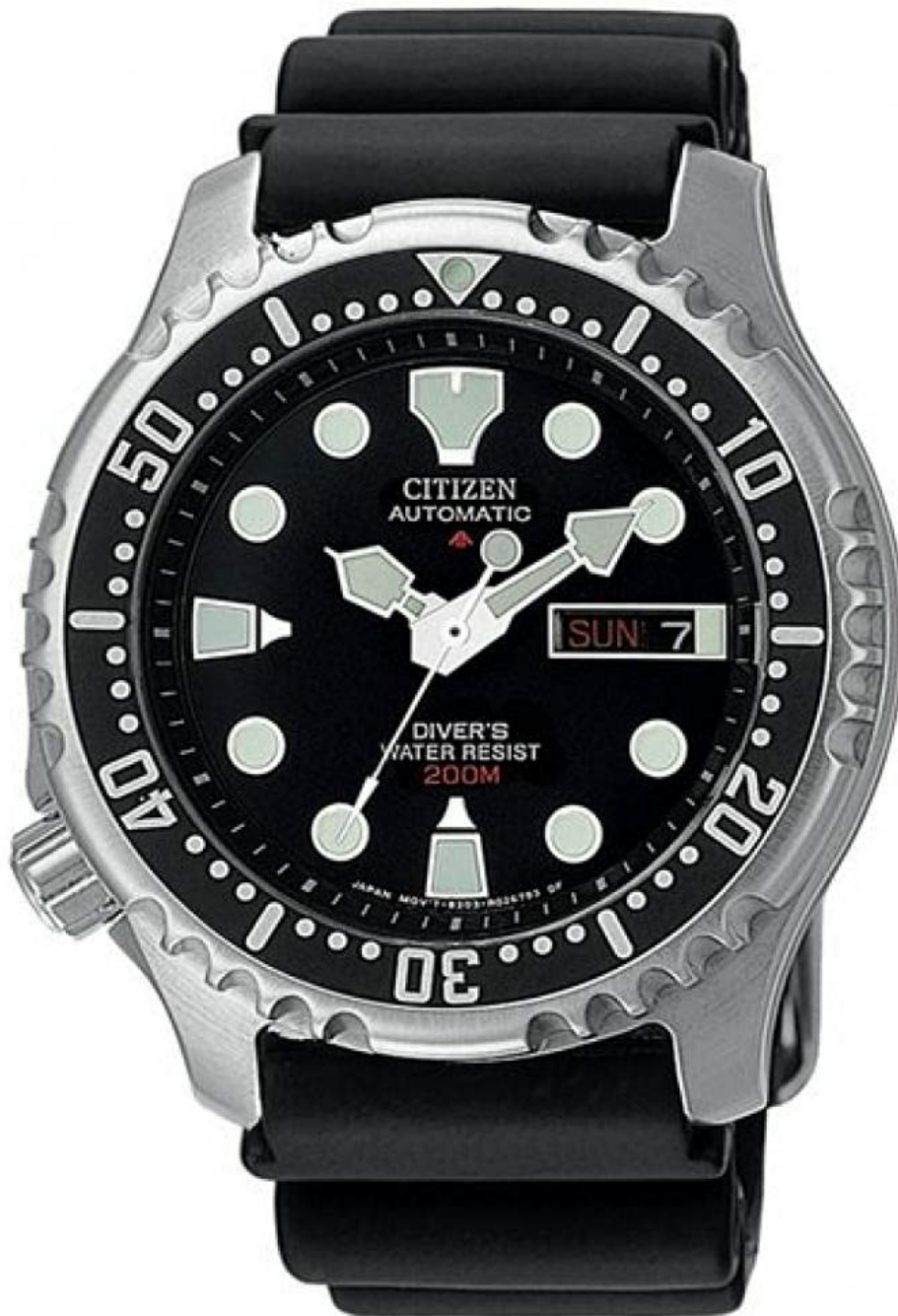


Figure 1: Front view of the Citizen NY0040-09E Diver's Automatic Promaster watch. It features a black dial with luminous hour markers and hands, a date window at 3 o'clock, and a silver-toned unidirectional rotating bezel. The watch is fitted with a black polyurethane strap.

- **Movement:** Automatic mechanical movement.
- **Case Diameter:** 42 mm steel case.
- **Dial:** Black dial with luminous markers.
- **Bezel:** Unidirectional rotating bezel.
- **Water Resistance:** 200 meters (ISO 20 Bar), suitable for diving.
- **Crown:** Screw-down crown positioned at 8 o'clock.
- **Strap:** Black soft polyurethane strap with buckle closure.

Setup

Setting the Time and Date

1. **Unscrew the Crown:** Locate the crown at the 8 o'clock position. Rotate the crown counter-clockwise until it is

unscrewed from the case.

2. **First Click (Date Adjustment):** Gently pull the crown out to the first click position. Rotate the crown clockwise or counter-clockwise to set the date. Avoid setting the date between 9 PM and 3 AM, as this can damage the movement.
3. **Second Click (Time Adjustment):** Pull the crown out further to the second click position. The second hand will stop. Rotate the crown to set the time. To ensure accurate time setting, align the minute hand a few minutes past the desired time, then rotate it back to the exact time.
4. **Push and Screw Down the Crown:** Once the time and date are set, push the crown back in completely. While pushing, rotate the crown clockwise to screw it back into the case. Ensure it is tightly secured to maintain water resistance.

Initial Winding

As an automatic watch, the NY0040-09E winds itself through the motion of your wrist. If the watch has stopped or is low on power, you can manually wind it by rotating the crown clockwise while it is in the fully pushed-in (screwed-down) position. Wind it approximately 30-40 times to build up an initial power reserve. Regular wear will keep it wound.

Operating the Watch

Using the Unidirectional Rotating Bezel

1. Before a dive, align the triangle marker on the bezel with the minute hand.
2. As time passes, the minute hand will indicate the elapsed time on the bezel's scale.
3. This feature is crucial for monitoring dive times and decompression stops.

Automatic Movement Operation

The watch is powered by an automatic mechanical movement. It does not require batteries. The mainspring is wound by the natural motion of your arm. When fully wound, the watch has a power reserve that allows it to run for a certain period (typically 40-42 hours) even when not worn. If the watch stops, simply pick it up and gently swing it side to side for a minute or two, or manually wind it as described in the "Initial Winding" section, to restart it.

Maintenance and Care

- **Water Resistance:** The watch is water resistant to 200 meters (20 Bar). Ensure the crown is always screwed down tightly before exposing the watch to water. After exposure to saltwater, rinse the watch thoroughly with fresh water and dry it with a soft cloth. Do not operate the crown or pushers underwater.
- **Cleaning:** Clean the watch case and strap regularly with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used, followed by thorough rinsing with fresh water. Avoid using harsh chemicals or abrasive materials.
- **Temperature Extremes:** Avoid exposing the watch to extreme temperatures (above 60°C / 140°F or below 0°C / 32°F) or sudden temperature changes, as this can affect the movement and seals.
- **Magnetic Fields:** Keep the watch away from strong magnetic fields (e.g., speakers, refrigerators, mobile phones, MRI machines), as magnetism can affect the accuracy of the mechanical movement. If your watch becomes magnetized, it may run fast or slow and will require demagnetization by a professional.
- **Impact:** While designed to be robust, avoid dropping the watch or subjecting it to severe impacts, which can damage the internal components.
- **Service:** For optimal performance and to maintain water resistance, it is recommended to have your watch serviced by an authorized Citizen service center every 3-5 years.

Troubleshooting

Problem	Possible Cause	Solution
Watch stops or runs intermittently.	Insufficient power reserve.	Wear the watch regularly or manually wind it (30-40 turns of the crown) to build up power reserve.
Watch runs too fast or too slow.	Exposure to strong magnetic fields; needs regulation.	Keep away from magnetic sources. If problem persists, consult an authorized service center for demagnetization or regulation.
Date changes at noon instead of midnight.	AM/PM setting is incorrect.	Advance the time by 12 hours.
Water inside the watch or fogging under crystal.	Crown not properly screwed down; seal damage.	Immediately take the watch to an authorized service center. Do not attempt to dry it yourself.

Specifications

- **Model Number:** NY0040-09E
- **Movement Type:** Automatic Mechanical (Caliber 8204)
- **Case Material:** Stainless Steel
- **Case Diameter:** 42 mm
- **Case Thickness:** Approximately 12.5 mm
- **Crystal:** Mineral Crystal
- **Strap Material:** Polyurethane
- **Water Resistance:** ISO 20 Bar (200 meters) Diver's
- **Functions:** Hours, Minutes, Seconds, Day, Date
- **Crown:** Screw-down, positioned at 8 o'clock
- **Bezel:** Unidirectional Rotating
- **Product Dimensions:** 10.01 x 10.01 x 10.01 cm; 95 g
- **First Available:** 16 October 2012

Warranty and Support

Your Citizen watch is covered by an official manufacturer's guarantee. Please refer to the warranty card included with your purchase for specific terms and conditions, including the warranty period and coverage details. Keep your proof of purchase for warranty claims.

For service, repairs, or technical support, please contact an authorized Citizen service center. You can find a list of authorized service centers on the official Citizen website or by contacting Citizen customer service.

For more information, visit the official [Citizen Store](#).

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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Email

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question