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## SEIKO SUT116

# Seiko SUT116 Women's Solar Watch Instruction Manual

### PRODUCT OVERVIEW

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The Seiko SUT116 is a women's solar-powered analog watch featuring a Japanese quartz movement. This timepiece is designed with a durable two-tone stainless steel case and bracelet, complemented by a white dial. It includes a day/date calendar function and is water resistant up to 30 meters. The solar cell eliminates the need for battery changes, drawing power from all types of light and offering a long power reserve once fully charged.



A close-up view of the Seiko Women's SUT116 watch, showcasing its two-tone stainless steel bracelet, gold-tone bezel, white dial with Arabic numerals, and day/date display.

## INITIAL SETUP

### 1. Charging the Watch

Your Seiko SUT116 watch is powered by light. Before initial use, or if the watch has stopped, expose it to bright light for several hours to ensure it is fully charged. Direct sunlight or strong artificial light sources are effective. A full charge provides approximately a 6-month power reserve.

### 2. Setting the Time and Date

- Pull out the crown:** Gently pull the crown (the knob on the side of the watch) out to the second click position. The second hand will stop.
- Set the time:** Turn the crown to advance the hands clockwise until the correct time is displayed. Ensure to distinguish between AM and PM when setting the date. The date changes around midnight.
- Set the date and day:** Push the crown in one click to the first click position. Turn the crown clockwise to set the date and counter-clockwise to set the day. Adjust until the correct date and day are shown.
- Push in the crown:** Once the time, date, and day are set, push the crown back into its normal position. The second hand will resume movement.

### 3. Adjusting the Bracelet

The watch bracelet may need adjustment for a comfortable fit. It is recommended to have a qualified jeweler perform any link removal or addition to prevent damage to the watch or bracelet.

## OPERATION

### Solar Power Functionality

The Seiko SUT116 utilizes a solar cell located under the dial to convert light into electrical energy. This energy is stored in a rechargeable battery, powering the watch movement. Continuous exposure to light ensures optimal performance and prevents the watch from stopping.

### Water Resistance

This watch is water resistant to 30 meters (99 feet). This means it is suitable for everyday use and can withstand splashes or brief immersion in water. It is **not** suitable for showering, swimming, diving, or any water sports where it may be subjected to high-pressure water or prolonged submersion.

## CARE AND MAINTENANCE

- **Cleaning:** Wipe the watch case and bracelet regularly with a soft, dry cloth to remove dirt and moisture. For stubborn dirt, a slightly damp cloth can be used, followed by a dry cloth. Avoid using harsh chemicals or abrasive materials.
- **Charging:** To maintain optimal charge, ensure the watch is regularly exposed to light. If stored in darkness for extended periods, it may lose charge and stop.
- **Temperature:** 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 its performance and lifespan.
- **Chemicals:** Keep the watch away from solvents, detergents, perfumes, and cosmetics, as these can damage the case, bracelet, or gaskets.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch has stopped or is running intermittently.	Insufficient charge.	Expose the watch to bright light (sunlight or strong artificial light) for several hours to fully charge it.
Time or date is incorrect.	Time/date not set correctly or adjusted for short months.	Refer to the "Setting the Time and Date" section to reset. For months with fewer than 31 days, manually adjust the date on the first day of the following month.
Condensation inside the watch.	Exposure to extreme temperature changes or water ingress.	Immediately take the watch to an authorized service center for inspection. Do not attempt to open the watch yourself.

## PRODUCT SPECIFICATIONS

**Model Number:** SUT116

**Movement Type:** Japanese Quartz (Solar Powered)

**Display:** Analog

**Case Material:** Stainless Steel

**Band Material:** Stainless Steel (Two-tone)

**Dial Color:** White

**Band Color:** Two Tone

**Case Diameter:** 25 mm

**Case Thickness:** 8.08 mm

**Band Width:** 13.28 mm

**Crystal:** Hardlex

**Water Resistance:** 30 meters (99 feet)

**Power Reserve:** Approximately 6 months when fully charged

**Features:** Day/Date Calendar, Push-button clasp closure

## OFFICIAL PRODUCT VIDEO

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Your browser does not support the video tag.

Official product video demonstrating the Seiko Women's SUT116 watch, highlighting its design and features.

## WARRANTY AND SUPPORT

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This Seiko watch is covered by a manufacturer's warranty. For specific warranty terms, conditions, and duration, please refer to the warranty card included with your purchase or visit the official Seiko website. For technical assistance, repairs, or any other support inquiries, please contact an authorized Seiko service center or your retailer.

You can find more information and locate service centers through the official Seiko website:

[www.seikowatches.com](http://www.seikowatches.com)