

Sony SWR12

Sony SmartBand 2 SWR12 User Manual

Model: SWR12

1. INTRODUCTION

This manual provides instructions for the Sony SmartBand 2 SWR12, a life-logging wristband designed to monitor various aspects of your daily activity and well-being. It tracks pulse, Heart Rate Variability (HRV), movement, and sleep quality. The SmartBand 2 is compatible with both Android and iOS devices, offering notifications and media control functionalities.

2. WHAT'S IN THE BOX

The Sony SmartBand 2 package includes the following items:

- 1 x SmartBand 2 Wristband (SWR12)
- USB Charging Cable
- Quick Start Guide



Image: The Sony SmartBand 2 SWR12 wristband, shown in black with its silver clasp.

3. SETUP

3.1. Initial Charging

Before first use, fully charge your SmartBand 2. Connect the provided USB charging cable to the charging port on the SmartBand 2 and to a USB power source. The device's LEDs will indicate charging status.

3.2. Installing the Companion App

To utilize all features of the SmartBand 2, you must install the dedicated companion application on your smartphone. Search for "SmartBand 2" or "LifeLog" in your device's app store (Google Play Store for Android, Apple App Store for iOS) and follow the on-screen instructions to install.

3.3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the SmartBand 2 companion app.
3. Follow the in-app instructions to search for and pair with your SmartBand 2. You may need to press a button on the SmartBand 2 to initiate pairing mode.
4. Confirm the pairing request on both your smartphone and the SmartBand 2 if prompted.

3.4. Wearing the SmartBand 2

For accurate heart rate and activity tracking, wear the SmartBand 2 snugly on your wrist, approximately one finger's width above your wrist bone. Ensure the sensor is in contact with your skin. Avoid wearing it too tightly, which can restrict circulation, or too loosely, which can affect sensor accuracy.



Image: The Sony SmartBand 2 SWR12 worn on a wrist, demonstrating proper fit.

4. OPERATING THE SMARTBAND 2

The SmartBand 2 operates primarily through its companion app and subtle interactions on the device itself, such as vibrations and LED indicators.

4.1. LED Indicators

The SmartBand 2 features three LED lights that communicate various statuses:

- **Charging Status:** LEDs illuminate to show charging progress.
- **Notifications:** LEDs flash in specific patterns for incoming calls, messages, or alarms.
- **Pairing Mode:** LEDs indicate when the device is in pairing mode.

4.2. Vibrations

The SmartBand 2 uses vibrations for notifications and smart alarms. The intensity and pattern of vibrations may vary depending on the type of alert.

4.3. Button Functionality

The small button on the side of the SmartBand 2 can be used for various functions, such as initiating pairing, controlling media playback, or interacting with the camera on your paired device. Refer to the companion app for specific button press configurations and functionalities.

5. KEY FEATURES

5.1. Heart Rate Monitoring

The SmartBand 2 continuously monitors your pulse and Heart Rate Variability (HRV). This data helps gauge physical exertion during exercise and provides insights into your overall stress and recovery. View detailed heart rate data within the companion app.

5.2. Sleep Tracking and Smart Wake-up

The device tracks the duration and quality of your sleep. It identifies sleep cycles and can wake you up at an optimal time within a set window, aiming to make your waking experience more natural and less jarring.



Image: A user viewing their sleep summary on a smartphone while wearing the SmartBand 2.

5.3. Activity Tracking

The SmartBand 2 counts your steps and monitors your general movements throughout the day, providing

an overview of your daily activity levels.

5.4. Notifications

Once paired, the SmartBand 2 uses vibrations and its three LEDs to notify you of incoming calls, messages, and alarms from your smartphone, allowing you to stay connected without constantly checking your phone.

5.5. Media and Camera Control

You can use the SmartBand 2 to remotely control media playback (e.g., play, pause, skip tracks) and even trigger the camera shutter on your paired mobile device.

6. MAINTENANCE

6.1. Cleaning

Regularly clean your SmartBand 2 with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the device. Ensure the charging contacts are clean and dry before charging.

6.2. Water Resistance

The SmartBand 2 has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for swimming in fresh water. However, it is not recommended for diving, snorkeling, or exposure to pressurized water or chemicals (e.g., chlorinated pools for extended periods, saltwater without rinsing). Always rinse the device with fresh water after exposure to non-fresh water and dry it thoroughly.

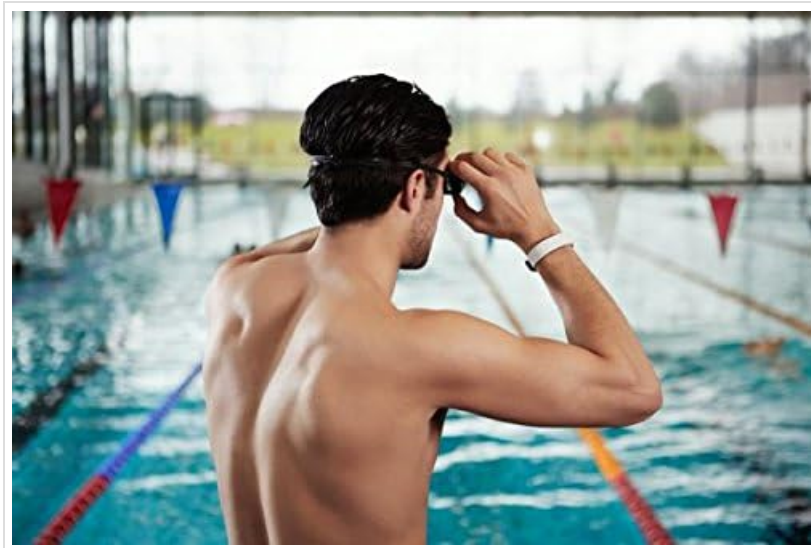


Image: A person at the edge of a swimming pool, demonstrating the SmartBand 2's water resistance.

6.3. Battery Care

To prolong battery life, avoid fully discharging the device frequently. Charge it regularly. Store the device in a cool, dry place when not in use for extended periods.

7. TROUBLESHOOTING

7.1. Device Not Turning On or Responding

- Ensure the device is fully charged. Connect it to a charger for at least 30 minutes.
- Attempt a soft reset by pressing and holding the button for approximately 10-15 seconds.

7.2. Pairing Issues

- Ensure Bluetooth is enabled on your smartphone and the SmartBand 2 is in pairing mode.
- Restart both your smartphone and the SmartBand 2.
- Clear the Bluetooth cache on your smartphone (Android) or forget the device and try pairing again.
- Ensure the SmartBand 2 companion app is up to date.

7.3. Inaccurate Readings (Heart Rate, Steps, Sleep)

- Verify the SmartBand 2 is worn correctly: snug on the wrist, sensor in contact with skin, one finger's width above the wrist bone.
- Ensure the sensor area on the back of the device is clean and free from debris.
- Environmental factors or excessive movement during sleep can sometimes affect sleep tracking accuracy.

7.4. Notifications Not Working

- Check that the SmartBand 2 is successfully paired and connected to your smartphone via Bluetooth.
- Verify notification permissions are granted to the SmartBand 2 companion app in your smartphone's settings.
- Ensure notifications are enabled within the SmartBand 2 app settings.

8. SPECIFICATIONS

Feature	Detail
Model Name	SmartBand 2 (SWR12)
Operating System Compatibility	Android, iOS
Connectivity	Bluetooth
Special Features	Heart Rate Monitor, Sleep Monitor, Music Player Control, Notifications
Water Resistance Level	IP68 (Waterproof)
Battery Type	Lithium Ion
Battery Average Life	Up to 36 Hours
Band Material	Silicone
Item Weight	0.01 Pounds (approx. 4.5 grams)
Item Dimensions	1.6 x 0.37 x 0.6 inches (approx. 40.6 x 9.4 x 15.2 mm)
GPS	No GPS

9. WARRANTY AND SUPPORT

The Sony SmartBand 2 SWR12 comes with a standard **1-year warranty** from the date of purchase. This

warranty covers manufacturing defects under normal use conditions.

For warranty claims, technical support, or further assistance, please contact Sony customer service. Refer to the official Sony website or your purchase documentation for specific contact details in your region.

Note: This device is not a medical device. It is not intended for medical use or to replace the advice of a qualified medical professional. Please seek medical advice before undertaking any new or altered training regime using this device, particularly if using this device together with a pacemaker or other medical devices.