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› Samsung Galaxy Watch (46mm) SM-R800 User Manual

Samsung SM-R800NZSAXSG

Samsung Galaxy Watch User Manual

Model: SM-R800NZSAXSG

Brand: Samsung

INTRODUCTION

The Samsung Galaxy Watch combines the features of a smartwatch with the natural feel of an analog watch, designed to keep you connected and informed. It tracks sleep quality, monitors stress levels, and helps manage your daily schedule.



Image: Front view of the Samsung Galaxy Watch 46mm, showcasing its circular display and rotating bezel.

WHAT'S IN THE BOX

- Galaxy Watch
- Additional Strap (Large and Small)
- Wireless Charging Dock

- Travel Adaptor
- Quick Start Guide
- User Manual

SETUP

1. Initial Charging

Before first use, fully charge your Galaxy Watch using the provided Wireless Charging Dock and Travel Adaptor. Place the watch on the dock, ensuring it aligns correctly for charging. A full charge typically takes approximately 2 hours.

2. Pairing with Your Smartphone

To unlock the full functionality of your Galaxy Watch, pair it with your smartphone. Download the **Galaxy Wearable** app from your device's app store. Follow the on-screen instructions within the app to connect your watch. This process may require installing additional Samsung-related applications.



Image: Side profile of the Samsung Galaxy Watch, highlighting its physical buttons and design.

3. Wearing the Watch

Ensure the watch is worn snugly on your wrist, about a finger's width above your wrist bone, to ensure accurate heart rate and activity tracking. Adjust the strap for comfort.

OPERATING YOUR GALAXY WATCH

Navigation

The Galaxy Watch features a rotating bezel and a touch screen for intuitive navigation. Rotate the bezel to scroll through widgets and notifications, and tap the screen to select items. The two side buttons provide quick access to the home screen and recent apps.

Key Features

- **Activity Tracking:** Automatically tracks various activities, including steps, calories burned, and active minutes.
- **Sleep Monitoring:** Analyzes your sleep patterns across 4 stages of sleep to provide insights into your rest quality.
- **Stress Management:** Monitors stress levels and offers guided breathing exercises to help reduce stress.
- **Notifications:** Receive and manage smartphone notifications directly on your wrist.
- **Music Playback:** Control music playback from your watch, including streaming via Spotify (requires separate app and premium account).
- **GPS:** Built-in GPS for accurate location tracking during outdoor activities.

Your browser does not support the video tag.

Video: An official Samsung video showcasing various features of the Galaxy Watch, including activity tracking, music control, and water resistance.

MAINTENANCE

Cleaning Your Watch

Regularly clean your Galaxy Watch and strap to prevent residue buildup. After exposure to water, especially chlorinated water, rinse the watch with fresh water and dry it thoroughly. Use a soft, lint-free cloth for cleaning. Avoid harsh chemicals or abrasive materials.

Battery Life Optimization

The Galaxy Watch battery can last between 2 to 5 days depending on usage. To optimize battery life, consider adjusting settings such as screen brightness, always-on display, and frequency of heart rate monitoring. Charging the watch while performing routine tasks like showering or having breakfast can help maintain a full charge throughout the day.

TROUBLESHOOTING

Screen Issues

If your watch screen displays abnormalities or is unresponsive, try restarting the device. If the issue persists, ensure the software is up to date via the Galaxy Wearable app. For persistent display problems, professional service may be required.

Connectivity Problems

If your watch is not connecting to your phone or experiencing intermittent disconnections, ensure Bluetooth is enabled on both devices and they are within range. Restarting both the watch and phone can often resolve minor connectivity glitches. Verify that the Galaxy Wearable app and related plugins are updated to their latest versions.

Battery Draining Quickly

Rapid battery drain can be caused by frequent use of GPS, continuous heart rate monitoring, or excessive notifications. Review your watch settings in the Galaxy Wearable app and disable features you don't frequently use. Ensure

background app refresh is managed appropriately.

Region-Specific Features (International Version)

Users of the international version of the Galaxy Watch may find certain region-specific features, such as Samsung Pay, are not enabled by default. Changing the CSC (Country Specific Code) region is an advanced procedure that requires specific technical knowledge and carries risks. It is generally not recommended for average users and may void your warranty. Consult online resources or professional technicians if you wish to attempt this modification.

SPECIFICATIONS

Feature	Detail
Product Dimensions	2.99 x 5.2 x 5.2 inches
Item Weight	6.9 ounces
Item Model Number	SM-R800NZSAXSG
Batteries	1 Lithium Polymer battery (included)
Date First Available	March 4, 2019
Manufacturer	Samsung
Standing Screen Display Size	1.3 Inches
Memory Storage Capacity	4 GB
Operating System	Android, iOS
Special Feature	Time Display, GPS
Battery Capacity	472 Milliamp Hours
Connectivity Technology	Wi-Fi, Bluetooth
GPS	True
Shape	Round

WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the official Samsung website or contact Samsung customer service directly. Keep your proof of purchase for warranty claims.

Official Samsung Support: www.samsung.com/us/support/