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› Apple Watch SE (GPS, 40mm) User Manual

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Model: Apple Watch SE (GPS, 40mm)

INTRODUCTION

This manual provides instructions for setting up, operating, and maintaining your Apple Watch SE (GPS, 40mm). The Apple Watch SE is designed to help you stay connected, active, and healthy by tracking your fitness, monitoring your heart rate, and providing convenient access to notifications and communication features directly from your wrist.



Image: Close-up view of the Apple Watch SE (GPS, 40mm) Gold Aluminum Case, highlighting the digital crown and side button. The watch face displays time and activity rings.

WHAT'S IN THE BOX

Verify that all items are present in the packaging:

- Apple Watch SE (GPS, 40mm) Gold Aluminum Case
- Pink Sand Sport Band (includes S/M and M/L sizes)
- Magnetic Charging Cable (USB-C)



Image: The Apple Watch SE, Pink Sand Sport Band, and magnetic charging cable as typically found in the product box.

SETUP

Initial Pairing with iPhone

1. Ensure your iPhone is updated to the latest iOS version and has Bluetooth enabled.
2. Power on your Apple Watch by pressing and holding the side button until the Apple logo appears.
3. Place your Apple Watch near your iPhone. A pairing screen will appear on your iPhone. Tap **Continue**.
4. Position your iPhone so the Apple Watch appears in the viewfinder. This will pair the devices.

5. Follow the on-screen instructions on both your iPhone and Apple Watch to complete the setup, including setting up a passcode and installing apps.

Charging Your Apple Watch

To charge your Apple Watch:

- Connect the magnetic charging cable to a USB-C power adapter (sold separately) or a USB-C port on a computer.
- Place the back of your Apple Watch on the magnetic charger. The magnets will align it automatically.
- A green lightning bolt icon on the watch face indicates that it is charging.

OPERATING

Basic Navigation

- **Digital Crown:** Rotate to scroll, zoom, or adjust values. Press once to go to the watch face or app launcher. Double-press to switch between recently used apps. Press and hold for Siri.
- **Side Button:** Press once to open the Dock (recently used apps). Press and hold for Emergency SOS or to power off. Double-press for Apple Pay.
- **Touch Screen:** Tap to select, swipe to scroll, and force touch for additional options (if available for the app).

Fitness Tracking

The Apple Watch SE tracks your daily activity and workouts. The Activity app displays three rings: Move, Exercise, and Stand. Close these rings daily to achieve your fitness goals.

- **Workout App:** Open the Workout app to select from various workout types like running, walking, cycling, yoga, swimming, and dance. The watch will track metrics such as duration, calories burned, and heart rate.



Image: The Apple Watch SE display showing the Workout app interface, with options for Yoga and Pool Swim workouts.

Meet your Sleep goals



Sync your favorite songs

Keep an eye on
your  rate



Track every way
you work out

Stay
motivated to

Move →

Exercise →→

Stand ↑



Image: A visual summary of Apple Watch SE health and fitness features, including sleep tracking, heart rate monitoring, activity rings (Move, Exercise, Stand), and icons representing various workout activities.

Heart Rate Monitoring

The Apple Watch SE features an optical heart sensor that measures your heart rate throughout the day and during workouts. You can view your current heart rate and trends in the Heart Rate app on your watch or the Health app on your iPhone.

Sleep Tracking

Set up a sleep schedule in the Sleep app on your iPhone to track your sleep patterns with your Apple Watch. The watch monitors your sleep duration and can help you establish consistent sleep habits.

Notifications and Communication

Receive notifications from your iPhone directly on your wrist. You can answer calls, reply to messages, and interact with app alerts. Ensure your iPhone is nearby and connected via Bluetooth or Wi-Fi for full functionality.

Music Playback

Sync music from your iPhone to your Apple Watch to listen offline with Bluetooth headphones. You can control playback directly from the watch.



Image: The Apple Watch SE displaying a music album cover and playback controls, with AirPods positioned on either side, illustrating its capability for music playback and wireless audio connection.

Fitness+ Integration

The Apple Watch SE integrates with Apple Fitness+ (subscription required), allowing you to view workout metrics from your watch on your iPhone, iPad, or Apple TV during guided workouts. This feature enhances your workout experience by providing real-time data.

Your browser does not support the video tag.

Video: This video demonstrates various fitness activities and how the Apple Watch SE tracks workout metrics, showcasing its integration with fitness routines.

MAINTENANCE

Cleaning Your Apple Watch

- Turn off your Apple Watch and disconnect it from the charger.
- Wipe the watch with a non-abrasive, lint-free cloth. If necessary, lightly dampen the cloth with fresh water.
- For the band, follow specific cleaning instructions based on its material (e.g., silicone bands can be wiped with a damp cloth).
- Do not use harsh chemicals or abrasive materials.

Battery Care

- Avoid extreme temperatures, as they can degrade battery life.
- For optimal battery health, try to keep the battery charge between 20% and 80% when possible.
- Enable Low Power Mode when battery is low to extend usage time.

TROUBLESHOOTING

Common Issues and Solutions

- **Watch not pairing:** Ensure Bluetooth is on, both devices are charged, and your iPhone is updated. Try restarting both devices.
- **Battery draining quickly:** Check background app refresh settings, reduce screen brightness, and disable unnecessary notifications.
- **Unresponsive screen:** Force restart your Apple Watch by holding both the Digital Crown and the side button for at least 10 seconds until you see the Apple logo.
- **Apps not loading:** Ensure your watch is connected to your iPhone or a known Wi-Fi network. Try restarting the app or the watch.

SPECIFICATIONS

Model Name	Apple Watch SE
Model Number	MYDN2LL/A
Brand	Apple
Screen Size	40 Millimeters
Product Dimensions	1.57 x 1.34 x 0.42 inches
Item Weight	1.08 ounces
Operating System	WatchOS
Special Features	Activity Tracker, Heart Rate Monitor
Connectivity Technology	Bluetooth, GPS, NFC, Wi-Fi
Battery Type	Lithium Ion (included)

WARRANTY AND SUPPORT

Your Apple Watch SE is covered by a limited warranty. For detailed warranty information, please refer to the warranty card included with your product or visit the official Apple support website.

For technical assistance, troubleshooting guides, or to contact support, visitsupport.apple.com/watch.

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

Anonymous

Email

you@example.com

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