

## Xiaomi BHR4357GL

# Xiaomi Mi Smart Watch Lite User Manual

Brand: Xiaomi  
Model: BHR4357GL

## 1. INTRODUCTION AND OVERVIEW

The Xiaomi Mi Smart Watch Lite is a versatile wearable device designed to enhance your daily life by providing smart notifications, comprehensive fitness tracking, and convenient health monitoring. Featuring a vibrant 1.4-inch TFT color touch display, this smartwatch is built for both functionality and comfort.

It offers a range of features including multiple workout modes, precise GPS tracking, continuous heart rate monitoring, and 5 ATM water resistance, making it suitable for various activities and environments. This manual provides detailed instructions on how to set up, operate, and maintain your Mi Smart Watch Lite to ensure optimal performance and longevity.



Image: Front view of the Xiaomi Mi Smart Watch Lite, showcasing its rectangular display with activity rings, time, and step count. The watch has a black strap and body.

## 2. WHAT'S IN THE BOX

Upon opening the package, please verify that all the following components are present and in good condition:

- Watch body ×1
- Watch strap ×1
- Dedicated charging dock ×1
- User manual ×1



Image: The Xiaomi Mi Smart Watch Lite displayed alongside its packaging, indicating it is an official product.

### 3. SETUP GUIDE

#### 3.1 Initial Charging

Before first use, fully charge your Mi Smart Watch Lite. Connect the dedicated charging dock to a USB power source and place the watch onto the magnetic contacts. The watch display will indicate charging status. A full charge typically takes approximately 1 hour.

#### 3.2 App Installation and Pairing

1. Download the **Xiaomi Wear** app (or Xiaomi Wear Lite, depending on your region) from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Open the app and create or log in to your Xiaomi account.
3. Follow the on-screen instructions in the app to add a new device. Select "Mi Smart Watch Lite" from the list of available devices.
4. The app will search for your watch via Bluetooth. Ensure Bluetooth is enabled on your smartphone and the watch is

powered on and near your phone.

5. Once found, a pairing request will appear on both your phone and the watch. Confirm the pairing on both devices.
6. After successful pairing, the watch will synchronize with your phone, and you can customize settings, watch faces, and notification preferences through the app.

## 4. OPERATING INSTRUCTIONS

### 4.1 Basic Navigation

The Mi Smart Watch Lite features a touch screen and a single physical button on the right side for navigation.

- **Touch Screen:** Swipe up, down, left, or right to navigate through menus, notifications, and widgets. Tap to select an item.
- **Side Button:** Press to wake the screen, return to the watch face, or open the app list from the watch face. A long press may activate specific functions or power options depending on context.



Image: A close-up of the Xiaomi Mi Smart Watch Lite display, showing the current time and date, with the prominent side button on the right edge of the watch body.

### 4.2 Key Functions

- **Notifications:** Swipe down from the watch face to view incoming calls, messages, and app notifications.
- **Quick Settings:** Swipe up from the watch face to access quick settings like Do Not Disturb, flashlight, and screen brightness.
- **Widgets:** Swipe left or right from the watch face to cycle through various widgets such as heart rate, activity summary, weather, and music control.
- **Workout Modes:** Access the workout menu from the app list. Select from 11 different modes including outdoor running, treadmill, cycling, swimming, and more. The watch will track relevant metrics for each activity.
- **Heart Rate Monitoring:** The watch continuously monitors your heart rate. You can view real-time data on the watch or detailed historical data in the Xiaomi Wear app.
- **GPS Tracking:** For outdoor activities, the built-in precise dual satellite positioning system (GPS) tracks your route, distance, and pace without needing your phone.
- **Sleep Tracking:** Wear the watch to bed for automatic sleep analysis, including deep sleep, light sleep, and awake times.

- **Breathing Exercises:** Utilize the guided breathing exercises feature to alleviate stress.
- **Find Phone:** If your phone is within Bluetooth range, use the "Find Phone" feature on your watch to make your phone ring, even if it's on silent.
- **Music Control:** Control music playback on your connected smartphone directly from your watch.



Image: A person wearing the Xiaomi Mi Smart Watch Lite on their wrist, interacting with a laptop, demonstrating connectivity and smart features.



Image: A person wearing the Xiaomi Mi Smart Watch Lite and wireless earbuds, suggesting the watch's capability to control audio playback.

## 5. FEATURES OVERVIEW

The Xiaomi Mi Smart Watch Lite is equipped with a comprehensive set of features to support your active lifestyle and daily needs:

- **Display:** 1.4-inch TFT color touch display, offering clear visuals and easy interaction.
- **Water Resistance:** 5 ATM water resistance, suitable for swimming and showering (up to 50m depth). Avoid hot water or steam.
- **Workout Modes:** Supports 11 professional workout modes, including Outdoor Running, Treadmill, Outdoor Cycling, Indoor Cycling, Freestyle, Walking, Trekking, Trail Run, Pool Swimming, Open Water Swimming, and Cricket.
- **Health Monitoring:**
  - 24-hour Heart Rate Monitoring: Tracks your heart rate continuously, providing alerts for abnormally high heart rates.
  - Sleep Monitoring: Analyzes your sleep quality by recording complete sleep data such as deep sleep, light sleep, and awake periods.
  - Guided Breathing: Offers guided breathing exercises to help you relax and manage stress.

- **Positioning:** Built-in GPS/A-GPS/GLONASS for precise and independent outdoor activity tracking.
- **Sensors:** Equipped with an accelerometer, gyroscope, optical heart rate sensor, and barometer.
- **Smart Features:** Call & Message Notification, Music Control, Weather, Alarm, Timer, Stopwatch, Flashlight, Find Phone.



Image: The rear view of the Xiaomi Mi Smart Watch Lite, highlighting the optical heart rate sensor and the magnetic charging pins.

## 6. MAINTENANCE

### 6.1 Cleaning and Care

- Regularly clean the watch body and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts on the watch and the charging dock are clean and dry before charging to prevent corrosion.
- After swimming or exposure to saltwater, rinse the watch with fresh water and dry it thoroughly.
- Avoid exposing the watch to extreme temperatures (hot or cold) or direct sunlight for prolonged periods.

### 6.2 Battery Life Optimization

- Reduce screen brightness or use automatic brightness.
- Limit the number of apps sending notifications to your watch.
- Disable continuous heart rate monitoring if not needed 24/7.
- Turn off GPS when not actively tracking an outdoor workout.
- Ensure the watch firmware and app are updated to the latest versions for optimal performance and battery efficiency.

## 7. TROUBLESHOOTING

If you encounter issues with your Xiaomi Mi Smart Watch Lite, refer to the following common problems and solutions:

Problem	Possible Solution
Watch not turning on or charging	Ensure the charging contacts on both the watch and the dock are clean and properly aligned. Try a different USB power adapter or port. Allow the watch to charge for at least 10 minutes before attempting to power it on.
Cannot pair with smartphone	Make sure Bluetooth is enabled on your phone and the watch. Restart both the watch and your phone. Forget the device in your phone's Bluetooth settings and try pairing again through the Xiaomi Wear app. Ensure the app has necessary permissions.
Notifications not appearing	Check notification settings in the Xiaomi Wear app. Ensure the app is running in the background and has permission to send notifications. Disable Do Not Disturb mode on both the watch and phone. For Android, check battery optimization settings for the app.
Inaccurate heart rate or activity tracking	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch. Update the watch firmware via the app.
Short battery life	Refer to the "Battery Life Optimization" section (6.2). Reduce screen brightness, limit notifications, and disable continuous monitoring features if not required.
Moisture inside the screen	While the watch is water-resistant, extreme temperature changes or prolonged exposure to steam (e.g., hot showers) can cause condensation. Place the watch in a dry, well-ventilated area. If the issue persists, contact customer support.

## 8. SPECIFICATIONS

Feature	Detail
Model Number	BHR4357GL
Display	1.4-inch TFT Color Touch Screen
Dimensions	4.1 x 3.5 x 1.1 cm
Weight	35 g (with strap)
Water Resistance	5 ATM (up to 50 meters)
Sensors	Accelerometer, Gyroscope, Optical Heart Rate Sensor, Barometer, Compass
Positioning	GPS/A-GPS/GLONASS
Battery Capacity	230 mAh (approx.)
Connectivity	Bluetooth
Compatible OS	Android, iOS (via Xiaomi Wear app)
Included Components	Watch body, Watch strap, Dedicated charging dock, User manual

## 9. WARRANTY AND SUPPORT

Your Xiaomi Mi Smart Watch Lite comes with a standard manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions, including warranty period and coverage details. Keep your proof of purchase for warranty claims.






For technical support, frequently asked questions, or to find authorized service centers, please visit the official Xiaomi website or contact Xiaomi customer service in your region. You can often find additional resources and updated information on their support pages.

**Important:** Any unauthorized disassembly or modification of the device will void the warranty.

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This manual is for informational purposes only. Product specifications and features may change without notice.

### Related Documents - BHR4357GL

<div><div>MI Watch Lite</div><div>User Manual</div><div></div></div>	<div><div><a href="#">Xiaomi Mi Watch Lite User Manual</a></div><div>User manual for the Xiaomi Mi Watch Lite, covering product overview, how to wear, connect, use, GPS features, charging, strap adjustment, safety precautions, specifications, disposal, certifications, and warranty information.</div></div>
<div><div><div>MI Watch Lite User Manual 3</div><div>Benutzerhandbuch MI Watch Lite 17</div><div>Manuale utente MI Watch Lite 23</div><div>Manuel d'utilisation de MI Watch Lite 47</div><div>Manual de usuario de MI Watch Lite 62</div><div>Gebruikershandleiding van MI Watch Lite 77</div><div>Manual do utilizador do MI Watch Lite 92</div><div>MI Watch Lite 用户手册 107</div></div><div></div></div>	<div><div><a href="#">Mi Watch Lite User Manual: Setup, Features, and Safety Guide</a></div><div>Comprehensive user manual for the Xiaomi Mi Watch Lite, covering setup, connection, usage, GPS features, charging, strap adjustments, and safety precautions. Includes specifications and warranty information.</div></div>
<div><div><div>XIAOMI Watch 2 User Manual</div><div></div></div></div>	<div><div><a href="#">Xiaomi Watch 2 User Manual: Features, Setup, and Safety Guide</a></div><div>Comprehensive user manual for the Xiaomi Watch 2 smartwatch. Covers product overview, connection via Mi Fitness app, GPS/A-GPS functionality, charging, safety precautions, technical specifications, and warranty information.</div></div>
<div><div><div></div></div></div>	<div><div><a href="#">S4 Ultra Smartwatch User Manual and Features Guide</a></div><div>Comprehensive user manual for the S4 Ultra sports smartwatch by Xiaomi. Covers setup, Bluetooth connection via RDEFit app, operating instructions, main functions (health tracking, sports modes, calls, notifications), system settings, and troubleshooting.</div></div>
<div><div><div>Руководство по эксплуатации Smart Watch</div><div>Redmi Watch 2 Lite</div><div></div></div></div>	<div><div><a href="#">Redmi Watch 2 Lite User Manual</a></div><div>User manual for the Redmi Watch 2 Lite smartwatch, covering product description, connection instructions, usage, safety precautions, and technical specifications.</div></div>





## [Redmi Watch 2 Lite User Manual](#)

User manual for the Redmi Watch 2 Lite, covering product overview, how to wear, connect, pair, use, GPS/A-GPS features, charging, strap adjustment, safety precautions, specifications, disposal, EU declaration of conformity, UKCA declaration of conformity, and warranty information.