Xiaomi Redmi Watch 2 Lite

Xiaomi Redmi Watch 2 Lite User Manual

Model: Redmi Watch 2 Lite (Model Number: 35912)

1. PRODUCT OVERVIEW

The Xiaomi Redmi Watch 2 Lite is a versatile smartwatch designed to enhance your daily fitness and health tracking. It features a vibrant touch display, extensive workout modes, and comprehensive health monitoring capabilities, including heart rate and blood oxygen saturation.

1.1 Key Features

- **1.55'' Colorful Touch Display:** Offers clear visuals and easy navigation.
- **100+ Fitness Modes:** Track a wide range of activities, including 17 professional modes like HIIT and Yoga.
- **Multi-System Standalone GPS:** Built-in GNSS chipset supports GPS, GLONASS, Galileo, and BDS for precise position tracking.
- **24-Hour Heart Rate Tracking:** High-precision PPG sensor monitors heart rate continuously and sends alerts for abnormal readings.
- **Blood Oxygen Measurement (SpO$_2$):** Allows on-demand and continuous tracking of blood oxygen levels, including during sleep.
- **Sleep Monitoring:** Provides detailed reports on deep sleep, light sleep, and REM stages.
- **5 ATM Water Resistance:** Suitable for showering and swimming.
- **Long Battery Life:** Designed for extended use between charges.

1.2 Package Contents

- Xiaomi Redmi Watch 2 Lite (with strap)
- Magnetic Charging Cable
- User Manual

1.3 Product Components

The Redmi Watch 2 Lite features a rectangular display, a side button for navigation, and advanced sensors on the rear for health monitoring.

Figure 1: Front view of the Redmi Watch 2 Lite.

Figure 2: Rear view of the Redmi Watch 2 Lite with health sensors.

2. SETUP

2.1 Charging the Device

Before first use, fully charge your Redmi Watch 2 Lite. Connect the magnetic charging cable to the charging pins on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer USB port.

Figure 3: Charging the Redmi Watch 2 Lite.

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Video 1: Product Summary Video demonstrating various features including charging.

2.2 Initial Power On and Pairing

1. **Power On:** Press and hold the side button until the Xiaomi logo appears on the screen.
2. **Download App:** Scan the QR code displayed on the watch screen or search for the official Xiaomi Wear / Xiaomi Wear Lite app in your smartphone's app store (compatible with Android 6.0 and iOS 10.0 or above).
3. **Pairing:** Open the app, log in or create an account, and follow the on-screen instructions to add your Redmi Watch 2 Lite. Ensure Bluetooth is enabled on your smartphone.
4. **Sync Data:** Once paired, the watch will sync data with your phone, and you can customize settings, watch faces, and notifications through the app.

3. OPERATING INSTRUCTIONS

3.1 Navigating the Display

The Redmi Watch 2 Lite features a responsive touch display and a physical side button for navigation.

- **Swipe Up/Down:** Scroll through notifications, quick settings, or menu options.
- **Swipe Left/Right:** Access widgets like heart rate, weather, activity summary, etc.

- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the watch face from any screen, or open the app list from the watch face.
- **Press and Hold Side Button:** Power on/off the device or access other system functions.

Figure 4: The 1.55" Colorful HD Touch Display.

3.2 Fitness Tracking

The watch supports over 100 workout modes to accurately track your exercise. Select your desired activity from the workout list on the watch to begin tracking. The watch will record duration, calories burned, heart rate, and other relevant metrics.

Figure 5: Tracking outdoor activities with GPS.

3.3 Health Monitoring

The Redmi Watch 2 Lite provides comprehensive health monitoring features:

- **Heart Rate:** The watch continuously monitors your heart rate throughout the day. You can view your current heart rate and historical data on the watch or in the app.

Monitoreo del sueño

Permite monitorear el sueño de forma continua y proporciona informes detallados sobre tus fases de sueño profundo, sueño ligero y REM* a fin de que sepas qué ocurre cuando duermes.
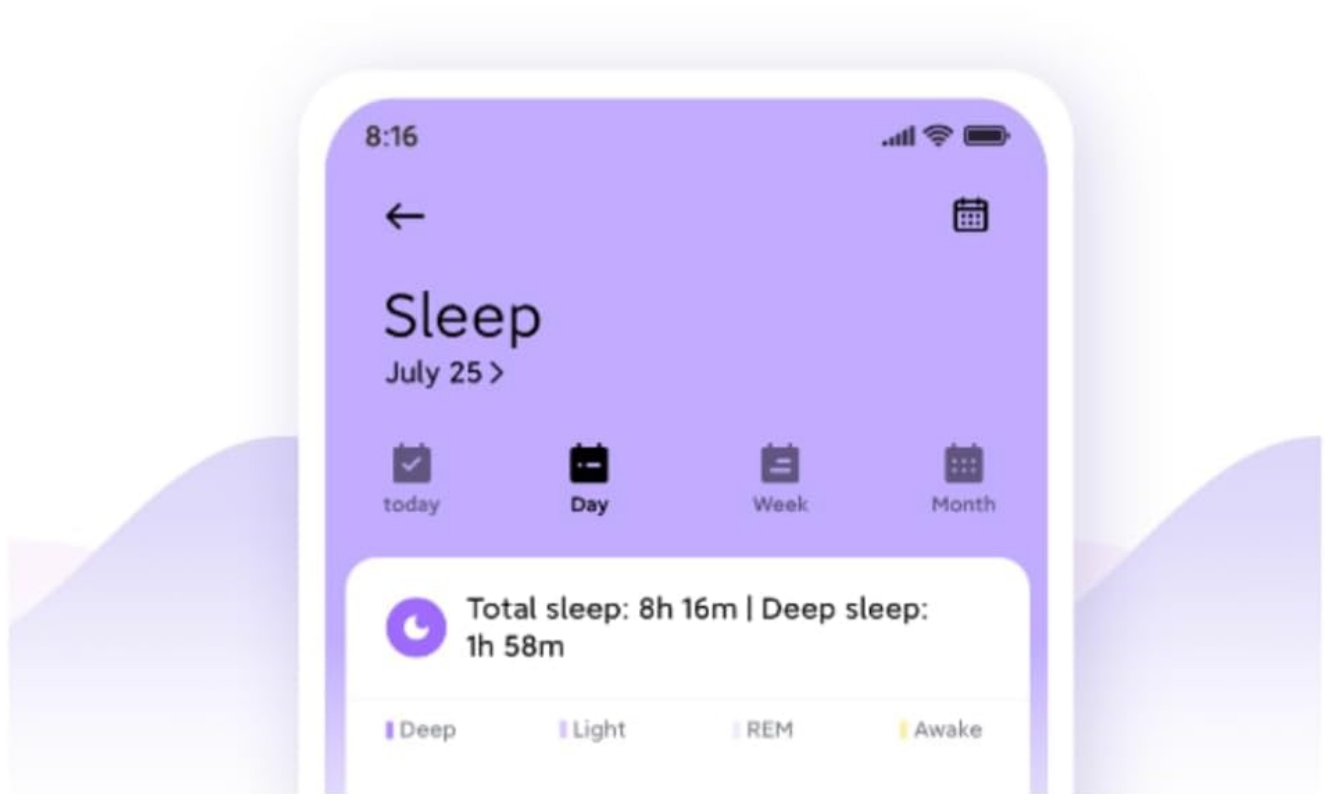

8:16

←   🗓

Sleep
July 25 >

☑   ▦   ▤   ▦
today   **Day**   Week   Month

🌙 Total sleep: 8h 16m | Deep sleep:
1h 58m

▮ Deep   ▮ Light   ▮ REM   ▮ Awake

Figure 6: 24-Hour Heart Rate Tracking.

- **Blood Oxygen (SpO₂):** Measure your blood oxygen saturation level anytime. The watch also supports continuous SpO₂ tracking during sleep.

Figure 7: Blood Oxygen Measurement.

- **Sleep Monitoring:** The watch automatically tracks your sleep patterns, providing detailed reports on deep sleep, light sleep, and REM stages to help you understand your sleep quality.

Figure 8: Sleep Monitoring Interface.

3.4 GPS Functionality

The built-in GNSS chipset supports four major global positioning systems (GPS, GLONASS, Galileo, BDS) for improved and precise position tracking during outdoor activities without needing your phone.

3.5 Water Resistance

The Redmi Watch 2 Lite has a 5 ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for showering and shallow-water swimming. Avoid using it in hot showers, saunas, or for

diving.

Figure 9: 5 ATM Water Resistance.

4. MAINTENANCE

4.1 Cleaning the Device

- Regularly clean the watch and strap with a soft, damp cloth.
- Ensure the charging contacts on the back of the watch are clean and dry before charging.
- Avoid using harsh chemicals or abrasive materials for cleaning.

4.2 Battery Life and Charging Tips

- To maximize battery life, reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not required.
- Charge the watch fully before long periods of inactivity.
- Store the watch in a cool, dry place when not in use.

5. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Unable to pair with phone:**

    - Ensure Bluetooth is enabled on your phone.
    - Make sure the watch is within range of your phone.
    - Restart both the watch and your phone.
    - Try unpairing and re-pairing the device through the app.

- **Inaccurate health data:**

    - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
    - Clean the sensor area on the back of the watch.

- Avoid excessive movement during measurements.

- **Display not responding:** Try restarting the watch by pressing and holding the side button for an extended period (usually 10-15 seconds) until it reboots.

6. SPECIFICATIONS

Feature	Detail
Model Name	Redmi Watch 2 Lite
Item Model Number	35912
Brand	Xiaomi
Screen Size	1.55 Inches
Product Dimensions	1.62 x 1.39 x 0.42 inches
Item Weight	7.1 Ounces
Battery Capacity	262 mAh
Battery Type	Lithium Polymer
Water Resistance	5 ATM
Connectivity Technology	Bluetooth
GPS	Built-in (GPS, GLONASS, Galileo, BDS)
Compatible OS	Android 6.0 or iOS 10.0 and above

7. WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the official Xiaomi website or contact their customer service. Keep your purchase receipt as proof of purchase for warranty claims.
You can visit the official Xiaomi store for more information: Xiaomi Store