

[manuals.plus](#) /

› [boAt](#) /

› [boAt Wave Lite Smart Watch User Manual](#)

boAt Wave Lite

boAt Wave Lite Smart Watch User Manual

Model: Wave Lite | Brand: boAt

1. INTRODUCTION

The boAt Wave Lite Smart Watch is designed to be a companion for your fitness and daily activities. It features a 1.69-inch HD display, heart rate and SpO2 level monitoring, multiple watch faces, activity tracking, and various sports modes. This manual provides detailed instructions on how to set up, operate, and maintain your smart watch.



Image 1: boAt Wave Lite Smart Watch showcasing its 1.69-inch HD display with vibrant colors.

2. WHAT'S IN THE Box

Upon unboxing your boAt Wave Lite Smart Watch, you will find the following items:

- Watch Wave Lite (Smartwatch)
- Magnetic Charging Cable
- User Manual
- Warranty Card

Video 1: A short product showcase of the boAt Wave Lite Smartwatch, highlighting its features and contents of the box.

3. SETUP

3.1. Charging the Watch

To charge your boAt Wave Lite Smart Watch:

1. Insert the USB of your charging cable into a power adapter.
2. Connect the charging pin with the charging pad located at the bottom of the watch.

1.69" HD display
550 Nits Brightness



**Enhanced & Sharper
Color Resolution**

Image 2: Rear view of the boAt Wave Lite Smart Watch, illustrating the magnetic charging pins.

3.2. Turning the Watch On/Off

To turn the watch on or off, long-press the side button for 3-5 seconds. You can also wake the screen by lifting your wrist; enable this feature in the shortcut menu of the watch.

3.3. Connecting to the boAt Wearables App

To connect your smart watch to the boAt Wearables app:

1. Scan the QR code provided in the watch's interface or search for the 'boAt Wearables' app in your phone's app store.
2. Search for 'Wave Lite' in the app menu.
3. Tap on 'Pair' once the Watch Wave Lite is visible.

Important: Ensure you grant the following permissions and access for the boAt Wearables app to function smoothly on your phone and stay in sync with your smart watch:

- Location permission
- Access to physical activity
- Access to call logs
- Contacts

- Photos and media
- Access notifications

Make sure your phone system meets Android 5.0 and above, and iOS 12.0 and above.

4. OPERATING THE SMART WATCH

4.1. Changing the Dial Interface (Watch Faces)

You can customize your watch face using two methods:

- **Using the App:** Select cloud watch faces on the app and push your preferred watch face to your smart watch. *Note: Make sure your watch and phone are connected via Bluetooth. Do not exit the downloading interface until it displays 100% downloaded. It may take up to 60 seconds to sync the watch face with the app.*
- **Using the Watch Wave Lite:** Swipe left on the main interface of your watch screen to enter the main menu. Scroll down and select 'Watch Face', then tap on your preferred display.

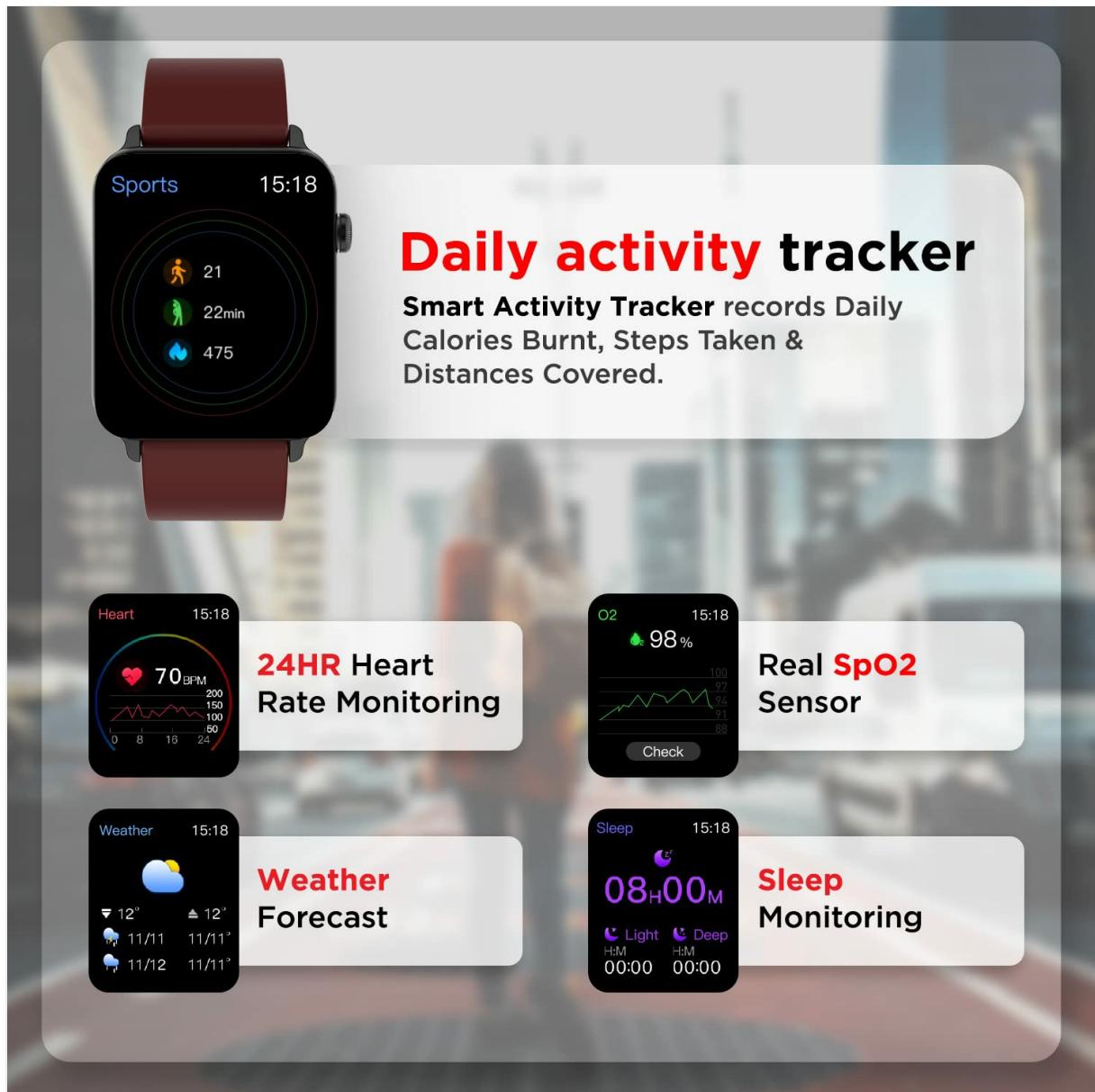


Image 3: A selection of various watch faces available for the boAt Wave Lite Smart Watch.

4.2. Main Menu Navigation

Swipe left on the main interface to access the main menu, which includes options like Sports, Breath, Shutter, O2,

Stopwatch, Find Phone, Screen Timeout, Watch Face, Reset, Power Off, QR Code, Timer, and About.

4.3. Sports Modes

Click on the Sports mode icon to choose from 10 different sports modes: Walking, Running, Cycling, Climbing, Yoga, Basketball, Football, Badminton, Rope Skipping, and Swimming. To pause or stop the exercise, press the home button.



Image 4: The boAt Wave Lite Smart Watch displaying icons for its 10 different sports modes.

4.4. Guided Breathing Mode

Click on the Breath Training icon to regulate your breathing with the instructions given to relax.

4.5. Camera Control Mode

Click on the remote camera icon on your Watch Wave Lite to click a photo from your phone. *Note: Turn the camera on from your phone to use this feature.*

4.6. Blood Oxygen Level Monitor (SpO2)

Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app. *Note: Measurements are for reference only and not for medical purposes.*

Ultra Slim and Lightweight Only 44.8 gms



Image 5: The boAt Wave Lite Smart Watch showing various health tracking features including heart rate and SpO2 levels.

4.7. Stopwatch

Tap on the Stopwatch icon to start the stopwatch function.

4.8. Find My Phone

Tap on this icon to find your phone. Once enabled, your phone will start ringing and vibrating. Press the power button to stop it. *Note: Your Watch Wave Lite should be connected to your phone via Bluetooth and within its range for this feature to work.*

4.9. Screen Timeout

Tap on this icon to set the screen timeout duration.

4.10. Resetting the Watch

Tap on the Reset option to reset watch data. *Note: All data will be erased if the watch is reset.*

4.11. Power Off

Tap on this option to switch your watch off.

4.12. Timer

Tap on this option to begin a timer.

4.13. Shortcut Menu

Swipe down from the main screen to access the shortcut menu. From here, you can access the sports menu, brightness settings, Do Not Disturb (DND) mode, Find My Phone, music control, QR code, About section, and other settings.

4.14. Accessing All Data

Swipe up from the main screen to access all your data. You can view daily activity and sports records, heart rate monitor data, sleep monitor data, weather information, and music control from here.

4.15. Notifications

Swipe right from the main screen to access all notifications. Turn this feature on from your app to receive notifications on your Watch Wave Lite. It will show 5 new notifications and automatically overwrite the last message if there are more than 5. *Note: The watch can be used to reject calls, but cannot be used to answer calls or messages.*

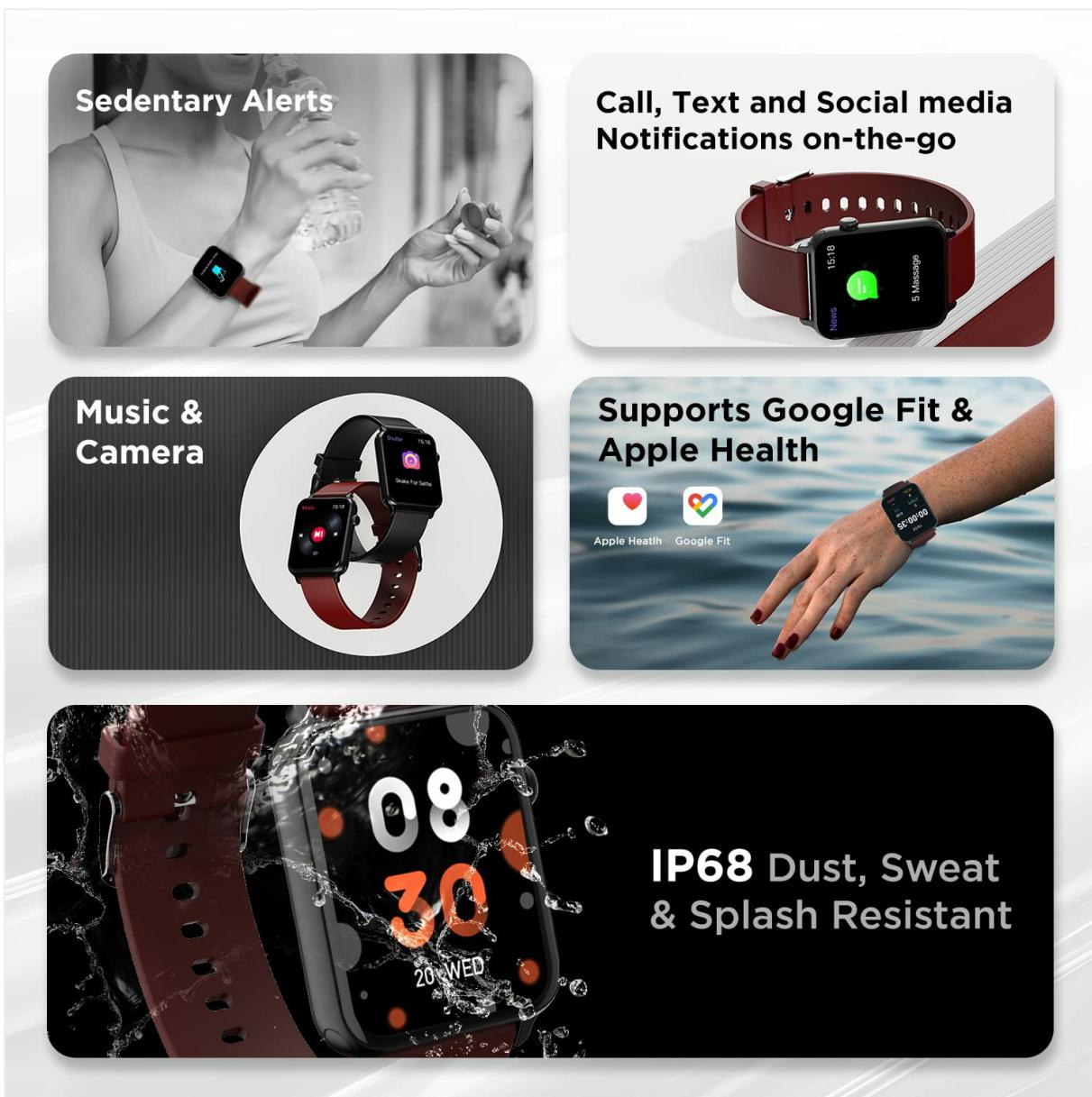


Image 6: The boAt Wave Lite Smart Watch displaying various smart features including notifications and app integrations.

Video 2: A detailed user guide for the boAt Wave Lite Smartwatch, demonstrating various features and functionalities.

5. MAINTENANCE

The boAt Wave Lite Smart Watch has an IP68 rating, making it dust, sweat, and splash resistant. This makes it suitable for everyday wear and light exposure to water. However, please note the following conditions for water resistance:

- Maximum depth of water: 1.5 meters.
- Maximum time for exposure to water: 30 minutes.

The watch is not suitable for hot baths, hot springs, saunas, snorkeling, diving, water skiing, and other wading or deep-water activities with high-speed water flow.

6. SPECIFICATIONS

Feature	Specification
Brand	boAt
Model Name	Wave Lite
Screen Size	1.69 Inches HD Display
Brightness	500 Nits
Connectivity Type	Bluetooth
Battery Life	Up to 7 Days
Water Resistance	IP68 Dust, Sweat, and Splash Resistant
Sensors	Heart Rate Monitor, SpO2 Level Monitor
Special Features	140+ Watch Faces, Multisport Tracker, Sleek Metal Body
Item Weight	45 g
Product Dimensions	26 x 4 x 1 cm

Size Chart

(as per strap width and display size)

Min Wrist Size: 2" | Max Wrist Size: 3.5"



Image 7: Size chart illustrating the dimensions and strap width of the boAt Wave Lite Smart Watch.

7. TROUBLESHOOTING (FAQ's)

7.1. Search for the app to connect keeps failing

1. Keep the boAt Wearables app updated to the latest version.
2. Close all programs on the watch. Stop and restart Bluetooth and GPS, then connect again.
3. Check and enable notification functions of your phone and keep the phone and watch in close contact.

7.2. My Watch Wave Lite is receiving no alerts, texts, or phone calls

Make sure smart reminders on the app are on and synced to the Watch Wave Lite. Also, make sure your notification center of the phone is displaying messages. Only then will your smart watch also display those notifications.

7.3. My Bluetooth keeps getting disconnected

1. Make sure there is not more than 7m distance between Bluetooth on the phone and the watch.
2. There is no obstacle in between the watch and the phone.

7.4. Which functions of the Watch Wave Lite need Bluetooth to work?

Call & text notifications, Find My Phone, music control, camera control, weather forecast, cloud and custom watch faces need Bluetooth connectivity to work.

7.5. The time displayed on my phone and on the Watch Wave Lite are inconsistent

Make sure your Watch Wave Lite is connected to your phone through the app and not your phone's Bluetooth feature itself.

7.6. The calculated number of steps on the app and on the Watch Wave Lite are inconsistent

Ensure that your app and the Watch Wave Lite are synchronized.

7.7. Will it be okay to take a bath wearing the Watch Wave Lite?

The IP68 water resistance will only work under the following conditions:

- Maximum depth of water: 1.5m
- Maximum time for exposure to water: 30 minutes

The watch isn't suitable for hot baths, hot springs, saunas, snorkeling, diving, water skiing and other wading or deep-water activities with high-speed water flow.

8. WARRANTY AND SUPPORT

This product comes with a standard brand warranty. For detailed information regarding warranty, replacement policies, and further support, please visit the product detail page on Amazon.in or contact boAt customer service.