

## UMEOX X1000

# Umeox Aliens X1000 Smart Watch User Manual

**Model:** X1000

**Brand:** UMEOX

## INTRODUCTION

This manual provides comprehensive instructions for the Umeox Aliens X1000 Smart Watch. It covers essential information regarding setup, operation, maintenance, and troubleshooting to ensure you get the most out of your device.

The Umeox Aliens X1000 Smart Watch supports various functions including exercise status tracking, heart rate monitoring, blood oxygen measurement, sleep time analysis, and a wide range of sports modes. It also features message notifications, Bluetooth binding, and calling capabilities. The device incorporates a second-generation multi-function digital crown for smart touch and light control.

## 1. GETTING STARTED & SETUP

Before using your Umeox Aliens X1000 Smart Watch, please ensure it is fully charged and properly set up.

### 1.1 Package Contents

- Umeox Aliens X1000 Smart Watch
- Charging Cable
- User Manual (this document)

### 1.2 Charging the Device

Connect the magnetic charging cable to the charging points on the back of the watch. Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.



*Image: The back of the Umeox Aliens X1000 Smart Watch, highlighting the optical sensors and magnetic charging points. This view also shows the "WATER-PROOF" and "HEALTH & SPORT" markings.*

### 1.3 Powering On/Off

- **Power On:** Press and hold the side button (digital crown) for a few seconds until the screen lights up.
- **Power Off:** Press and hold the side button, then select the "Power Off" option on the screen.

### 1.4 Pairing with Your Smartphone

To unlock the full potential of your smart watch, pair it with your smartphone via Bluetooth.

1. Download the companion app (refer to the watch's on-screen instructions or packaging for app name, typically found by scanning a QR code).
2. Enable Bluetooth on your smartphone.
3. Open the companion app and follow the on-screen instructions to add your device.

4. Select "Umeox Aliens X1000" from the list of available devices.
5. Confirm the pairing request on both your phone and the watch.



*Image: The Umeox Aliens X1000 Smart Watch display showing icons for sleep mode, brightness, alarm, phone connection, and an information icon. This interface is typical for initial setup and quick settings access.*

## 2. OPERATING YOUR SMART WATCH

---

Navigate and utilize the various features of your Umeox Aliens X1000 Smart Watch.

### 2.1 Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and screens. Tap to select an item.

- **Digital Crown:** Rotate the digital crown to scroll through lists or adjust settings. Press the digital crown to return to the watch face or confirm a selection.

## 2.2 Key Features



*Image: The Umeox Aliens X1000 Smart Watch display showing a vibrant grid of application icons, representing various functions such as health tracking, communication, and utilities.*

- **Exercise Tracking:** Access various sports modes (e.g., running, walking, cycling) to track your activity, distance, calories burned, and duration.
- **Heart Rate Monitoring:** The watch continuously monitors your heart rate. View real-time data and historical trends in the app.
- **Blood Oxygen (SpO2):** Measure your blood oxygen saturation levels.

- **Sleep Monitoring:** Automatically tracks your sleep patterns, including deep sleep, light sleep, and awake times.
- **Message Notifications:** Receive notifications for calls, SMS, and app alerts directly on your wrist when connected to your smartphone.
- **Bluetooth Calling:** Make and receive calls directly from your watch (requires Bluetooth connection to your phone).



*Image: The Umeox Aliens X1000 Smart Watch display showing a prompt "End exercise?" with options to confirm (check mark) or cancel (X icon), indicating an active exercise tracking session.*

### 3. MAINTENANCE AND CARE

---

Proper maintenance ensures the longevity and optimal performance of your smart watch.

#### 3.1 Cleaning

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn dirt, dampen the cloth slightly with water. Avoid using harsh chemicals or abrasive materials.

- Clean the charging contacts regularly to ensure good connection.

### 3.2 Water Resistance

The Umeox Aliens X1000 Smart Watch is designed with water resistance. While it can withstand splashes and brief immersion, it is not suitable for diving, hot showers, or prolonged exposure to water. Avoid pressing buttons underwater.

### 3.3 Battery Care

- Avoid fully discharging the battery frequently.
- Charge the watch regularly, even if not in daily use, to maintain battery health.
- Store the watch in a cool, dry place when not in use.

## 4. TROUBLESHOOTING

---

If you encounter issues with your Umeox Aliens X1000 Smart Watch, refer to the following common solutions.

### 4.1 Watch Not Powering On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the side button for 10-15 seconds to force a restart.

### 4.2 Unable to Pair with Smartphone

- Ensure Bluetooth is enabled on your smartphone and the watch is within range.
- Restart both your smartphone and the watch.
- Clear the Bluetooth cache on your phone (if applicable) and try pairing again.
- Ensure the companion app is updated to the latest version.

### 4.3 Inaccurate Health Readings

- Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- Clean the sensors on the back of the watch.
- Avoid excessive movement during measurements.
- Note that these readings are for reference only and should not be used for medical diagnosis.

### 4.4 Notifications Not Appearing

- Check if the watch is properly connected to your smartphone via Bluetooth.
- Ensure notification permissions are granted to the companion app in your phone's settings.
- Verify that notification settings are enabled within the companion app for specific applications.

## 5. SPECIFICATIONS

---

Feature	Specification
Model	X1000
Operating System	Android
Connectivity	Bluetooth
Display Resolution	240 x 240
Human Interface Input	Touchscreen

Feature	Specification
Special Features	Heart Rate Monitor
Item Weight	30 g
Package Dimensions	13 x 4 x 3 cm
Shape	Oval

## 6. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your purchase or visit the official UMEOX website. Keep your proof of purchase for warranty claims.

For technical support or further assistance, please contact UMEOX customer service through their official website or the contact information provided in your product packaging.

© 2023 UMEOX. All rights reserved.  
This manual is subject to change without prior notice.

Documents - UMEOX – X1000

no relevant documents