ASWEE X2C

ASWEE Smart Watch X2C User Manual

Model: X2C (P6, B60)

1. Introduction

Thank you for choosing the ASWEE Smart Watch X2C. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure proper use and to maximize the benefits of your smart watch.

2. Safety Information

- The ASWEE Smart Watch X2C is not a medical device. Data provided by the watch, including heart rate, blood oxygen, and sleep monitoring, is for reference only and should not be used for medical diagnosis or treatment.

- Consult a physician before starting any new exercise program.

- Avoid exposing the watch to extreme temperatures (very hot or very cold) or direct sunlight for extended periods.

- Do not attempt to disassemble or repair the watch yourself. This may void the warranty and cause damage.

- Keep the watch and accessories out of reach of children.

3. Package Contents

Please check the package for the following items:

- ASWEE Smart Watch X2C (with strap)

- Charging Cable

- User Manual

If any items are missing or damaged, please contact customer support.

4. Product Overview

The ASWEE Smart Watch X2C features a 1.7-inch full touch screen display, a durable casing, and a comfortable silicone strap. It includes a side button for navigation and a charging port on the back.

Figure 1: ASWEE X2C Smart Watch. This image shows the ASWEE X2C Smart Watch. It features a rectangular display with a gold-colored frame and an orange silicone strap. The screen displays an analog clock face with digital date (MON 01-23) and AM indicator, along with battery and Bluetooth connection icons.

5. SETUP

5.1. Charging the Watch

1. Connect the charging cable to the charging contacts on the back of the watch.

2. Plug the USB end of the charging cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.

3. The watch screen will display a charging indicator. A full charge typically takes about 2 hours.

5.2. App Installation

To unlock the full functionality of your ASWEE Smart Watch, you need to install the companion app on your smartphone. The watch is compatible with both Android and iOS devices.

1. Scan the QR code provided in the quick start guide (or search for the app name in your phone's app store).

2. Download and install the app.

3. Follow the on-screen instructions to create an account and set up your profile.

5.3. Pairing with Your Smartphone

1. Ensure your smartphone's Bluetooth is enabled.

2. Open the companion app on your smartphone.

3. Navigate to the 'Device' or 'Add Device' section within the app.

4. The app will search for available devices. Select 'ASWEE X2C' from the list.

5. Confirm the pairing request on both your watch and smartphone.

6. Once paired, the watch will synchronize data with the app.

6. OPERATING INSTRUCTIONS

6.1. Basic Navigation

- **Touch Screen:** Swipe up, down, left, or right to navigate through menus and features. Tap to select an option.

- **Side Button:** Press to return to the previous screen or to the watch face. Long press may power on/off the device.

6.2. Key Features

- **Heart Rate Monitoring:** The watch continuously monitors your heart rate throughout the day. View real-time data on the watch or detailed trends in the app.

- **Blood Oxygen Monitoring:** Measure your blood oxygen saturation (SpO2) levels. Access this feature from the watch menu.

- **Sleep Monitoring:** The watch automatically tracks your sleep patterns, including deep sleep, light sleep, and wake times. Review your sleep quality in the app.

- **16 Sport Modes:** Select from 16 professional sports modes to track your workouts. The watch records data such as steps, distance, calories burned, and active time.

- **Step Counter:** The watch automatically counts your daily steps, distance, and calories.

- **Smart Notifications:** Receive alerts for incoming calls, text messages, and notifications from various smartphone applications directly on your watch.

- **Custom Watch Face:** Personalize your watch by choosing from multiple pre-installed watch faces or uploading your own photos through the app.

- **Water Resistance (IP68):** The watch is IP68 waterproof, making it suitable for daily use, hand washing, and swimming. It is not recommended for hot showers, saunas, or diving.

7. MAINTENANCE

7.1. Cleaning

- Regularly clean your watch and strap with a soft, dry cloth.
- If necessary, use a slightly damp cloth with mild soap and water, then dry thoroughly.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch.

7.2. Battery Care

- For optimal battery life, charge the watch fully before first use.
- Regular use provides up to 7 days of battery life, with standby time up to 30 days. Actual battery life may vary based on usage and settings.
- Avoid completely draining the battery frequently.

8. 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 smartphone:**
  - Ensure Bluetooth is enabled on your phone.
  - Make sure the watch is within range of your phone.
  - Restart both the watch and your phone, then try pairing again.
  - Check if the app is updated to the latest version.

- **Inaccurate readings (heart rate, steps):**
  - 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.

- **Notifications not received:**
  - Verify that the watch is successfully paired with your phone.
  - Check notification settings within the companion app and your phone's system settings.
  - Ensure the app is running in the background on your phone.

9. SPECIFICATIONS

Brand	ASWEE
Model Name	X2C (P6, B60)
Screen Size	1.69 Inches (Standing screen display size: 1.69 Inches)
Display Technology	LCD
Human Interface Input	Touchscreen
Operating System	Android, iOS
Wireless Communication Standard	Bluetooth
Connectivity Technology	Bluetooth
Water Resistance	IP68 (5 ATM)
Battery Life (Regular Use)	Up to 7 days

Battery Life (Standby)	Up to 30 days
Product Dimensions	10.98 x 2.87 x 0.67 inches
Item Weight	2.82 ounces
Memory Storage Capacity	64 MB
Manufacturer	ASWEE
Date First Available	February 10, 2023

10. WARRANTY AND SUPPORT

ASWEE provides a limited warranty for this product. For detailed warranty information, please refer to the warranty card included in your package or visit the official ASWEE website. If you encounter any issues or have questions not covered in this manual, please contact ASWEE customer support for assistance. Contact information can typically be found on the product packaging or the official ASWEE website.

Related Documents - X2C

- When the watch prompts low power, please charge it in time.
- The device is an all-in-one machine, the back shell and battery cannot be removed.

1. Dial Page
- Long press the screen to enter the dial selection page
- Left or right stroke can switch the dial
- Confirm the dial by clicking
(Note: The system presets 6 dial pages, and the last dial is "Custom". This dial will change according to the dial market of the APP side and the download Settings of the custom dial)

2. Menu Page
- Press the right button on the dial page to enter the Menu page.
- After entering the Menu page, press the right button twice continuously to switch the menu style, and press only once to return to the main Dial page.

3. Function Page
Click the application icon on the Menu page to enter the corresponding function, Swipe right to return, And simply press the right button to return to the Main Dial page

Square Key
1. In the shutdown state, long press the Square button to turn on the machine.
In the startup state, long press the Square button to turn off the machine.
2. Press the Square key on the main dial to access the Menu screen.
3. On the Menu screen, click the Square button to return to the Main Dial screen.
4. Double-click the Square button to switch to different menu styles.

Up: Message notification

Swipe left: Movement data

Swipe right: Go to the sidebar

Down: Control Center

Alarm
After the watch is connected to the APP, you can set a single alarm clock, a cycle alarm clock, and up to 10 alarm clocks in the APP terminal.

Stopwatch
- Click the Start button to start the timing.
- Click the Pause button to stop the timing.
- Click the Reset button to return the timing to zero.

Breathing Training
- During breathing exercises, there are 1-minute and 5-minute options.
- Users click on the corresponding time to perform breathing training.
- Click Start and follow the ICONS in the breathing exercises to zoom in and zoom out.

Blood Pressure
When entering the Blood Pressure Measurement interface, the green light at the bottom will start the test and there will be a vibration reminder when the measurement is completed within 30 to 60 seconds. The measurement is based on PPG technology.

Female
After the watch is connected to the APP, a women's health alert can be enabled on the APP to view women's health information on the watch.

Heart Rate
When you enter the Heart Rate Measurement Interface, the green light at the bottom will start to measure. When the measurement is completed in about 40 seconds, there will be a vibration reminder. If the message "Please wear the watch correctly" is displayed, you need to wear the watch again.

Blood oxygen
When entering the interface of Blood Oxygen Measurement, the red light at the bottom will start the test for 30-60 seconds and there will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology.

Movement
Sports mode options: Hiking, Running, Cycling, Mountaineering, Badminton, Baseball, Basketball, etc. Click the icon to start Sports.

Weather
When the watch is connected to the APP, the weather interface will display real-time weather temperature and weather type.

Messages
After the watch is connected to the APP, you can open the push of relevant information on the APP terminal. The watch terminal can receive the corresponding push message and save up to 15 latest messages.
For example, after receiving a WeChat message, enter the WeChat function interface to view the message. After receiving a short message, enter the Information interface to view the message.

Set-Up
The Settings function includes screen display (Switching Dial, On-Screen Duration, Brightness Adjustment, Wrister On-Screen Duration, and Touchscreen Clock), language, vibration intensity, menu style, battery, password, two-dimensional code, and system.

Music
When the watch is connected to the APP, you can control the Pause and Start of the mobile music player, adjust the volume and switch songs.

Timer
In the timing function, the system preset the common timing duration. You can click the corresponding duration to time quickly or click the custom button to set the time.
- Click the Start button to start the timing.
- Click the Pause button to pause the timing.
- Click the Reset button to reset the timing to zero.

Sleep
The watch displays the total sleep duration as well as light and deep sleep duration last night, and the sleep screen slides up to show sleep data generated in the last seven days.

Computer
On the Menu screen, click Calculator to enter the Function Screen of Calculator. On this screen, you can calculate addition, subtraction, multiplication, and division.

Movement Data
Display the number of steps, distance, and calorie data recorded on that day. You can scroll up the data interface to view the number of steps in the recent seven days, and set the target number of steps, distance, and calories in the APP.

Bluetooth Phone
When the watch is connected to the Bluetooth of the mobile phone, it can synchronize with the watch after adding the common contacts in the APP. You can dial directly from the interface of the common contacts of the watch, or use the watch to dial and control the call of the mobile phone.

Looking for Mobile Phone
After the watch is connected to the APP, click to find the phone, the phone will ring and the watch will show that the search is successful. If the watch and the APP are not connected, the sides of the watch will prompt to show Bluetooth's disconnected.

The Control Center
Function Description: Screen Brightness Adjustment, Do Not Disturb Mode, Flashlight, Audio Bluetooth, Settings, System Information, Phone Search, Music Playback.

1. The watch isn't starting. What to do?
Ans: Press the Power button for more than 6 seconds. Or, the battery may be low. Charge it in time.
2. Bluetooth is not connected or cannot be connected. How to deal with that?
Ans: You can try the following ways:
1) Please try to restart the watch and re-link.
2) Please try to restart Bluetooth and connect again.
3) Don't connect your phone to other Bluetooth devices at the same time.
3. Watch is measuring the heart rate, blood pressure, and blood oxygen data abnormally. Possible reasons?
Ans: There could be several reasons for that. Here are a few of them:
1) Generally for measurement, the watch sensor and the human body might be in poor contact. Please check and work on that.
2) Please pay attention to full contact between the sensor and the wrist during measurement.
3) For people with darker skin color and hairy arms, please

ASWEE Smart Watch Instruction Manual: Setup, Features & Operation Guide

Learn how to set up and use your ASWEE Smart Watch. This guide covers connecting to your phone, using health monitoring features, sports modes, and troubleshooting.

enable enhanced measurement in App (Device > Enhanced measurement).
4. Abnormal sleep data is showing. Possible reasons?
1) Sleep monitoring simulates people's self-perceived state of falling asleep and waking up, which needs to be worn correctly.
2) If you wear it for too long or when you fall asleep, errors may occur.
3) Sleep data is not monitored during the day, and the default sleep monitoring is from 9:30 PM to 12:00 noon the next day.

For more frequently asked questions, please check the App [My>FAQ]

Bluetooth data transmission

When connected to a mobile phone, the watch synchronizes some data, including weather, notifications, sports, and health data, with the phone via Bluetooth. When the connection is disconnected or Bluetooth is turned off, the data will not be synchronized.
Note:
1) Do not charge in a humid environment.
2) Please use a clean flannelette to clean the magnetic suction charging hole on the back of the watch. This will ensure that the magnetic suction charging port and magnetic charger fit well confirming normal charging.
3) This product is not equipped with a power adapter to ensure the safety of the family and property. While charging, you can use the computer USB interface or choose a power adapter whose output is not more than 5V1A. Please buy the power adapter through the regular channel, and avoid using the bottom quality and fake power adapter to avoid bursting or firing.
Matters Needing Attention
1. The measurement results of this product are only for industrial examination and are not used for any medical use or basis. Please follow the doctor's guidance and do not use the measurement results for self-diagnosis and treatment.
2. This product's waterproof grade is IP68, so, it cannot be used for deep diving and a long time in the water. In addition, this product does not put hot water, because the steam will affect the watch.
3. The Company reserves the right to modify the contents of this manual without prior notice.
Some functions are different in the corresponding software version. This is normal.

[Smart Watch Operating Guide](#)
Comprehensive operating guide for the Smart Watch, covering product overview, touch controls, app download and pairing, charging, function introductions, and frequently asked questions.

[QALO QRNT Smart Ring User Manual: Features, Setup, and Safety](#)
Comprehensive user manual for the QALO QRNT smart ring. Learn about its health monitoring features, setup instructions, app operation, specifications, troubleshooting, and safety guidelines.

[User Manual for CD-X2C Portable CD Player with Cassette Recorder](#)
This user manual provides comprehensive instructions for operating the CD-X2C portable CD player with cassette recorder, including function descriptions, operation guides for CD, AUX, and tape modes, radio operation, sleep mode, specifications, safety instructions, and warranty information.

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