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> [SAMSUNG Galaxy Watch 5 40mm Bluetooth Smartwatch Instruction Manual](#)

SAMSUNG Galaxy Watch5

SAMSUNG Galaxy Watch 5 40mm Bluetooth Smartwatch Instruction Manual

Model: Galaxy Watch5

PRODUCT OVERVIEW

The Samsung Galaxy Watch 5 features an Exynos W920 processor, 1.5GB of RAM, and 16GB of storage. It has a Super AMOLED display with options for 40mm and 44mm sizes and runs on Wear OS. Key specifications include advanced health sensors, GPS, Bluetooth 5.2, Wi-Fi, and a battery that supports faster wireless charging. It is also IP68 water and dust resistant and MIL-STD-810H compliant.

- **Enhanced BioActive Sensor:** Improved accuracy for body composition, heart rate, and blood oxygen tracking.
- **Sapphire Crystal Display:** Durable display offers improved scratch resistance for everyday use.
- **Advanced Sleep Coaching:** Tracks sleep stages and provides personalized insights to improve sleep habits.
- **Comprehensive Fitness Tracking:** Supports multiple workouts, activity tracking, and performance monitoring.
- **Seamless Android Connectivity:** Syncs with compatible Android devices for notifications, apps, and calls.

SETUP

Unboxing and Initial Setup

The Galaxy Watch 5 comes with the smartwatch unit and a USB-C charging cable. The watch is designed for easy band attachment.



The SAMSUNG Galaxy Watch 5 40mm Bluetooth Smartwatch on its charging pad, showcasing the device and its charging accessory.

Attaching the Band

The Watch 5 features a 'one-click' band mechanism for easy attachment. Press the small button on the band to retract the pins, align with the watch lugs, and release to secure. Ensure the pins are fully engaged.

Your browser does not support the video tag.

This video demonstrates the unboxing process of the Samsung Galaxy Watch 6 Classic and Watch 6, including how to attach the new

'one-click' bands. It also provides a size comparison with previous Galaxy Watch models.

OPERATING THE GALAXY WATCH 5

Navigation and Interface

The Galaxy Watch 5 runs on Wear OS, offering a smooth and intuitive user experience. Navigate through menus and apps using touch gestures on the Super AMOLED display.

Health and Fitness Tracking

The Watch 5 is equipped with an Enhanced BioActive Sensor for comprehensive health monitoring.

- **Heart Rate Monitoring:** Continuously tracks your heart rate.
- **Blood Oxygen Tracking:** Measures blood oxygen saturation levels.
- **Body Composition Analysis:** Provides insights into skeletal muscle, fat mass, body water, body fat percentage, and BMI.
- **Sleep Tracking and Coaching:** Monitors sleep stages and offers personalized coaching to improve sleep habits.
- **Stress Detection:** Measures stress levels and provides breathing exercises.
- **Activity Tracking:** Automatically detects and tracks various workouts including walking, running, cycling, elliptical trainer, rowing machine, and swimming.
- **GPS Tracking:** Enhanced GPS tracking for outdoor activities.

Sleep tracking: Counts your sheep for you



*Availability may vary by country or region.

*Requires Samsung Health application version 6.22.1 or later.

The SAMSUNG Galaxy Watch 5 40mm Bluetooth Smartwatch displaying sleep tracking data, showing sleep stages and a sleep score.

Health and wellness monitoring



The SAMSUNG Galaxy Watch 5 40mm Bluetooth Smartwatch displaying health and wellness monitoring features on a user's wrist.

Smart Features

- **Notifications:** Receive notifications from your connected Android smartphone.
- **Calls and Messages:** Make and receive calls and messages directly from your wrist.
- **App Ecosystem:** Access a wide range of apps through Wear OS.
- **Samsung Pay:** Make contactless payments.

MAINTENANCE

Charging

The Galaxy Watch 5 supports faster wireless charging. Use the provided USB-C charging cable with a compatible power adapter (Samsung 25W USB-C Power Adapter EP-TA800 is sold separately) for optimal charging speed. A full charge typically provides up to 16 hours of average battery life.

Battery: Back on your wrist in no time



*Image simulated for illustrative purpose.
*Samsung 25W USB C Power Adapter (EP-TA800) is sold separately.

The SAMSUNG Galaxy Watch 5 40mm Bluetooth Smartwatch charging, with the screen showing 45% battery.

Water and Dust Resistance

The device is IP68 water and dust resistant and MIL-STD-810H compliant, making it suitable for various environments and activities, including swimming up to 50 meters depth.

Display Durability

The Sapphire Crystal Display offers improved scratch resistance for everyday use, enhancing the longevity and appearance of your watch.

TROUBLESHOOTING

For common issues, ensure your watch software is up to date and your watch is properly connected to your smartphone. Consult the Samsung Health app for detailed health data and troubleshooting tips related to sensors.

SPECIFICATIONS

Feature	Detail
Operating System	Wear OS
Memory Storage Capacity	16 GB
Special Feature	Accelerometer, Activity Tracker, GPS
Battery Capacity	284 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	802.11 a/g/n/ac, Bluetooth
Screen Size	1.2 Inches
Display Type	AMOLED
Resolution	396x396 pixels
Maximum Display Brightness	500 Nit
Item Weight	28.5 Grams
Water Resistance Level	Waterproof (IP68, 50 Meters)
Case Material Type	Aluminum
Band Material Type	Nylon
Model Name	Galaxy Watch5
UPC	657768323355

WARRANTY AND SUPPORT

The SAMSUNG Galaxy Watch 5 comes with a 90-day limited warranty. For further support, please refer to the official Samsung support channels or the Amazon Renewed Store.