SEDSEY 1.39"HD Smart Watch

SEDSEY 1.39"HD Smart Watch User Manual

Model: 1.39"HD Smart Watch

1. INTRODUCTION

Thank you for choosing the SEDSEY 1.39"HD Smart Watch. This device is designed to enhance your daily life with advanced fitness tracking, communication features, and robust outdoor capabilities. Please read this manual carefully to understand the proper operation and maintenance of your new smartwatch.

2. PRODUCT OVERVIEW

2.1 Key Features

- **1.39-inch HD IPS Display:** High-resolution screen (360x360) for clear visuals.
- **Bluetooth Calling:** Make, answer, and reject calls directly from the watch.
- **100+ Sports Modes:** Comprehensive tracking for various indoor and outdoor activities.
- **Health Monitoring:** Real-time heart rate, blood pressure, and SpO2 monitoring.
- **Sleep Tracking:** Monitors sleep patterns including deep, shallow, and awake times.
- **IP68 Waterproof:** Designed for outdoor use and resistance to water and dust.
- **Long Battery Life:** Up to 7 days of typical use, 15 days standby with a 400mAh battery.
- **Durable Design:** Constructed with composite materials and a zinc alloy metal shell for ruggedness.
- **Smart Notifications:** Receive alerts for calls, SMS, and social media messages.
- **Additional Functions:** Weather forecast, music control, camera control, alarm, stopwatch, timer, sedentary reminder, customizable watch faces, AI voice assistant.

2.2 Package Contents

- SEDSEY 1.39"HD Smart Watch
- Charging Cable
- User Manual

3. SETUP

3.1 Charging the Device

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge takes approximately 1.5 hours.

3.2 App Installation and Pairing

1. Download the **FitCloudPro** app from your smartphone's app store (compatible with Android 5.1+ and iOS 8.0+).
2. Open the FitCloudPro app and create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, navigate to the device section and search for your smartwatch.
5. Select your watch from the list to initiate pairing. Follow any on-screen prompts on both your phone and watch to confirm the connection.

3.3 Initial Settings

After successful pairing, you can customize settings such as personal profile, notification preferences, and watch face in the FitCloudPro app.

Image: The watch display showing customizable watch faces and interactive interfaces. The FitCloudPro app allows for new watch faces and personalization.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

- **Touch Screen:** Swipe left/right/up/down to navigate through menus and functions. Tap to select.
- **Side Buttons:** Typically, one button serves as a power/back button, and another for quick access to sports modes or other functions. Refer to your watch's specific button layout.

4.2 Bluetooth Calling

Once paired via Bluetooth, your watch can handle calls:

- **Answering Calls:** When a call comes in, tap the green answer icon on the watch screen.
- **Making Calls:** Access the dial pad or contacts list on your watch to initiate a call.
- **Rejecting Calls:** Tap the red reject icon on the watch screen.

Image: The watch screen showing an incoming call, demonstrating the Bluetooth call feature with options for microphone, speaker, dial pad, contacts, and messages.

4.3 Health Monitoring

The watch features high-performance optical sensors for health tracking:

- **Heart Rate:** Access the heart rate function on the watch to measure your current heart rate. Continuous monitoring can be enabled via the app.
- **Blood Pressure & SpO2:** Similarly, access these functions to take measurements. Ensure the watch is snug on your wrist for accurate readings.
- **Sleep Tracking:** Wear the watch to bed for automatic sleep monitoring. Data on deep sleep, shallow sleep, and awake times will be available in the FitCloudPro app. The app can analyze sleep trends for the last 7 days.
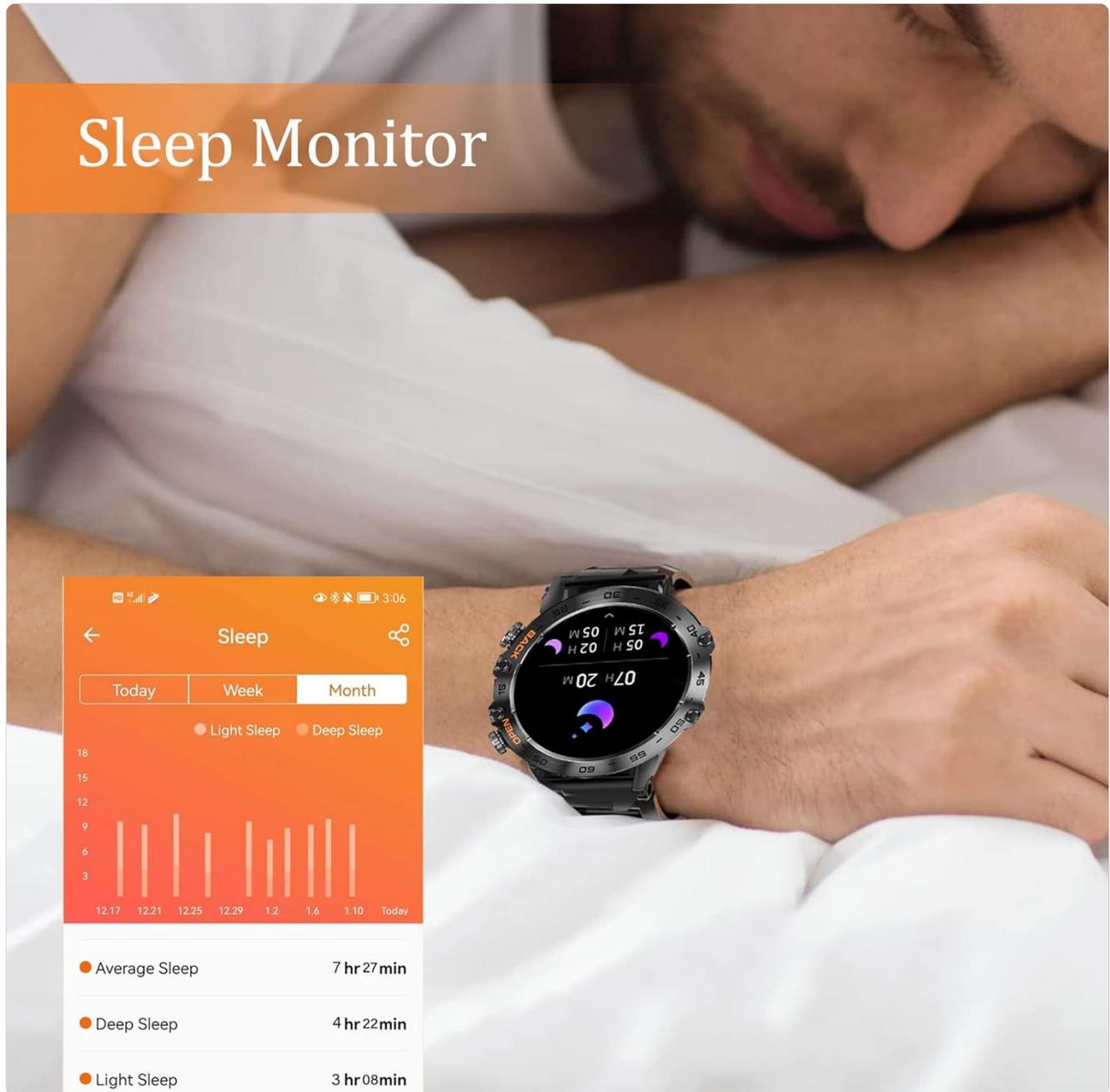

Image: A person sleeping with the watch on their wrist, illustrating the sleep monitor feature. The watch displays sleep duration and a graph of sleep stages.
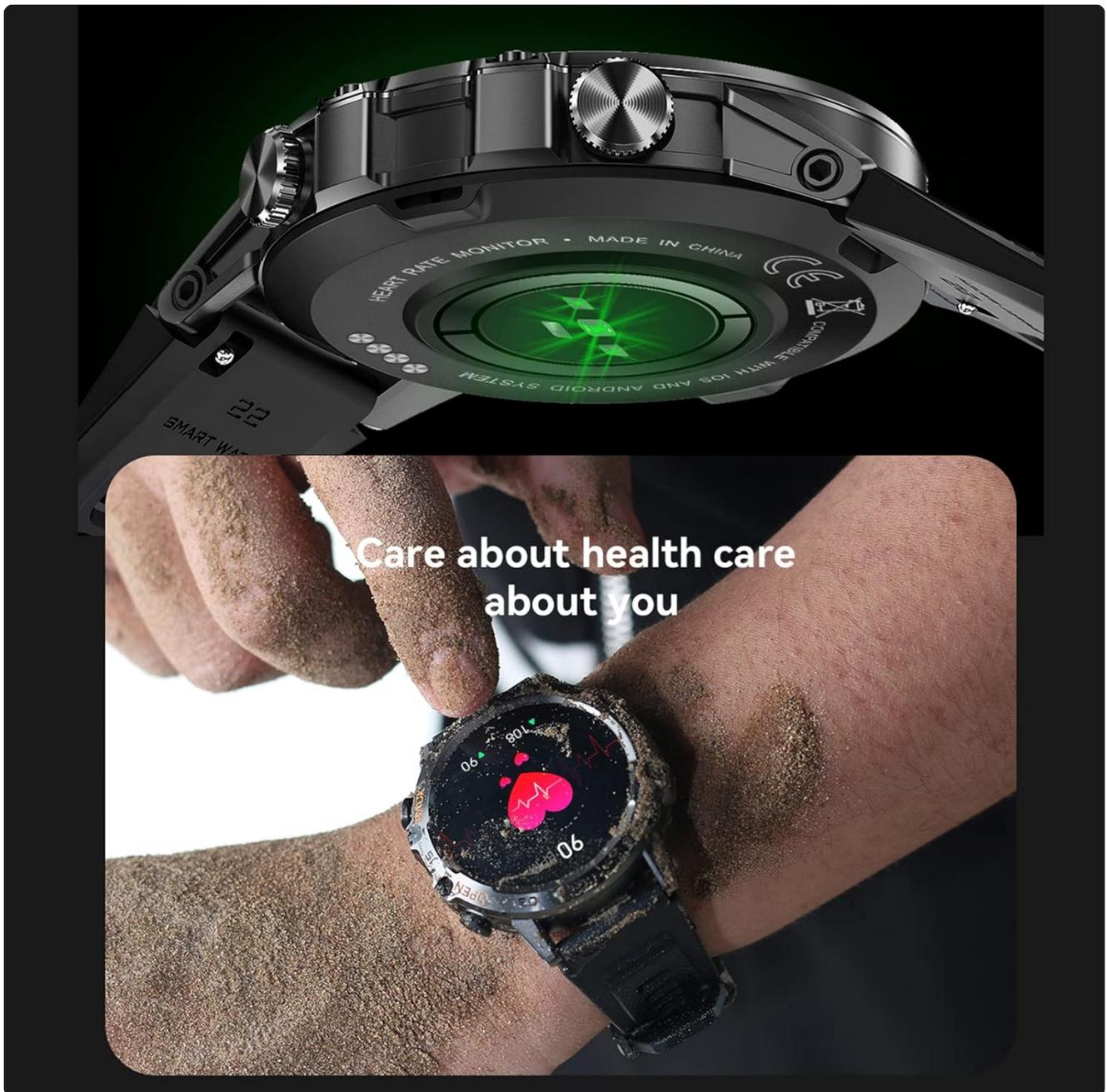
Image: The watch on a wrist covered in sand, displaying a heart rate graph, highlighting its health tracking capabilities even in challenging environments.

4.4 Sports Modes

The watch supports over 100 sports modes. To start a workout:

1. Navigate to the 'Sports' or 'Workout' menu on your watch.
2. Select your desired activity (e.g., walking, running, cycling).
3. Tap to start the activity. The watch will begin tracking relevant metrics like duration, distance, calories burned, and heart rate.
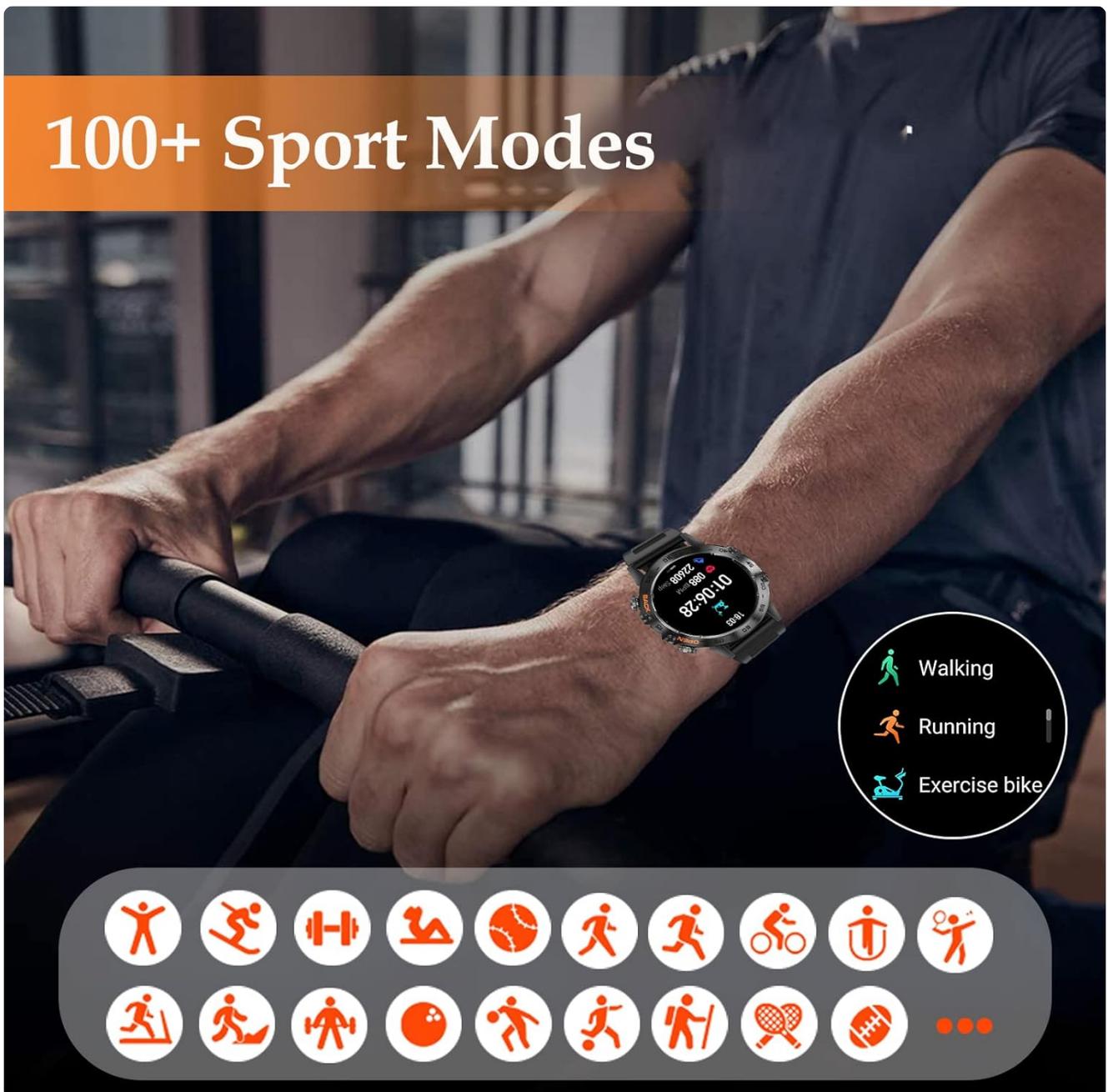4. To end the activity, swipe or press the designated button and confirm.

Image: A person using a rowing machine with the watch on their wrist, illustrating the '100+ Sport Modes' feature. Icons for various sports like walking, running, and exercise bike are shown.

4.5 Other Functions

- **Weather:** View current weather and 7-day forecast after syncing with the app.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Camera Control:** Use your watch as a remote shutter for your smartphone camera.
- **Alarms, Stopwatch, Timer:** Access these utility functions from the watch menu.
- **Sedentary Reminder:** Set reminders in the app to encourage movement during periods of inactivity.
- **AI Voice:** Utilize the AI voice assistant for various commands (requires smartphone connection).

5. MAINTENANCE

5.1 Cleaning

- Wipe the watch screen and body with a soft, damp cloth.
- For the strap, use mild soap and water if necessary, then rinse thoroughly and dry.

- Avoid using harsh chemicals or abrasive materials, as they may damage the watch.

5.2 Water Resistance (IP68)

The watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, hand washing, and light rain. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seals.

5.3 Storage

When not in use for extended periods, store the watch in a cool, dry place. It is advisable to charge it periodically to maintain battery health.

6. 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:**

  a. Ensure Bluetooth is enabled on your phone and the watch is within range.
  b. Restart both your phone and the watch.
  c. Check if the FitCloudPro app has necessary permissions (location, Bluetooth).
  d. If previously paired, try unpairing from your phone's Bluetooth settings and re-pairing through the app.

- **Inaccurate health data:**

  a. Ensure the watch is worn snugly on your wrist, not too tight or too loose.
  b. Clean the sensor on the back of the watch.
  c. Avoid excessive movement during measurements.

- **Notifications not received:**

  a. Verify that notification permissions are granted to the FitCloudPro app on your phone.
  b. Ensure notifications are enabled within the FitCloudPro app for specific applications.
  c. Check if 'Do Not Disturb' mode is active on either your phone or watch.

- **Short battery life:**

  a. Reduce screen brightness.
  b. Disable continuous heart rate monitoring if not needed.
  c. Limit the number of active notifications.
  d. Ensure the watch is fully charged each time.

7. SPECIFICATIONS

Feature	Specification
Model	SEDSEY 1.39"HD Smart Watch
Display	1.39 Inches HD IPS, 360x360 resolution
Operating System	Proprietary (compatible with Android 5.1+, iOS 8.0+)
Connectivity	Bluetooth

Feature	Specification
Battery Capacity	400 Milliamp Hours (Lithium Polymer)
Charging Time	Approx. 1.5 hours
Battery Life	Up to 7 days (typical use), 15 days (standby)
Water Resistance	IP68
Memory Storage Capacity	128 MB
GPS	Via Smartphone
App Compatibility	FitCloudPro

8. WARRANTY AND SUPPORT

8.1 Warranty Information

Your SEDSEY 1.39"HD Smart Watch comes with a standard manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions. The warranty typically covers defects in materials and workmanship under normal use.

8.2 Customer Support

If you encounter any issues or have questions regarding your smartwatch, please do not hesitate to contact SEDSEY customer support. We are committed to providing satisfactory 24/7 service.

Contact Information: Please refer to the contact details provided on the product packaging or the official SEDSEY website.