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> SAMSUNG Galaxy Watch 6 40mm Bluetooth Smartwatch User Manual

## Samsung SM-R930NZKAXAA

# SAMSUNG Galaxy Watch 6 40mm Bluetooth Smartwatch User Manual

Model: SM-R930NZKAXAA | Brand: Samsung

## INTRODUCTION

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This manual provides comprehensive instructions for the SAMSUNG Galaxy Watch 6 40mm Bluetooth Smartwatch. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. The Galaxy Watch 6 is designed to help you track your fitness, monitor your health, and stay connected throughout your day.

## WHAT'S IN THE BOX

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Upon unboxing your new Galaxy Watch 6, you should find the following components:

- Watch Body
- Watch Strap
- Galaxy Watch Charger



One band included. Availability of models and colors may vary by country or carrier. Image simulated. Actual product may differ from the image.

## SETUP

To begin using your Galaxy Watch 6, follow these initial setup steps:

1. **Charge the Watch:** Connect the Galaxy Watch Charger to a power source and place your watch on the charging pad. Ensure the watch is properly aligned for charging.
2. **Power On:** Once sufficiently charged, press and hold the Home button (usually the top button on the side) to power on the watch.
3. **Pair with Smartphone:** Download the "Samsung Wearable" app from your smartphone's app store (Google Play Store for Android). Open the app and follow the on-screen instructions to pair your Galaxy Watch 6 with your smartphone via Bluetooth.
4. **Complete Setup:** The app will guide you through the remaining setup process, including connecting to Wi-Fi, signing into your Samsung account, and configuring initial settings.

## OPERATING THE DEVICE

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The Galaxy Watch 6 features an intuitive interface designed for ease of use. Here are some basic operations:

- **Navigation:** Swipe left or right on the screen to navigate through tiles and widgets. Swipe down from the top to access the Quick Panel for common settings. Swipe up from the bottom to view your apps.
- **Home Button:** Press the Home button to return to the watch face or to open the Apps screen. A long press can be customized for various functions.
- **Back Button:** Press the Back button (usually the bottom button on the side) to go back to the previous screen.



Figure 2: The Samsung Galaxy Watch 6 in use, showcasing its display and sleek design.

## HEALTH AND WELLNESS FEATURES

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The Galaxy Watch 6 is equipped with advanced sensors to help you monitor your health and fitness:

- **Fitness Tracking:** The watch automatically recognizes activities like running and swimming, and can track over 90 other exercises. It provides insights on duration, distance, and calories burned.
- **Personalized HR Zones:** For running workouts, the watch can scan your health data to provide personalized heart rate zones, helping you target your preferred intensity.
- **Advanced Sleep Coaching:** Monitor your sleep stages (awake, light, deep, REM), plan your bedtime, and detect snoring to develop better sleep habits.
- **Always-On Heart Monitoring:** The watch continuously scans your heart rate to detect irregular rhythms that might suggest AFib.
- **Body Composition Analysis (BIA Sensor):** Use the advanced BIA sensor to get readings on body fat, skeletal muscle, body water, and Body Mass Index (BMI).

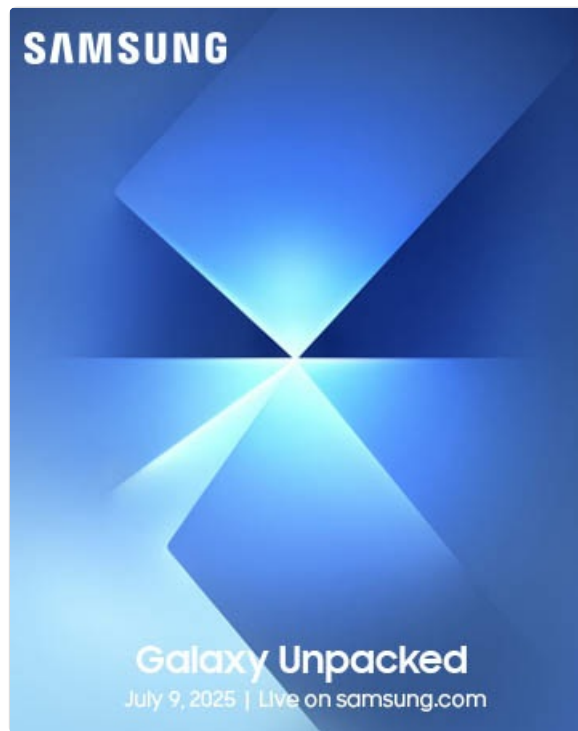


Figure 3: The Galaxy Watch 6 showing detailed sleep analysis, including sleep duration and quality.

# Get in the zone. Make every workout count.



Available only for running workouts. Requires initial setup of 10 minutes of outside running with GPS on; smartphone with Android 8.0 or later, 1.5GB or more RAM and Samsung Health app version 6.22 or later.

Figure 4: Heart rate zones displayed on the Galaxy Watch 6, aiding in targeted workout intensity.

## CONNECTIVITY

The Galaxy Watch 6 seamlessly syncs with your other Galaxy devices, allowing you to:

- Play your favorite music.
- Control your smartphone camera.
- Make calls and send texts directly from your wrist.
- Receive notifications on the go.

## DURABILITY AND DESIGN

The Galaxy Watch 6 is built for everyday wear and tear:

- **Largest Display:** Features Samsung's largest watch display yet, offering improved navigation and readability.

- **Durable Crystal Glass:** The screen is protected by durable crystal glass, designed to withstand everyday bumps and scratches.
- **Water Resistance:** The watch is water-resistant, suitable for swimming and other water-based activities.
- **Customizable Bands:** Easily swap watch bands with a simple click to match your style.

# A big screen for big moves



Figure 5: The large display of the Galaxy Watch 6, offering clear visuals and easy interaction.

## SPECIFICATIONS

Feature	Detail
Model Name	Galaxy Watch 6
Brand	Samsung
Screen Size	40 Millimeters

Feature	Detail
Operating System	Android
Connectivity Technology	Bluetooth, Wi-Fi
Special Features	Sleep Monitor, Heart Rate Monitor, BIA Sensor, Fitness Tracker
Color	Graphite
Item Weight	5.6 ounces
Manufacturer	SAMSUNG
Item Model Number	SM-R930NZKAXAA

## MAINTENANCE

To ensure the longevity and optimal performance of your Galaxy Watch 6, follow these maintenance tips:

- **Cleaning:** Regularly wipe the watch face and strap with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and dry thoroughly. Avoid harsh chemicals.
- **Water Exposure:** While water-resistant, avoid prolonged submersion or exposure to high-pressure water. Dry the watch thoroughly after contact with water.
- **Charging:** Use only the provided Galaxy Watch Charger. Avoid exposing the charging contacts to moisture or foreign objects.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use.

## TROUBLESHOOTING

If you encounter issues with your Galaxy Watch 6, try the following common troubleshooting steps:

- **Watch Not Powering On:** Ensure the watch is fully charged. If it still doesn't power on, try a forced restart by holding both side buttons for about 7 seconds.
- **Pairing Issues:** Make sure Bluetooth is enabled on your smartphone and the watch is in pairing mode. Try restarting both devices.
- **Battery Draining Quickly:** Check for excessive background app usage. Reduce screen brightness, disable Always-On Display, and limit notifications to conserve battery.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist. Clean the sensors on the back of the watch.
- **Software Updates:** Regularly check for and install software updates via the Samsung Wearable app, as these often include bug fixes and performance improvements.

## Warranty and Support

This product comes with a 1-year manufacturer warranty. For detailed warranty information, technical support, or service requests, please visit the official Samsung support website or contact their customer service. You can find more information at the [Samsung Store](#).

