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> [Xiaomi Smart Band 8 Activity Bracelet Gold \(Gold\) M2239B1 Instruction Manual](#)

Xiaomi BHR7166GL

Xiaomi Smart Band 8 Instruction Manual

Model: BHR7166GL | Brand: Xiaomi

INTRODUCTION

The Xiaomi Smart Band 8 is a versatile activity bracelet designed to seamlessly integrate into your daily life, offering a blend of style and comprehensive health and fitness tracking. Featuring a vibrant 1.62-inch AMOLED touch screen and 5ATM water resistance, it is built to accompany you through various activities. Enjoy extended battery life and smart connectivity to keep you informed and motivated.





Figure 1: Front view of the Xiaomi Smart Band 8, showcasing its sleek design and colorful display.

SETUP

1. Initial Charging

Before first use, fully charge your Xiaomi Smart Band 8. Connect the magnetic charging cable to the charging contacts on the back of the band. Plug the USB end of the cable into a compatible USB power adapter (not included) or a computer USB port. A full charge typically takes approximately one hour.



XIAOMI Smart Band 8

5ATM water resistance



5ATM water resistance rating based on ISO standard 22810:2010.
Product images may differ slightly from actual product.

Figure 2: The Xiaomi Smart Band 8 connected to its magnetic charging cable, illustrating the charging process.

2. Strap Attachment

The Xiaomi Smart Band 8 features an easy-release mechanism for its straps, allowing for quick interchangeability. Align the strap with the slots on the main body of the band and push until it clicks securely into place. Ensure both sides are firmly attached.





Figure 3: The Xiaomi Smart Band 8 with its strap attached, ready for wear.

3. App Installation and Pairing

Download the official Xiaomi Fitness app (formerly Mi Fitness) from your device's app store (available for iOS and Android). Open the app and follow the on-screen instructions to create an account or log in. Select 'Add Device' and choose 'Xiaomi Smart Band 8' from the list. Follow the pairing prompts on both your phone and the band to complete the connection. Ensure Bluetooth is enabled on your smartphone.

OPERATING INSTRUCTIONS

Display Navigation

The 1.62-inch AMOLED touch screen allows for intuitive navigation. Swipe up or down to scroll through menus and notifications. Swipe left or right to access quick-view widgets such as heart rate, sleep data, and weather. Tap to select an option or open an application.

Watch Faces

Customize your band's appearance with over 100 available watch faces. Long-press the current watch face on the band to enter the watch face selection menu. Swipe left or right to browse and tap to select. More options are available through the Xiaomi Fitness app, including custom photo displays.

Always-On Display (AOD)

The band supports an Always-On Display mode, which shows basic time and information even when the screen is not actively in use. This feature can be enabled or disabled in the band's settings to manage battery

consumption.

Auto-Brightness

The Xiaomi Smart Band 8 features an ambient light sensor for automatic brightness adjustment. The screen brightness will adapt to your surroundings, becoming brighter in well-lit environments and dimming in darker conditions for optimal visibility and comfort.

Battery Life

The band is equipped with a 190 mAh battery. Under typical usage conditions, the battery can last up to 16 days. With heavy usage, including continuous monitoring and Always-On Display, battery life may be reduced to approximately 5-6 days.

Sports Modes

Track over 150 sports modes directly from your wrist. Navigate to the 'Workout' section on the band to select your desired activity. The band will record relevant metrics such as duration, calories burned, and heart rate. For outdoor activities, connected GPS via your smartphone is available for route tracking.

Health Monitoring

The band offers comprehensive health monitoring features:

- **Heart Rate:** Continuous heart rate monitoring throughout the day.
- **SpO2 (Blood Oxygen):** On-demand and continuous blood oxygen level measurement.
- **Sleep Tracking:** Monitors sleep stages (deep, light, REM) and provides insights into sleep quality, including automatic nap detection.
- **Stress Monitoring:** Tracks stress levels throughout the day.
- **Vitality Score:** Provides a weekly vitality score based on your activity levels, encouraging sufficient exercise.



Figure 4: The Xiaomi Smart Band 8 is water-resistant up to 5ATM, making it suitable for swimming and other water activities.

Notifications

Receive call, message, and app notifications directly on your band. Notifications are displayed on the screen, and the band will vibrate to alert you. Note that direct replies to messages are not supported on the band.

Alarms, Timers, and Stopwatch

Set alarms directly on the band or through the app. The band will vibrate to wake you up or remind you of events. Utilize the built-in stopwatch and countdown timer for various activities.

Find Phone

If your paired smartphone is within Bluetooth range, use the 'Find Phone' feature on the band to make your phone ring, helping you locate it quickly.

Flashlight

Activate the flashlight feature to turn the band's screen bright white, providing a convenient light source in dark environments.

Breathing Exercises

Access guided breathing exercises to help you relax and reduce stress. The band will guide you through inhale and exhale cycles with on-screen animations.

Mini-Games

The band includes several interactive mini-games for entertainment, accessible via specific watch faces. These games utilize the band's touch screen for simple interactions.

Interactive Courses

The Xiaomi Fitness app offers interactive workout courses, such as boxing, that can be paired with your Smart Band 8. The band's sensors track your movements, providing real-time feedback and scoring your performance during these guided exercises. For optimal tracking in certain courses, using two bands (one on each wrist) may be recommended.

MAINTENANCE

Cleaning

Regularly clean your Smart Band 8 and its strap to prevent skin irritation and maintain hygiene. Use a soft, damp cloth to wipe the device. Avoid harsh chemicals or abrasive materials.

Water Resistance

The band has a 5ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. It is suitable for showering, swimming in pools, and shallow-water activities. However, it is not recommended for hot showers, saunas, or diving, as steam and high pressure water may compromise the seal.

Charging

Charge the band using the provided magnetic charging cable. Ensure the charging contacts on the band and cable are clean and dry before charging. Avoid charging in humid environments.

TROUBLESHOOTING

- **Connectivity Issues:** If the band fails to connect to your smartphone, ensure Bluetooth is on, the app is running, and the band is within range. Try restarting both the band and your phone.
- **Display Not Responding:** If the screen is unresponsive, try restarting the band by holding down the side button (if applicable) or connecting it to the charger.
- **Inaccurate Data:** Ensure the band is worn snugly on your wrist, but not too tight. Keep the sensors clean. For GPS-dependent activities, ensure your phone's GPS is active and connected.

- **Battery Draining Quickly:** Disable features like Always-On Display, continuous heart rate/SpO2 monitoring, and frequent notifications if not needed. Reduce screen brightness.
- **Missing Features:** The Xiaomi Smart Band 8 does not include built-in GPS (relies on connected GPS from your phone) or the ability to make/receive calls directly from the band (no microphone or speaker).

SPECIFICATIONS

Feature	Specification
Product Dimensions	7.87 x 7.87 x 5.51 inches
Item Weight	2.05 ounces (58 Grams)
Item Model Number	BHR7166GL
Batteries	1 Lithium Polymer batteries required (included)
Standing Screen Display Size	1.62 Inches
Memory Storage Capacity	16 GB
RAM Memory Installed Size	256 GB
Operating System	Proprietary Operating System (developed by Xiaomi)
Connectivity Technology	Bluetooth
Water Resistance	5ATM

WHAT'S IN THE BOX

- Xiaomi Smart Band 8 (main unit)
- Strap
- Charging Cable

WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the warranty card included in your product packaging or visit the official Xiaomi support website. Keep your purchase receipt as proof of purchase for warranty claims.

