

ASHATA ASHATAbp4u3k8a1z-11

ASHATA Smart Ring Health User Manual

Model: ASHATAbp4u3k8a1z-11

1. INTRODUCTION

The ASHATA Smart Ring Health is a wearable device designed to monitor various health metrics and provide convenient smart functionalities. This manual provides essential information for setting up, operating, and maintaining your smart ring to ensure optimal performance and longevity.

Key features include fitness tracking (step counting), sleep quality analysis, heart rate monitoring, and remote camera control. The ring is built with an IP68 water resistance rating, making it suitable for daily wear in various conditions.

2. WHAT'S IN THE BOX

- Smart Health Ring
- Charging Cable
- User Manual



Image: The ASHATA Smart Ring and its dedicated charging cable, as included in the product packaging.

3. PRODUCT OVERVIEW AND FEATURES

3.1. Design and Components



Image: A close-up view of the ASHATA Smart Ring, showcasing its sleek silver exterior and the internal sensor components visible on the inner surface.

The ASHATA Smart Ring features a ceramic body designed for comfort and durability. Its internal structure integrates a high-performance chip and multiple sensors for accurate data collection.



Image: The smart ring highlighting its ceramic body construction, emphasizing comfort and a refined appearance.

Comprehensive Sleep Information Monitoring

Multi-Scene Sleep Monitoring

Advanced Sleep Staging Algorithm

Monitoring Key Health Data

to determine sleep stages: light sleep, wakefulness, deep sleep

Finally, analyze sleep quality.

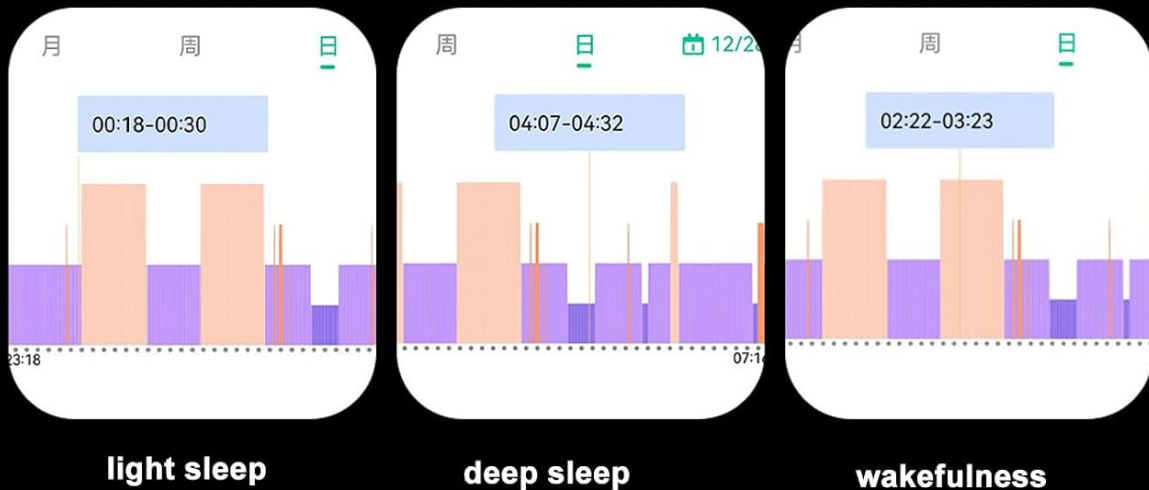


Image: An exploded view illustrating the high-performance chip and multi-sensor synchronous operation within the smart ring, indicating strong internal capabilities.

3.2. Health Monitoring Capabilities

- **Fitness Tracking:** Analyzes motion data for step counting and activity statistics.
- **Sleep Monitoring:** Tracks sleep quality by analyzing light sleep, deep sleep, and wakefulness stages using an advanced sleep staging algorithm.
- **Heart Rate Monitoring:** Continuously monitors heart rate to provide insights into cardiovascular health.

3.3. Smart Functionalities

- **Remote Camera Control:** Allows users to remotely trigger a smartphone camera by shaking the ring.
- **App Compatibility:** Compatible with both Android and iOS devices for convenient data viewing and management.

3.4. Durability

- **IP68 Water Resistance:** Designed to withstand daily water exposure, including hand washing, bathing, and swimming, without compromising sensor functionality.

4. SETUP GUIDE

4.1. Charging the Smart Ring

1. Connect the provided charging cable to a USB power source (e.g., computer USB port, wall adapter).
2. Attach the magnetic end of the charging cable to the charging contacts on the inner surface of the smart ring. Ensure a secure connection.
3. The ring will indicate charging status (e.g., LED indicator). A full charge typically takes approximately 1-2 hours and provides up to 7 days of continuous monitoring.

4.2. App Installation and Pairing

1. Download the official ASHATA Smart Ring app from your device's app store (available for Android and iOS).
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. Within the app, navigate to the device pairing section and select your ASHATA Smart Ring from the list of available devices.
5. Confirm the pairing request on both the app and, if prompted, on the ring.

4.3. Wearing the Ring

For accurate data collection, wear the smart ring on a finger that provides a snug but comfortable fit. Ensure the sensors on the inner surface of the ring are in direct contact with your skin. The ring is available in various sizes; refer to the size guide for optimal fit.



Image: The ASHATA Smart Ring, indicating a size 8 with a diameter of 18.2mm (0.72 inches).

5. OPERATING INSTRUCTIONS

5.1. Monitoring Health Data

Once paired with the app, the smart ring automatically collects health data throughout the day and night. To view your data:

1. Open the ASHATA Smart Ring app on your smartphone.
2. The app will synchronize data from the ring (ensure Bluetooth is enabled).
3. Navigate through the app's dashboard to view detailed reports on fitness, sleep, and heart rate.

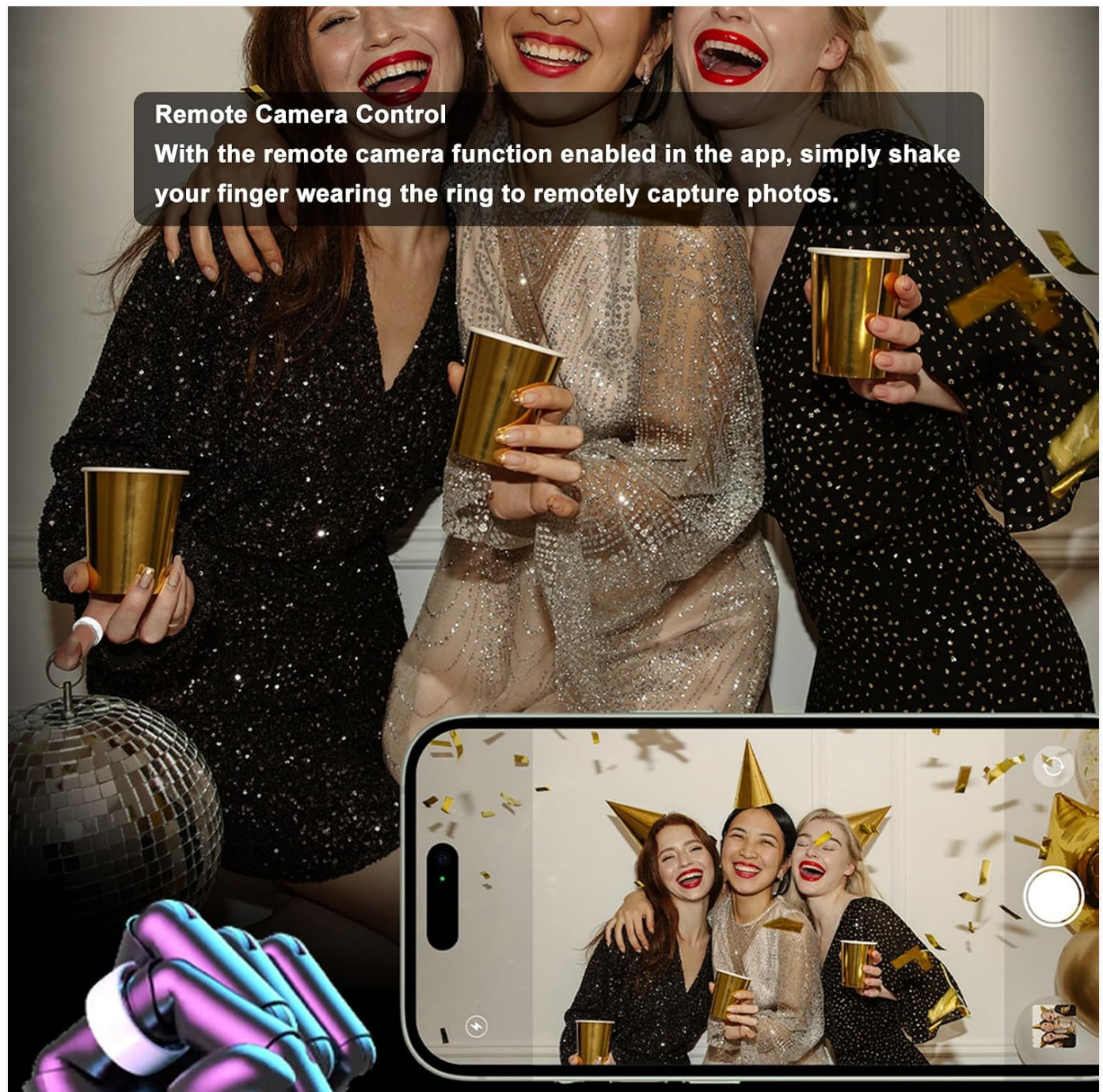


Image: A smartphone screen displaying the ASHATA app's activity statistics, including heart rate, steps, calories burned, distance traveled, and pace, with daily, weekly, and monthly visualization options.



APP generates activity statistics
Exercise steps, calories burned,
distance traveled, track tracking
Daily/weekly/monthly data
visualization

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Image: The ASHATA app interface showing comprehensive sleep information monitoring, with graphs illustrating light sleep, deep sleep, and wakefulness stages over time.

5.2. Remote Camera Control

The smart ring can act as a remote shutter for your smartphone camera.

1. Open the ASHATA Smart Ring app and enable the remote camera function in the settings.
2. Open your smartphone's camera application.
3. With the ring on your finger, simply shake your hand or finger to remotely trigger the camera shutter and take a photo.

Ring Size: 8, Ring Diameter: 18.2mm / 0.72in



Image: An illustration of the remote camera control feature, where a user shakes their finger wearing the smart ring to capture a photo on a smartphone.

6. MAINTENANCE

6.1. Cleaning

- Wipe the ring regularly with a soft, dry, lint-free cloth.
- For stubborn dirt, lightly dampen the cloth with water. Avoid harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

6.2. Water Resistance (IP68)

The ASHATA Smart Ring has an IP68 rating, meaning it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes. This allows for worry-free use during activities such as hand washing, showering, and swimming.

Smart Rings

World's Lightest Sleep Tracking Wearable



Image: The ASHATA Smart Ring shown amidst splashing water, illustrating its IP68 water resistance capability for various daily activities. However, avoid exposing the ring to high-pressure water jets, hot water, or steam, as these can compromise the seals over time.

6.3. Battery Care

- Avoid fully discharging the battery frequently.
- Store the ring in a cool, dry place when not in use for extended periods.

7. TROUBLESHOOTING

7.1. Ring Not Turning On/Charging

- Ensure the charging cable is securely connected to both the ring and the power source.
- Check if the power source is functional.
- Clean the charging contacts on the ring and cable to remove any debris.

7.2. Unable to Pair with App

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the ring is sufficiently charged.
- Restart both the ring (if possible, by placing it on the charger briefly) and your smartphone.
- Try unpairing and re-pairing the device through your phone's Bluetooth settings and the app.

7.3. Inaccurate or Missing Data

- Ensure the ring is worn snugly and the sensors are in direct contact with your skin.
- Check for any physical obstructions or dirt on the sensors.
- Ensure the app is up-to-date and has necessary permissions.
- Synchronize the ring with the app regularly.

8. SPECIFICATIONS

Brand Name	ASHATA
Model Number	ASHATAbp4u3k8a1z-11
Item Weight	59 Grams (2.08 ounces)

Package Dimensions	3.54 x 2.76 x 1.18 inches
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium
Color	Silver
Special Feature	Camera (Remote Control)
Water Resistance	IP68

9. SAFETY INFORMATION

- Keep the device out of reach of children.
- Do not attempt to disassemble or modify the ring. This can cause damage and void the warranty.
- Avoid extreme temperatures (hot or cold) and direct sunlight for prolonged periods.
- If you experience skin irritation, discontinue use and consult a medical professional.
- Dispose of the device and battery according to local regulations.

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided at the time of purchase or contact your retailer. ASHATA is committed to providing quality products and assistance.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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