

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

> [ciciglow](#) /

> [ciciglow Smart Ring User Manual](#)

### ciciglow ciciglowhb0kqtggsp-12

# ciciglow Smart Ring User Manual

Model: ciciglowhb0kqtggsp-12

[Introduction](#)   [What's in the Box](#)   [Setup](#)   [Operation](#)   [Maintenance](#)   [Troubleshooting](#)   [Specifications](#)  
[Warranty & Support](#)

## 1. INTRODUCTION

---

This manual provides detailed instructions for the ciciglow Smart Ring, an intelligent wearable device designed for health monitoring and convenience. It tracks various body metrics, including movement and sleep quality, and offers features like remote camera control. The ring is compatible with both iOS and Android devices via the JYouPro APP.

The ciciglow Smart Ring is crafted from polished ceramic and 316 stainless steel, ensuring durability and a lightweight, elegant design. Its IP68 waterproof rating allows for daily wear in various water-related activities.

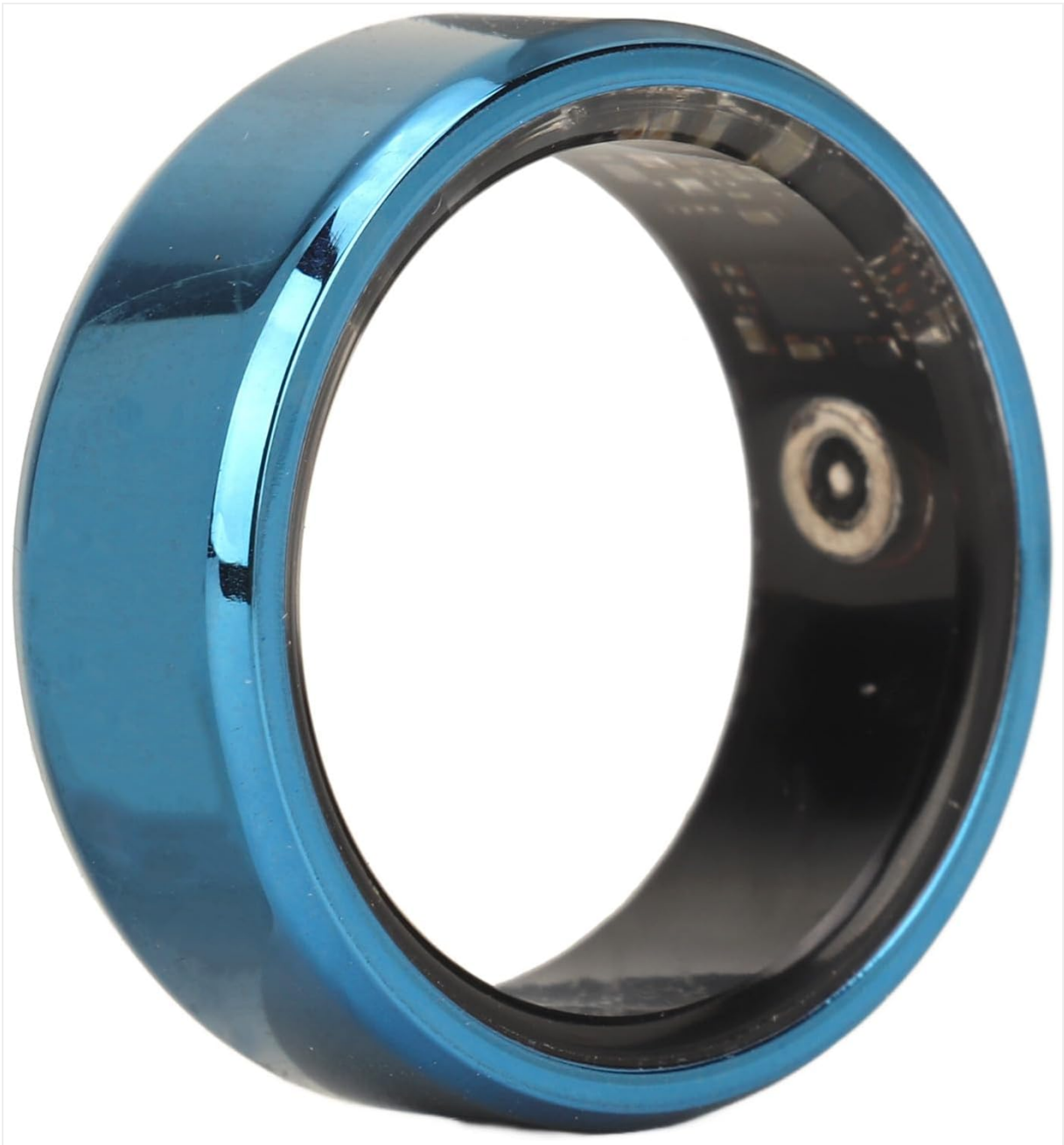


Image: Front view of the ciciglow Smart Ring, showcasing its blue ceramic finish and internal sensors.

## 2. WHAT'S IN THE BOX

---

Upon opening your ciciglow Smart Ring package, you should find the following items:

- Smart Ring
- Charging Case
- User Manual (this document)



Image: The ciciglow Smart Ring placed inside its white circular charging case.

## 3. SETUP

---

### 3.1. Charging the Smart Ring

Before initial use, ensure your ciciglow Smart Ring is fully charged. Place the ring into its charging case. The charging case itself should be charged via a compatible USB power source (cable not explicitly mentioned but implied for charging case).

1. Place the Smart Ring securely into the charging slot within the charging case.
2. Connect the charging case to a USB power adapter or computer using a suitable cable.
3. Allow the ring to charge until the indicator light (if present) shows a full charge, or for at least 2 hours. A full charge provides approximately 7 days of continuous monitoring. The charging case can recharge the ring up to 18 times on a single charge.

### 3.2. App Installation and Pairing

The ciciglow Smart Ring operates with the JYouPro APP, available for both iOS and Android devices.

1. **Download the JYouPro APP:** Search for "JYouPro" in your device's app store (Apple App Store for iOS, Google Play Store for Android) and install it.
2. **Create an Account:** Open the JYouPro APP and follow the on-screen instructions to create a new user account or log in if you already have one.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair the Ring:**
  - Within the JYouPro APP, navigate to the device pairing section (often labeled "Device," "Add Device," or a similar icon).
  - The app will search for nearby ciciglow Smart Rings. Select your ring from the list of discovered devices.
  - Follow any additional prompts in the app to complete the pairing process.
5. **Wear the Ring:** For accurate data collection, wear the smart ring comfortably on your finger.

## 4. OPERATION

---

### 4.1. Health Monitoring

The ciciglow Smart Ring continuously tracks various health metrics using advanced sensors. Data is synchronized with the JYouPro APP for detailed analysis.

- **Movement Data:** Records steps, distance traveled, and calories burned.
- **Sleep Quality:** Monitors sleep stages (light sleep, deep sleep, wakefulness) and provides comprehensive sleep analysis.
- **Other Body Metrics:** The ring tracks key body data to help you stay informed about your health.



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

深圳市化和成科技有限公司

Image: Screenshot of the JYouPro APP displaying daily activity statistics, including heart rate, steps, calories, and distance.

## 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.

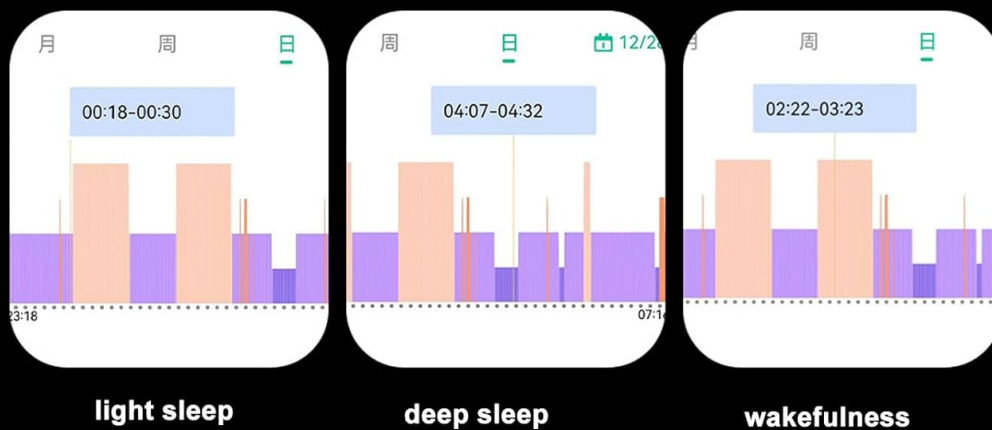


Image: Screenshot of the JYouPro APP illustrating sleep monitoring data, categorizing sleep into light, deep, and wakefulness stages over time.

## 4.2. Remote Camera Control

The ciciglow Smart Ring can act as a remote shutter for your smartphone camera.

1. **Activate in APP:** Open the JYouPro APP and navigate to the remote camera function. Activate this feature.
2. **Capture Photos:** With the remote camera function active, simply shake the finger wearing the ring a few times to remotely capture a photo on your paired smartphone.

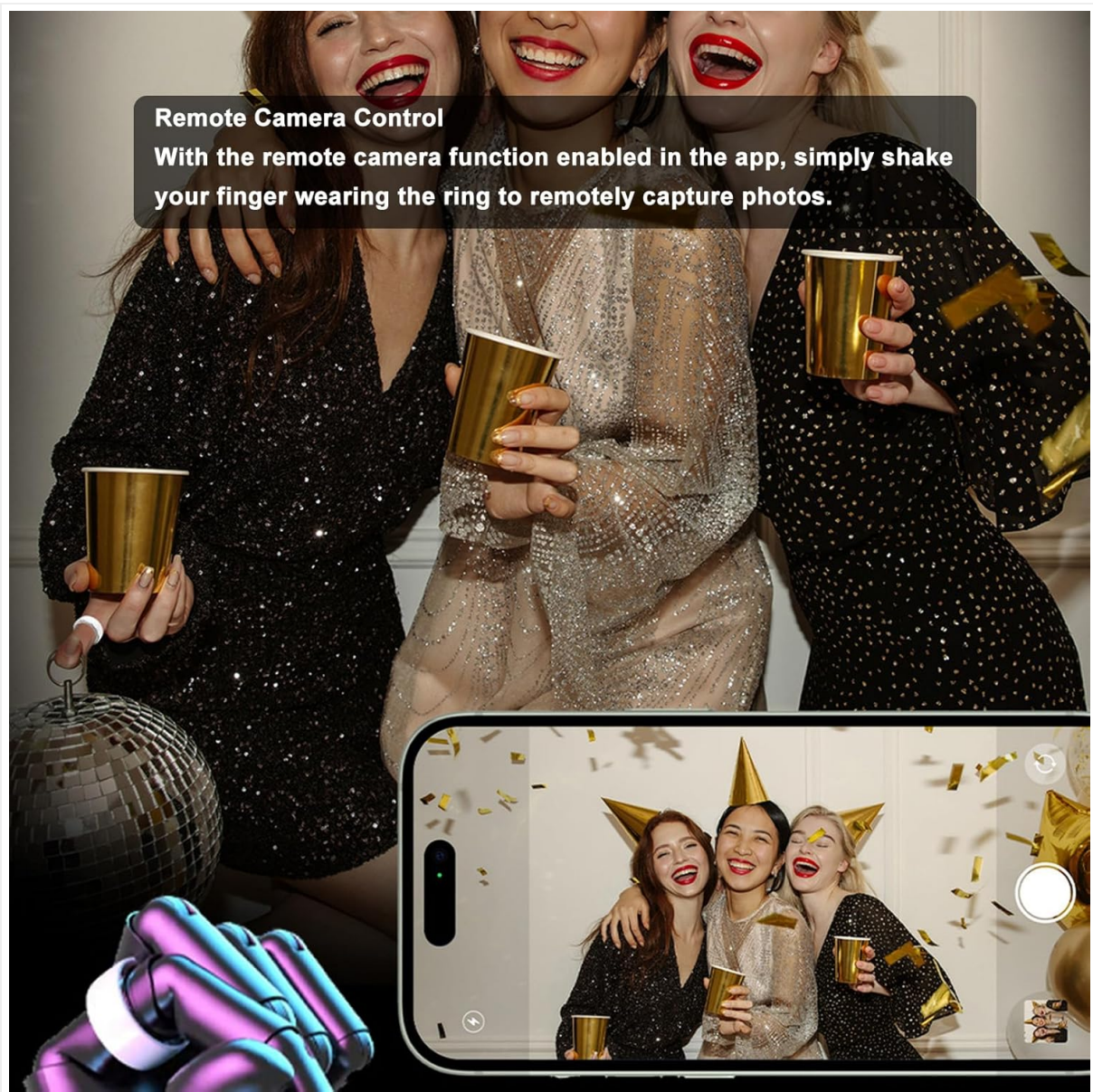


Image: An individual using the ciciglow Smart Ring to remotely control a smartphone camera, capturing a group photo.

## 5. MAINTENANCE

### 5.1. Waterproofing (IP68)

The ciciglow Smart Ring has an IP68 waterproof and dustproof rating. This means it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for:

- Handwashing
- Showering
- Swimming (in shallow water)

**Important:** While IP68 rated, avoid prolonged exposure to hot water, steam, or high-pressure water jets, as these can compromise the seals over time. Do not wear the ring in saunas, hot tubs, or during diving.

**IP68 Waterproof and Dustproof  
No worries for daily use**



Image: The ciciglow Smart Ring surrounded by water splashes, illustrating its IP68 waterproof capability.

## **5.2. Cleaning**

To maintain the appearance and functionality of your smart ring:

- Wipe the ring regularly with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the ceramic and stainless steel finish.
- Ensure the charging contacts on the ring and inside the charging case are clean and dry before charging.

## **5.3. Battery Care**

- Charge the ring using only the provided charging case.
- Avoid fully discharging the battery frequently, as this can reduce its lifespan.
- Store the ring and charging case in a cool, dry place when not in use.

## **6. TROUBLESHOOTING**

---

If you encounter issues with your ciciglow Smart Ring, refer to the following common solutions:

Problem	Possible Cause / Solution
<b>Ring not connecting to APP</b>	<ul style="list-style-type: none"> <li>• Ensure Bluetooth is enabled on your phone.</li> <li>• Make sure the ring is charged.</li> <li>• Restart the JYouPro APP.</li> <li>• Try unpairing and re-pairing the ring in the APP's device settings.</li> <li>• Ensure the APP has necessary permissions (e.g., Bluetooth, location).</li> </ul>
<b>Inaccurate or no data tracking</b>	<ul style="list-style-type: none"> <li>• Ensure the ring is worn correctly and snugly on your finger.</li> <li>• Check if the ring's battery is low.</li> <li>• Synchronize data manually within the JYouPro APP.</li> <li>• Restart your phone and the ring (by placing it in the charging case and taking it out).</li> </ul>
<b>Ring not charging</b>	<ul style="list-style-type: none"> <li>• Ensure the ring is properly seated in the charging case.</li> <li>• Check if the charging case itself has power or is connected to a power source.</li> <li>• Clean the charging contacts on both the ring and the case with a dry cloth.</li> <li>• Try a different USB cable or power adapter for the charging case.</li> </ul>
<b>Remote camera not working</b>	<ul style="list-style-type: none"> <li>• Ensure the remote camera function is activated in the JYouPro APP.</li> <li>• Verify the ring is paired and connected to the APP.</li> <li>• Check if the APP has camera permissions on your phone.</li> </ul>

## 7. SPECIFICATIONS

Feature	Detail
<b>Brand</b>	ciciglow
<b>Model Name</b>	ciciglowhb0kqtggsp-12
<b>Material</b>	Ceramic, 316 Stainless Steel
<b>Operating System Compatibility</b>	Android, iOS
<b>Special Feature</b>	Remote Camera Control, Health Monitoring
<b>Battery Capacity (Ring)</b>	18 Milliamp Hours
<b>Battery Life (Ring)</b>	Up to 7 days continuous monitoring
<b>Charging Case Recharges</b>	Up to 18 times
<b>Waterproof Rating</b>	IP68
<b>Item Weight</b>	2.5 ounces
<b>Package Dimensions</b>	3.15 x 3.15 x 1.18 inches

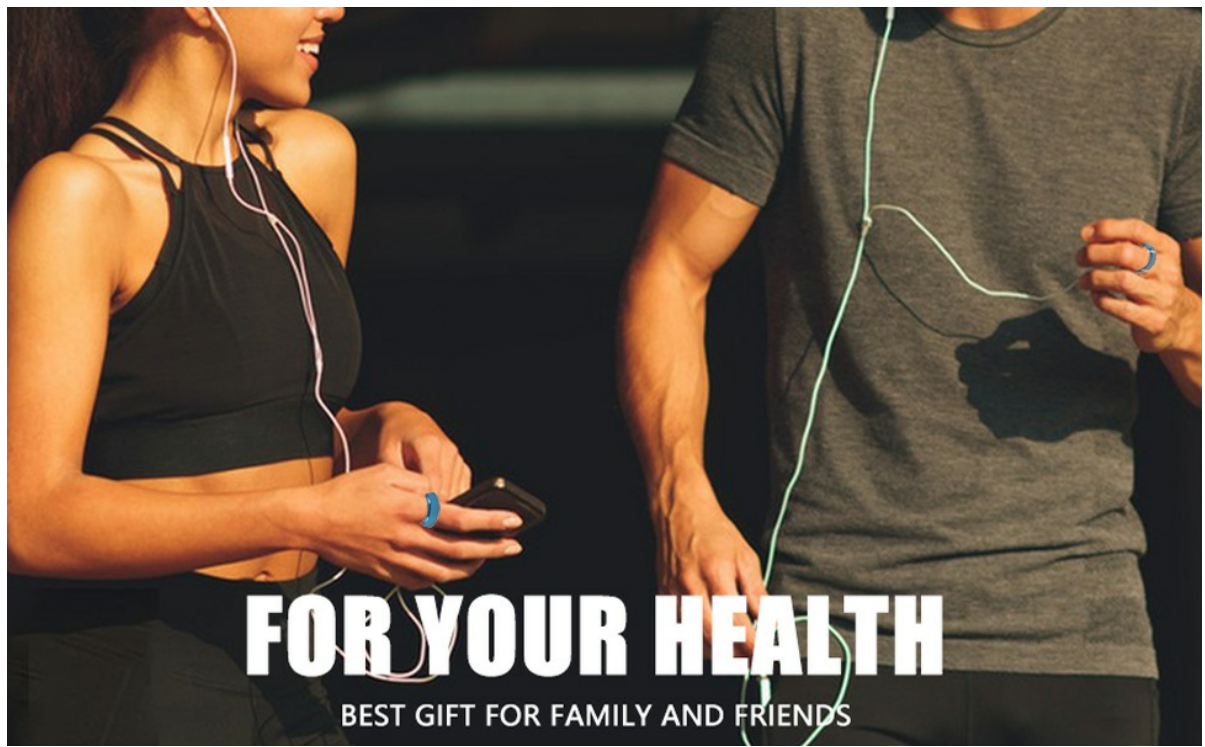


Image: Visual representation of different ciciglow Smart Ring sizes (8, 9, 10, 12) with their corresponding inner diameters in millimeters and inches.

## 8. WARRANTY AND SUPPORT

---

For warranty information, please refer to the documentation provided with your purchase or contact the retailer. If you experience any issues not covered in this manual or require further assistance, please contact ciciglow customer support through their official website or the contact information provided with your product.

Please retain your proof of purchase for warranty claims.