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› ASHATA Bluetooth Smart Ring User Manual

ASHATA ASHATA927dm68yrc-11

ASHATA Bluetooth Smart Ring User Manual

Model: ASHATA927dm68yrc-11

INTRODUCTION

The ASHATA Bluetooth Smart Ring is a sophisticated wearable device designed to monitor various health and fitness metrics. This manual provides comprehensive instructions for setting up, operating, maintaining, and troubleshooting your smart ring to ensure optimal performance and a seamless user experience.

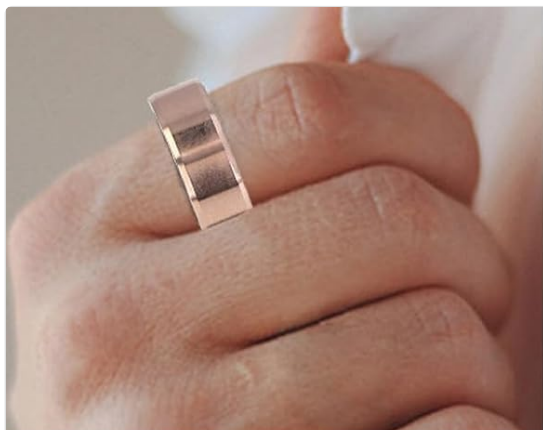


Image: The ASHATA Bluetooth Smart Ring, showcasing its elegant gold finish and the intricate internal sensors visible on the inner surface.

Key Features

- **Health Tracking:** Equipped with advanced sensors to track key body indicators, exercise data, and sleep quality, providing insights to help users manage their health effectively.
- **Stylish and Comfortable Design:** Features an elegant design with polished ceramic, ensuring it is lightweight, stylish, and comfortable for continuous wear.
- **Long Battery Life:** Incorporates energy-saving technology, allowing for continuous monitoring for up to 7 days on a single charge.
- **APP Compatibility:** The companion application is compatible with both Android and iOS systems, enabling convenient viewing and management of health data.

- **IP68 Waterproof and Dustproof:** Designed to withstand daily water exposure, including hand washing, bathing, and swimming, ensuring continuous health data monitoring in various environments.



Stylish and Comfortable

Polished ceramic, stylish design, lightweight and comfortable to wear.



Image: A hand wearing the ASHATA Smart Ring, highlighting its stylish and comfortable design.

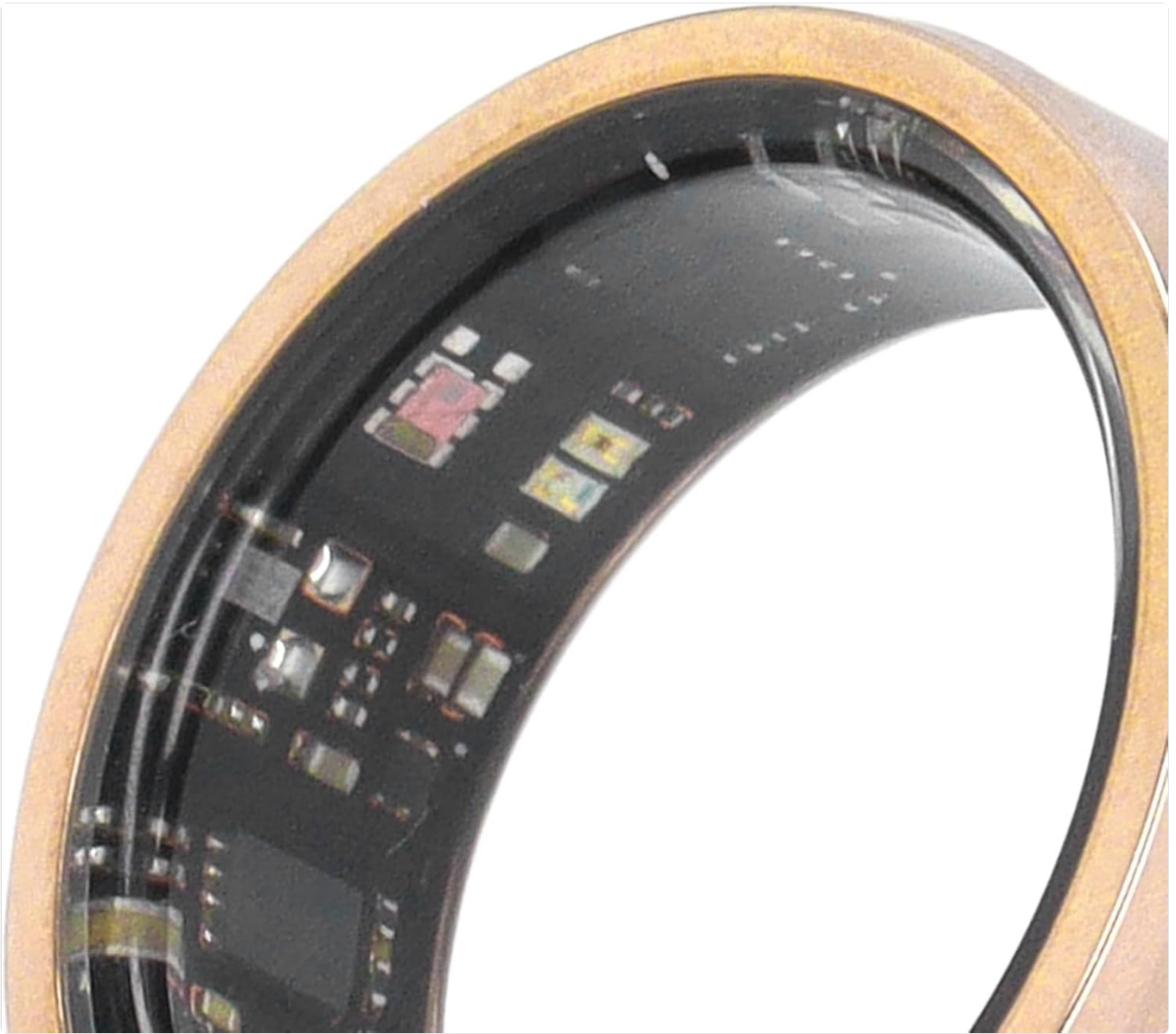


Image: A detailed close-up of the ASHATA Smart Ring's inner surface, showing the embedded electronic sensors responsible for data collection.

SETUP GUIDE

1. Charging the Smart Ring

Before first use, fully charge your ASHATA Smart Ring. Connect the provided charging cable to the ring's charging point and a USB power source.



Image: The ASHATA Smart Ring positioned next to its dedicated charging cable, illustrating the charging setup.

2. App Installation

Download the official ASHATA Smart Ring application from your device's app store (available for Android and iOS). Search for "ASHATA Smart Ring" or refer to the QR code in the product packaging for direct download.

3. Pairing with Your Device

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the ASHATA Smart Ring app.
3. Follow the on-screen instructions within the app to search for and connect to your smart ring. The ring's unique identifier should appear in the list of available devices.
4. Confirm the pairing request on both the app and your phone if prompted.

OPERATING INSTRUCTIONS

Wearing the Ring

For accurate data collection, wear the ASHATA Smart Ring snugly on your finger. It is designed to be lightweight and comfortable for continuous wear, including during sleep.

Sleep senseless wear

The weight of the smart ring is equal to 6g (± 1 g).
Lightweight and comfortable to wear,
completely unaffected by the quality of sleep.

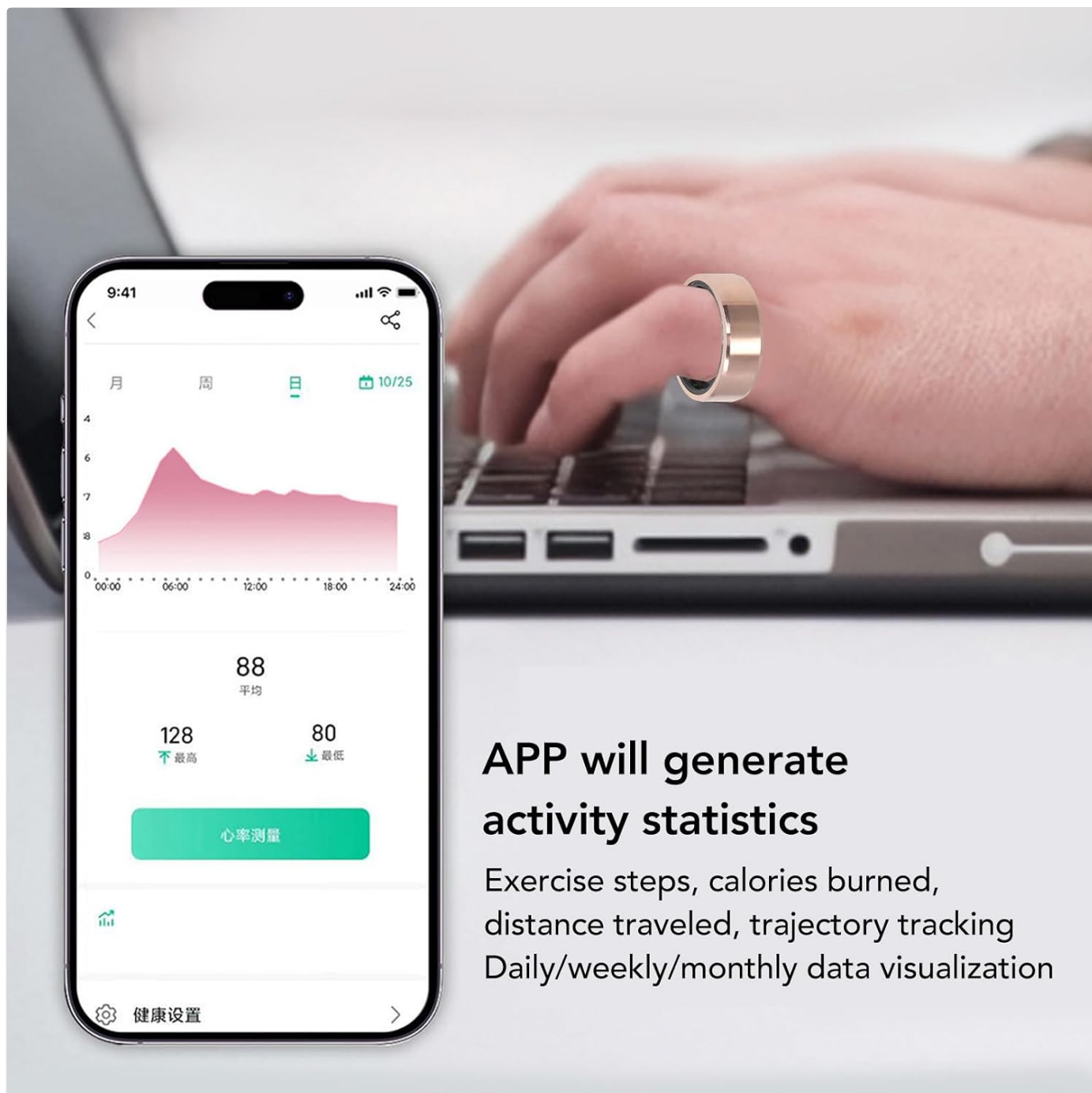


Image: A person sleeping comfortably with the ASHATA Smart Ring on their finger, demonstrating its suitability for sleep tracking.

Data Synchronization and Viewing

The smart ring automatically collects data throughout the day. To view your health and fitness statistics:

1. Ensure your smart ring is within Bluetooth range of your paired smartphone.
2. Open the ASHATA Smart Ring app. The app will automatically synchronize the latest data from your ring.
3. Navigate through the app's interface to view detailed reports on:
 - Exercise steps and distance
 - Calories burned
 - Sleep patterns (light, deep, awake times)
 - Heart rate data
 - Other relevant health indicators



APP will generate activity statistics

Exercise steps, calories burned,
distance traveled, trajectory tracking
Daily/weekly/monthly data visualization

Image: A smartphone screen showing the ASHATA Smart Ring application interface, displaying various activity statistics such as heart rate and daily data visualization.

MAINTENANCE AND CARE

Cleaning Your Ring

To maintain hygiene and sensor accuracy, regularly clean your smart ring with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the ring's surface or internal components.

Water Resistance (IP68)

The ASHATA Smart Ring is IP68 rated, meaning it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for 30 minutes. You can wear it during hand washing, showering, and swimming. However, avoid prolonged exposure to hot water, steam, or high-pressure water jets, as these can compromise the seal over time.



Image: The ASHATA Smart Ring and its charging cable on a wet surface, demonstrating the product's IP68 waterproof capabilities.

Battery Care

To prolong battery life, avoid completely draining the battery frequently. Charge the ring when the battery level is low. Store the ring in a cool, dry place when not in use for extended periods.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Ring not connecting to app/Bluetooth.	Bluetooth off, ring out of range, low battery, app issue.	Ensure Bluetooth is on. Bring ring closer to phone. Charge the ring. Restart the app or phone. Re-pair the device if necessary.
Inaccurate data (steps, sleep, heart rate).	Improper wearing, sensor obstruction, software glitch.	Ensure the ring is worn snugly. Clean the sensors on the inner surface of the ring. Update the app to the latest version. Calibrate within the app if an option is available.
Ring not charging.	Cable issue, power source issue, dirty charging contacts.	Check charging cable for damage. Try a different USB power adapter. Clean the charging contacts on both the ring and the cable.
Ring feels hot or causes discomfort.	Malfunction, skin sensitivity.	Immediately remove the ring. Discontinue use and contact customer support. Do not attempt to repair.

Important Safety Warning

Warning: If you find the product damaged, deformed, or exhibiting abnormal performance (e.g., overheating, skin irritation), please stop using it immediately and contact customer support.



Image: A warning graphic indicating to cease use and contact support if the product is damaged or performs abnormally.

SPECIFICATIONS

Attribute	Detail
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Attribute	Detail
Brand Name	ASHATA
Model Number	ASHATA927dm68yrc-11
Item Weight	Approximately 1.9 ounces (54 grams)
Package Dimensions	3.54 x 2.76 x 1.18 inches
Country of Origin	China
Connectivity Technology	Bluetooth
Waterproof Rating	IP68
First Available Date	March 1, 2024

Sizing Information



Image: A table detailing various ring numbers and their corresponding inner diameters in millimeters and inches, to assist with sizing.

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your product packaging or visit the

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