

## Cuifati CUIFATImg5enkupta-11

# Smart Ring User Manual

Brand: Cuifati | Model: CUIFATImg5enkupta-11

## 1. INTRODUCTION

The Cuifati Smart Ring is a sophisticated wearable device designed to monitor your health and fitness. It tracks key body data, including exercise metrics and sleep quality, providing insights to help you maintain a balanced and healthy lifestyle. Combining elegant design with durable materials like polished ceramic and 316 stainless steel, this lightweight and comfortable ring offers continuous monitoring for up to 7 days on a single charge. It is compatible with the JYouPro APP for both Android and iOS devices.

This manual will guide you through the setup, operation, and maintenance of your Smart Ring, ensuring you get the most out of its features.

## 2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- 1 x Smart Ring
- 1 x Charging Compartment
- 1 x Instruction Manual (this document)
- 1 x Charging Cable

## 3. SETUP

### 3.1 Initial Charging

Before first use, fully charge your Smart Ring. Place the ring into the provided charging compartment. Connect the charging cable to the compartment and a USB power source (e.g., computer USB port or wall adapter). The ring typically charges within 60 minutes.



Image: The Smart Ring placed inside its charging compartment, with the USB charging cable connected. This setup is used for recharging the ring's internal battery.



Image: A detailed view of the Smart Ring's charging compartment, highlighting the internal design where the ring sits for charging.

### 3.2 App Installation

The Smart Ring operates in conjunction with the **JYouPro** application. Download the JYouPro APP from your device's app store (available for Android and iOS).

1. Search for "JYouPro" in the Google Play Store (for Android) or Apple App Store (for iOS).
2. Download and install the application.
3. Follow the on-screen prompts to create an account or log in.

### 3.3 Device Pairing

After installing the app, pair your Smart Ring with your smartphone:

1. Ensure your phone's Bluetooth is enabled.
2. Open the JYouPro APP.
3. Navigate to the device pairing section within the app (usually found under "Device" or "My Device").
4. The app will search for available devices. Select your Smart Ring from the list.
5. Confirm the pairing request on your phone if prompted.
6. Once paired, the app will display the ring's connection status and battery level.

## 4. OPERATING INSTRUCTIONS

### 4.1 Wearing the Smart Ring

Wear the Smart Ring on any finger that feels comfortable. For optimal data accuracy, ensure the ring fits snugly but not too tightly. Refer to the size chart in the Specifications section if you need to confirm your ring size.

## 4.2 Fitness Tracking

The Smart Ring continuously monitors your physical activity throughout the day. It collects data on steps taken, distance covered, and estimated calorie burn. This data is automatically synced to the JYouPro APP when connected.

- **View Activity Data:** Open the JYouPro APP and navigate to the "Activity" or "Exercise" section to view your daily, weekly, and monthly fitness summaries.
- **Set Goals:** Within the app, you can set personal fitness goals, such as daily step targets, to help motivate your progress.



Image: The Smart Ring shown with a background of active individuals and a dog, symbolizing its use in tracking fitness and daily activities.

## 4.3 Sleep Tracking

The Smart Ring provides comprehensive sleep analysis, monitoring your sleep stages (deep sleep, light sleep, REM sleep) and duration. It helps you understand your sleep patterns and develop healthier habits.

- **Activate Sleep Mode:** The ring automatically detects sleep when worn. Ensure it is worn throughout the night for accurate data.

- **Analyze Sleep Data:** Open the JYouPro APP in the morning to view your detailed sleep report. The app provides insights and suggestions based on your sleep quality.



Energy saving technology  
Continuous monitoring for up to  
7 days on a single charge without interruption.



Image: The Smart Ring positioned beside a smartphone screen, which displays detailed sleep analysis data from the JYouPro application.

### ***Sleep monitoring***

#### ***A comprehensive sleep analysis***

***Open the sleep mode, give suggestions to help you sleep, generate professional sleep data through the APP, and compare and analyze the phased data, so that you can better understand your own sleep conditions and develop good sleep habits.***



Image: A person sleeping comfortably with the Smart Ring on their finger, while a smartphone nearby displays their comprehensive sleep tracking data.

## **5. MAINTENANCE**

### **5.1 Cleaning the Ring**

To maintain the ring's appearance and sensor accuracy, clean it regularly. Use a soft, damp cloth to wipe the surface. Avoid abrasive cleaners or harsh chemicals that could damage the ceramic or stainless steel.

### **5.2 Water Resistance (IP68)**

The Smart Ring is IP68 rated, meaning it is dustproof and can withstand immersion in water up to 1.5 meters for up to 30 minutes. You can wear it during daily activities such as washing hands, showering, and swimming.



**IP68 waterproof and dustproof**  
The smart ring's sensors work even when worn in various water related scenarios.



Image: The Smart Ring partially submerged in water, visually confirming its IP68 waterproof and dustproof capabilities, allowing for use in various water-related scenarios.

While the ring is highly water-resistant, avoid exposing it to high-velocity water (e.g., water skiing, surfing) or extreme temperatures (e.g., sauna, steam room) as this may compromise the seals over time.

## 6. TROUBLESHOOTING

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

- **Ring Not Connecting to App:**

- Ensure the ring is charged.
- Verify Bluetooth is enabled on your smartphone.
- Restart the JYouPro APP.
- Try restarting your smartphone.
- If the issue persists, unpair and re-pair the device in the app's settings.

- **Inaccurate Data Readings:**

- Ensure the ring is worn snugly on your finger.
- Clean the sensors on the inside of the ring.
- Ensure the JYouPro APP is updated to the latest version.

• **Short Battery Life:**

- Ensure the ring is fully charged each time.
- Avoid extreme temperatures that can affect battery performance.
- Battery life may vary based on usage patterns.

• **Ring Not Charging:**

- Ensure the ring is correctly seated in the charging compartment.
- Check that the charging cable is securely connected to both the compartment and the power source.
- Try a different USB power source or charging cable.

7. SPECIFICATIONS

Feature	Detail
Item Type	Smart Ring
Material	Ceramic
Ring Battery Type	Lithium Battery (Built-in)
Ring Battery Capacity	18mAh
Ring Battery Life	Approx. 7 Days
Ring Charging Time	60 Minutes
Charging Compartment Battery Type	Lithium Battery (Built-in)
Charging Compartment Battery Capacity	400mAh
Compatible APP	JYouPro
Color	White
Waterproof Rating	IP68
Model Name	CUIFATImg5enkupta-11
Manufacturer	CUIFATI
ASIN	B0D47WQCDR
Item Package Dimensions	3.54 x 2.76 x 1.18 inches
Package Weight	66 Grams

7.1 Ring Size Chart



To ensure accurate data collection and comfort, select the correct ring size. The following table provides inner diameter measurements for common ring numbers:

Ring Number	Ring Inner Diameter
8	18.2mm / 0.72in
9	19mm / 0.75in
10	19.9mm / 0.78in
12	21.5mm / 0.85in



Image: A table illustrating different Smart Ring numbers and their corresponding inner diameters in millimeters and inches, to assist users in selecting the correct size.

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8	18.2mm / 0.72in
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For warranty information, returns, or technical support, please contact the seller directly. The seller for this product is [Cuifati3](#). Please have your product model number (CUIFATImg5enkupta-11) and ASIN (B0D47WQCDR) ready when contacting support.

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