CMF BY NOTHING D398

CMF BY NOTHING Watch Pro 2 Smartwatch User Manual

Model: D398

1. Introduction

Welcome to the user manual for your CMF BY NOTHING Watch Pro 2 Smartwatch. This guide provides detailed instructions on how to set up, operate, maintain, and troubleshoot your device. Please read this manual thoroughly to ensure optimal performance and longevity of your smartwatch.

2. Product Overview

2.1 Key Features

- Interchangeable bezel design
- 1.32"> **AMOLED display with auto-brightness**
- 100+ watch faces with dynamic and customisable options
- Bluetooth calls with AI noise reduction
- Built-in multi-system GPS
- 11 days battery life
- 120 sports modes with smart automatic recognition for 5 common activities (outdoor running, indoor running, outdoor walking, indoor walking, outdoor cycling)
- Intuitive gesture control for customized functions (answering calls, skipping songs, checking weather)
- Equipped with a built-in microphone and speaker for seamless communication
- Ability to add and manage up to 30 contacts directly from the watch
- Bluetooth 5.3 connectivity
- Compatibility with iOS 13 and above, Android 8.0 and above
- Additional features: cloud watch faces, photo album watch faces, breathing training, message notification, music control, timers, stopwatch, alarms, weather, find my phone, flashlight, camera remote, reminder, voice

assistant, calendar, calculator, world clock

2.2 Package Contents

- CMF BY NOTHING Watch Pro 2 Smartwatch
- USB Cable
- Wall Adapter Dual Port
- User Manual (this document)

2.3 Watch Components

Familiarize yourself with the main components of your CMF BY NOTHING Watch Pro 2:



Figure 2.1: Front view of the CMF BY NOTHING Watch Pro 2 Smartwatch, showcasing its round display and blue strap.



Figure 2.2: Top-down view of the CMF BY NOTHING Watch Pro 2 Smartwatch, highlighting the strap and watch face.



Figure 2.3: Diagram illustrating key features of the CMF BY NOTHING Watch Pro 2, including design, watch faces, sports modes, health tracking, GPS, battery life, AMOLED display, functional crown, and gesture control.

3. Setup Guide

3.1 Charging the Device

Before first use, fully charge your CMF BY NOTHING Watch Pro 2. Connect the provided USB cable to the charging port on the back of the watch and plug the other end into the supplied wall adapter. A full charge typically takes approximately 2 hours.

3.2 Initial Power On and Pairing

1. **Power On:** Press and hold the side button (functional crown) until the CMF BY NOTHING logo appears on the screen.

2. **Download App:** Scan the QR code displayed on the watch screen or search for the official CMF BY NOTHING companion app in your smartphone's app store (available for iOS 13+ and Android 8.0+).
3. **Open App:** Launch the installed app on your smartphone and follow the on-screen instructions to create an account or log in.
4. **Pair Device:** In the app, select 'Add Device' or 'Pair New Device'. The app will search for nearby smartwatches. Select 'CMF BY NOTHING Watch Pro 2' from the list.
5. **Confirm Pairing:** A pairing request will appear on both your watch and smartphone. Confirm the pairing on both devices.
6. **Complete Setup:** Once paired, the app will guide you through initial settings, such as personal information, notification preferences, and watch face selection.

4. Operating Instructions

4.1 Navigation and Interface

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and widgets. Tap to select items.
- **Functional Crown:** Rotate the crown to scroll through lists or adjust settings. Press the crown to return to the home screen or confirm selections.
- **Gesture Control:** Utilize wrist movements (rotate or shake) to activate customized functions like answering calls or skipping songs.

4.2 Bluetooth Calls

The CMF BY NOTHING Watch Pro 2 allows you to make and receive calls directly from your wrist. Ensure your watch is connected to your smartphone via Bluetooth. The AI noise reduction technology enhances call clarity.

- **Making Calls:** Access the 'Phone Call' function on your watch, select a contact from your synced list (up to 30 contacts can be managed), or dial a number.
- **Receiving Calls:** When a call comes in, you can answer or reject it directly from the watch screen.

4.3 Sports Modes and Activity Tracking

The watch supports 120 sports modes and offers smart automatic recognition for 5 common activities: outdoor running, indoor running, outdoor walking, indoor walking, and outdoor cycling. This prompts the watch to start tracking without manual input.

- **Starting a Workout:** Navigate to the 'Exercise' menu, select your desired sport, and begin your activity.
- **GPS Tracking:** The built-in multi-system GPS accurately tracks your outdoor activities, including distance, pace, and route.
- **Activity Records:** All workout data is recorded and can be reviewed in the 'Exercise Records' section on your watch and in the companion app.

4.4 Health Monitoring

Your smartwatch is an on-the-go health companion, providing various health monitoring features:

- **Heart Rate:** Continuously monitors your heart rate throughout the day.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Stress Monitoring:** Tracks your stress levels and provides insights.

- **Sleep Tracking:** Analyzes your sleep patterns, including deep sleep, light sleep, and wake times.
- **Active Score:** Provides a comprehensive score based on your daily activity.

4.5 Customization

Personalize your watch experience with various customization options:

- **Watch Faces:** Choose from over 100 signature watch faces, including dynamic and customizable options. You can also set photo album watch faces.
- **Display Settings:** Adjust brightness, always-on display, and screen timeout.



Figure 4.1: A person wearing the CMF BY NOTHING Watch Pro 2 Smartwatch, demonstrating its comfortable fit and visual appeal.

4.6 Other Functions

The CMF BY NOTHING Watch Pro 2 includes a range of utility features:

- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Camera Remote:** Use your watch as a remote shutter for your smartphone camera.
- **Weather:** Get real-time weather updates.

- **Timers & Stopwatch:** Essential tools for timing activities.
- **Alarms:** Set alarms directly from your watch.
- **Find My Phone:** Locate your misplaced smartphone.
- **Flashlight:** Turn your watch screen into a temporary light source.
- **Voice Assistant:** Access your smartphone's voice assistant.
- **Calendar & Calculator:** Basic productivity tools.
- **World Clock:** View times in different time zones.

5. Maintenance and Care

- **Cleaning:** Regularly clean your watch and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The watch is IP68 waterproof. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use and light water activities but not for diving or high-pressure water activities.
- **Temperature:** Avoid exposing the watch to extreme temperatures (hot or cold) or sudden temperature changes.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place.

6. Troubleshooting

6.1 Common Issues and Solutions

- **Watch not powering on:** Ensure the watch is fully charged. If the battery is completely drained, it may take a few minutes to respond after connecting to the charger.
- **Unable to pair with smartphone:**
    - Ensure Bluetooth is enabled on your smartphone.
    - Make sure the watch is within the Bluetooth range of your phone.
    - Restart both the watch and your smartphone.
    - Clear Bluetooth cache on your phone (Android) or forget the device and re-pair (iOS/Android).
- **Inaccurate health data:**
    - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
    - Clean the sensors on the back of the watch.
    - Environmental factors or movement during measurement can affect accuracy.
- **Notifications not appearing:**
    - Check notification settings in the CMF BY NOTHING app.
    - Ensure the app has necessary permissions on your smartphone (e.g., notification access).
    - Verify that the watch is connected to your phone.

- **Short battery life:**
  - Reduce screen brightness.
  - Disable unnecessary features like continuous heart rate monitoring or always-on display if not needed.
  - Limit the number of active notifications.
  - Frequent GPS usage will consume more battery.

7. Specifications

Feature	Detail
Brand	CMF BY NOTHING
Model Number	D398
Product Dimensions	1.77 x 1 x 0.63 inches (4.49 x 2.54 x 1.6 cm)
Item Weight	1.57 ounces (44.4 Grams)
Display Size	1.32 Inches
Display Type	AMOLED
Operating System	Nothing OS
Memory Storage Capacity	128 MB
Connectivity Technology	Bluetooth 5.3
GPS	Built-in GPS (Multi-system)
Water Resistance	IP68
Battery Type	Lithium Ion (3 batteries included)
Battery Life	Up to 11 days (typical usage)
Compatibility	iOS 13 and above, Android 8.0 and above
Manufacturer	CMF by Nothing

8. Warranty and Support

8.1 Warranty Information

Your CMF BY NOTHING Watch Pro 2 Smartwatch comes with a limited manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions, including warranty period and coverage details. Keep your purchase receipt as proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, troubleshooting not covered in this manual, or warranty inquiries, please contact CMF BY NOTHING customer support through their official website or the contact information provided in your product packaging. You may also visit the CMF BY NOTHING Store on Amazon for additional resources.

© 2024 CMF BY NOTHING. All rights reserved.

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