CMF BY NOTHING D398

CMF by Nothing Watch Pro 2 Smartwatch User Manual

Your comprehensive guide to setting up, operating, and maintaining your CMF by Nothing Watch Pro 2.

Introduction

The CMF by Nothing Watch Pro 2 is a cutting-edge smartwatch designed to enhance your daily life with advanced health monitoring, comprehensive sports tracking, and seamless communication features. Featuring a sleek aluminum alloy case, a vibrant AMOLED display, and a long-lasting battery, this manual will guide you through all aspects of its use.



Image: The CMF by Nothing Watch Pro 2 in dark grey, showcasing its round AMOLED display with health metrics and time.

Key Features

The Watch Pro 2 integrates a range of features to support your health, fitness, and connectivity needs:

- **Advanced Design:** The latest model features a perfectly finished design, adopting a new round shape for the refined aluminum alloy case, enhancing the user experience. A series of new functions have also been introduced, such as automatic brightness adjustment and intuitive navigation via the functional crown.
- **Multi-system GPS:** Enhanced with 5 satellite positioning systems, Watch Pro 2 provides accurate GPS tracking for activities such as running, cycling, walking, and hiking. It includes 120 sports modes with smart automatic recognition for 5 common activities, prompting you to start activity tracking without manual input.
- **Bluetooth Calling with AI Noise Reduction:** Enhanced AI noise-cancelling technology enables high-quality Bluetooth calls. Watch Pro 2 has a built-in microphone and speaker, enabling seamless communication. Additionally, you can add and manage up to 30 contacts on the watch, allowing direct call operation from your wrist.
- **Vibrant AMOLED Display:** The CMF Watch Pro 2's 1.32-inch AMOLED always-on display delivers crisp and vibrant

visuals with an enhanced 466 x 466 resolution. Equipped with automatic brightness adjustment, its 620 nits brightness maintains clarity under all lighting conditions, from dazzling sunlight to gentle dim light. This ensures optimal visibility in any situation, making it a perfect companion wherever you are.

- **Comprehensive Health Monitoring:** Embark on health improvement with Active Score, an essential tool that evaluates physical activity from the past 7 days of heart rate data. It's a useful metric for reviewing daily activities. Sleep detection and active score have been upgraded, providing more accurate data with smart sleep and smart movement algorithms. Monitors heart rate, blood oxygen (SpO2), and stress.
- **Long Battery Life:** Up to 11 days of battery life on a single charge.



Image: An overview of the CMF by Nothing Watch Pro 2's main features, including its design, display, health tracking, and connectivity.

Setup Guide

1. Initial Charging

Before first use, fully charge your Watch Pro 2 using the provided charging cable. Connect the magnetic end of the cable to the charging contacts on the back of the watch and the USB end to a power adapter (not included) or a computer USB port. The watch display will indicate charging status.

2. Download the CMF Watch App

To unlock the full potential of your Watch Pro 2, download the official CMF Watch app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS). Search for "CMF Watch".

3. Pairing Your Watch

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the CMF Watch app and follow the on-screen instructions to create an account or log in.
3. Select "Add Device" or similar option within the app. The app will search for nearby devices.
4. Select "CMF Watch Pro 2" from the list of found devices.
5. Confirm the pairing request on both your watch and smartphone. A successful connection will be indicated on both devices.



Image: Front view of the CMF by Nothing Watch Pro 2, ideal for illustrating initial setup.

Operating Instructions

Display Navigation

- **Swipe Down:** Access quick settings (e.g., brightness, DND mode).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Navigate through widgets (e.g., heart rate, activity, weather).
- **Press Functional Crown:** Return to the watch face or open the app list. Rotate the crown to scroll through menus or adjust settings.
- **Long Press Watch Face:** Customize watch faces.

Bluetooth Calls

Once paired with your smartphone, you can make and receive calls directly from your Watch Pro 2. Ensure the watch is

within Bluetooth range of your phone.

- **Making Calls:** Access the call function from the app list, select a contact (up to 30 can be synced from the app), or dial a number.
- **Receiving Calls:** When a call comes in, you can answer or reject it directly from the watch. Use the built-in speaker and microphone for communication.



Image: A user interacting with the CMF by Nothing Watch Pro 2 for a Bluetooth call.

Health Monitoring

The Watch Pro 2 continuously monitors various health metrics:

- **Heart Rate:** Real-time heart rate monitoring. View historical data in the CMF Watch app.
- **Blood Oxygen (SpO2):** Measure your blood oxygen levels.
- **Sleep Tracking:** Automatically tracks sleep patterns, including different sleep stages, providing insights into your sleep quality.
- **Stress Monitoring:** Monitors stress levels throughout the day.



Image: Visual representation of the 24-hour health monitoring capabilities of the Watch Pro 2.

Sports Modes and GPS

The watch supports over 120 sports modes. For outdoor activities, the built-in multi-system GPS provides accurate

tracking of your route, distance, and pace.

- **Starting an Activity:** Select your desired sport from the watch's activity list. For common activities like running or walking, the watch can automatically recognize and prompt you to start tracking.
- **GPS Tracking:** Ensure you have a clear view of the sky for optimal GPS signal acquisition before starting outdoor activities.



Image: The Watch Pro 2's multi-system GPS in action during an activity.

Other Functions

The CMF Watch Pro 2 offers various other convenient functions:

- **Notifications:** Receive alerts for calls, messages, and app notifications from your paired smartphone.
- **Camera Remote:** Control your smartphone's camera remotely.
- **Music Remote:** Control music playback on your smartphone.
- **Voice Assistant:** Access your smartphone's voice assistant.
- **Alarms & Reminders:** Set alarms and reminders directly from the watch.



Image: A visual guide to additional smart functions available on the Watch Pro 2.

Care and Maintenance

Cleaning Your Watch

Regularly clean your Watch Pro 2 to ensure optimal performance and hygiene. Use a soft, lint-free cloth to wipe the display and watch body. For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.

Water Resistance (IP68)

The Watch Pro 2 is rated IP68 for water and dust resistance. This means it can withstand immersion in up to 1.5 meters of fresh water for up to 30 minutes. It is suitable for daily use, such as hand washing or light rain. However, it is not recommended for swimming, showering with hot water, or diving, as steam and high water pressure can damage the device.

Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures. Charge the watch regularly, but avoid leaving it fully charged or fully depleted for extended periods. Use only the provided charging cable.

Troubleshooting

Watch Not Turning On

- Ensure the watch is sufficiently charged. Connect it to the charger for at least 10 minutes.
- Press and hold the functional crown for several seconds to attempt a forced restart.

Connectivity Issues (Frequent Disconnections)

- Ensure Bluetooth is enabled on your smartphone and the CMF Watch app is running in the background.
- Keep the watch and smartphone within close proximity (typically within 10 meters).
- Restart both your watch and smartphone.
- In the CMF Watch app, try unpairing and then re-pairing the device.
- Check for app updates and watch firmware updates within the CMF Watch app.

Notifications Not Appearing

- Verify that notifications are enabled in the CMF Watch app for the specific applications you wish to receive alerts from.
- Check your smartphone's system settings to ensure the CMF Watch app has permission to access notifications.
- Ensure the watch is not in "Do Not Disturb" mode.

Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, but not too tight, allowing the sensors to make proper contact with your skin.
- Clean the sensors on the back of the watch regularly.
- For GPS accuracy, ensure you are in an open area with a clear view of the sky.

Technical Specifications

Feature	Specification

Model Number	D398
Display Size	1.32 inches AMOLED
Resolution	466 x 466 pixels
Brightness	Up to 620 nits
Water Resistance	IP68
Connectivity	Bluetooth
Battery Capacity	300 mAh
Typical Battery Life	Up to 11 days
Heavy Use Battery Life	Up to 9 days
Bluetooth Call Battery Life	Up to 17.4 hours
GPS Continuous Use Battery Life	Up to 25 hours
Product Dimensions	4.5 x 1.36 x 2.55 cm
Product Weight	44.4 g

Warranty and Support

For product support and inquiries, please contact CMF by Nothing customer service. The product comes with standard warranty as per regional regulations. Please refer to the warranty information card included in your product box for details.

Japanese Customer Support:

Toll-Free Number: 0120-789-830

Reception Hours: Monday - Friday, 9:00 AM - 6:00 PM (Japan Standard Time)

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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

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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