

[Manuals.plus](#) /

› [Sanorum](#) /

› Sanorum CS5 Smartwatch for Women User Manual - 1.47-inch Display, Health & Fitness Tracker

## Sanorum CS5



# Sanorum CS5 Smartwatch User Manual

Model: CS5

## 1. INTRODUCTION

---

Thank you for choosing the Sanorum CS5 Smartwatch. This manual provides essential information for the proper setup, operation, and maintenance of your device. Please read it carefully to ensure optimal performance and longevity of your smartwatch.

The Sanorum CS5 Smartwatch is designed for women, featuring a 1.47-inch display, 24 sports modes, SpO2 and sleep tracking, activity monitoring, and female physiology functions. It is IP68 waterproof and compatible with Android and iOS devices.



Image: The Sanorum CS5 Smartwatch in silver with a mesh strap, alongside a beige silicone strap, showcasing its elegant design and versatility.

## 2. WHAT'S IN THE BOX

---

Upon opening the package, please verify that all components are present:

- Sanorum CS5 Smartwatch (with one strap attached)
- Additional interchangeable strap (e.g., silicone or metal mesh)
- Magnetic charging cable
- User Manual

## 3. SETUP GUIDE

---

### 3.1 Charging the Smartwatch

Before initial use, fully charge your smartwatch. The device is equipped with a magnetic charging cable.

1. Connect the USB end of the charging cable to a standard USB power adapter (5V/1A recommended) or a computer's USB port.
2. Align the magnetic end of the charging cable with the charging contacts on the back of the smartwatch. The magnets will snap into place.
3. The watch display will show a charging indicator. A full charge typically takes approximately 1.5 hours.



**IP68  
Waterproof**

**200 mAh Long  
Battery Life**

**7** Days  
Daily Use Time

**1.5** Hours  
Charging Time

**200Ahm**

28%  
Charging

Image: An illustration showing the smartwatch being charged magnetically, with an indicator of 28% battery and a lightning bolt symbol.  
Text indicates 200mAh battery capacity, 7 days daily use time, and 1.5 hours charging time.

### 3.2 App Installation and Pairing

To unlock the full functionality of your Sanorum CS5 Smartwatch, you need to install the companion application on your smartphone.

1. **Download the App:** Scan the QR code provided in the manual or on the watch packaging, or search for the

designated app (e.g., 'FitCloudPro' or similar, as per product documentation) in the Apple App Store (for iOS 9.0 and above) or Google Play Store (for Android 4.4 and above).

2. **Create an Account:** Open the app and follow the on-screen instructions to register and create your user profile.
3. **Pair the Smartwatch:**
  - Ensure Bluetooth is enabled on your smartphone.
  - Open the app and navigate to the 'Device' or 'My Watch' section.
  - Tap 'Add Device' or 'Bind Device' and select 'CS5' from the list of available devices.
  - Confirm the pairing request on both your smartphone and the smartwatch if prompted.
4. **Grant Permissions:** Allow necessary permissions (e.g., notifications, location, contacts) for the app to function correctly.

## 4. OPERATING INSTRUCTIONS

---

### 4.1 Basic Navigation

The Sanorum CS5 Smartwatch features a 1.47-inch full-touch IPS display.

- **Swipe Down:** Access quick settings (e.g., brightness, DND mode, battery status).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Navigate through main functions (e.g., activity data, heart rate, weather, sports modes).
- **Press Side Button:** Return to the home screen or turn the screen on/off.

### 4.2 Sports Modes

The smartwatch supports 24 indoor and outdoor sports modes to track your exercise scientifically.

1. From the main watch face, swipe to find the 'Sports' or 'Workout' icon and tap it.
2. Select your desired sport from the list (e.g., Outdoor Running, Cycling, Swimming, Skipping).
3. Tap to start the activity. The watch will begin recording data such as heart rate, calories burned, steps, and distance.
4. For outdoor activities, GPS tracking is available via your smartphone, allowing you to view your movement track in the app.
5. To end a workout, swipe right or press the side button, then select 'End' or 'Pause'.

# Multiple Sports Experience, Professional Sports Partner



 Steps

 Distance

 Calories

Image: Three individuals engaged in different sports activities, each wearing the smartwatch. An inset shows the smartwatch display with various sports modes like Outdoor Running, Cycling, Swimming, and Skipping, highlighting its professional sports tracking capabilities.

## 4.3 Health Monitoring

The Sanorum CS5 Smartwatch is equipped with advanced sensors for continuous health monitoring.

- **Heart Rate Monitoring:** The watch monitors your heart rate 24 hours a day. Access the heart rate interface on the watch or in the app to view real-time data and historical trends.

- **Blood Oxygen (SpO2) Monitoring:** Measure your blood oxygen levels directly from the watch. Ensure the watch is worn snugly on your wrist for accurate readings.
- **Sleep Tracking:** The watch automatically tracks your sleep patterns overnight, including deep sleep, light sleep, and awake times. View detailed sleep analysis in the app to understand and improve your sleep habits.
- **Female Physiology:** This feature provides comprehensive tracking and reminders for menstrual periods, helping women monitor their health cycles.
- **Breathing Training:** Utilize guided breathing exercises available on the watch to help manage stress and improve relaxation.

# Protect Your Health Intelligently, and Enjoy Life Better

The image features a woman in a grey sports bra and leggings performing a yoga pose on a mat. She has a smartwatch on her left wrist. In the foreground, two smartphones are displayed. The left phone shows a 'Blood oxygen' app with a green line graph and a value of 96%. The right phone shows a 'Heart rate' app with a red line graph and a value of 102 bpm. Below the phones, four circular icons represent different health features: a blue icon for Breathing Training, a red icon for 24/7 Heart Rate, a pink icon for Female Function, and a blue icon for 24/7 Blood Oxygen.

| Feature            | Icon Color |
|--------------------|------------|
| Breathing Training | Blue       |
| 24/7 Heart Rate    | Red        |
| Female Function    | Pink       |
| 24/7 Blood Oxygen  | Blue       |

Image: A woman performing a yoga pose, with the smartwatch visible on her wrist. The image highlights health features such as Breathing Training, 24/7 Heart Rate, Female Function, and 24/7 Blood Oxygen monitoring, emphasizing intelligent health protection.

# Accurately Monitor Your Sleep at Night, Your Sleep Guardian



Deep  
Sleep



Light  
Sleep



Awake

Image: A woman sleeping peacefully, with the smartwatch on her wrist. Icons below indicate Deep Sleep, Light Sleep, and Awake states, illustrating the watch's accurate sleep monitoring capabilities.

## 4.4 Notifications

Stay connected by receiving notifications directly on your wrist.

1. Ensure your smartwatch is paired with your smartphone and the app has notification permissions enabled.
2. You will receive alerts for incoming calls, SMS messages, and notifications from social media apps like Facebook,

WhatsApp, Instagram, and Twitter.

3. Swipe up on the watch face to view your latest notifications.
4. You can hang up incoming calls directly from the watch.



## No Matter When, Receive Information Unobstructed

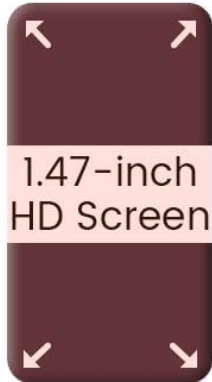
Image: A hand wearing the smartwatch, displaying a message notification. Surrounding icons represent various social media and messaging applications like Gmail, LinkedIn, Skype, WhatsApp, Instagram, Twitter, Line, and Facebook, indicating seamless information reception.

### 4.5 Customization (Watch Faces)

Personalize your smartwatch with a variety of watch faces.

- The companion app offers over 165 online watch faces to choose from.
- You can also upload your own photos to create custom watch faces, allowing for diverse styles and combinations.
- To change the watch face, open the app, navigate to the 'Dial' or 'Watch Face' section, and select your preferred option.

## 165+ Online Dials & DIY Dials



Android  
4.4 and Above



Compatible  
iOS 9.0 and Above



Bluetooth  
Connection



Image: The smartwatch displaying multiple customizable watch faces with different designs. The image also highlights the 1.47-inch HD screen, compatibility with Android 4.4+ and iOS 9.0+, and Bluetooth connection.

## 5. MAINTENANCE

---

### 5.1 Water Resistance (IP68)

The Sanorum CS5 Smartwatch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. This makes it suitable for daily use and sports activities, including swimming.

- Avoid prolonged exposure to hot water, steam, or high-pressure water jets (e.g., showers, saunas, hot tubs).
- Do not operate the watch buttons underwater.
- After contact with saltwater, rinse the watch with fresh water and dry it thoroughly.

### 5.2 Cleaning

Regular cleaning helps maintain the watch's appearance and sensor accuracy.

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn stains, dampen the cloth slightly with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts periodically to ensure proper charging.

### 5.3 Battery Life

The smartwatch features a 200mAh battery, providing up to 7 days of continuous use on a full charge, depending on usage patterns. To optimize battery life:

- Adjust screen brightness to a lower setting.
- Disable continuous heart rate monitoring if not needed.
- Limit the number of app notifications.

## 6. TROUBLESHOOTING

---

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with smartphone:**
  - Ensure Bluetooth is enabled on your phone and the watch is within range.
  - Restart both your phone and the smartwatch.
  - Check if the app has all necessary permissions.
  - If previously paired, try unpairing and re-pairing the device through the app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Avoid excessive movement during measurements.
- **Notifications not received:** Verify that notification permissions are granted to the app on your phone. Check the app's settings to ensure notifications for specific applications are enabled.
- **Screen unresponsive:** Try restarting the watch by pressing and holding the side button. If the issue persists, ensure the watch is charged.

## 7. SPECIFICATIONS

---

| Feature                 | Specification                                                                                                                                                                 |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Brand                   | Sanorum                                                                                                                                                                       |
| Model Number            | CS5                                                                                                                                                                           |
| Display Size            | 1.47 Inches                                                                                                                                                                   |
| Operating System        | Wear OS                                                                                                                                                                       |
| Connectivity            | Bluetooth                                                                                                                                                                     |
| Special Features        | Female Physiology, Heart Rate Monitor, SpO2, Sleep Tracker, 24 Sports Modes, Breathing Training, Alarm, Timer, Weather, Camera Control, Music Control, Notification Reminders |
| Compatible Devices      | Smartphone, Tablet, Laptop                                                                                                                                                    |
| Battery Composition     | Lithium-ion                                                                                                                                                                   |
| Battery Capacity        | 200 mAh                                                                                                                                                                       |
| Water Resistance        | IP68                                                                                                                                                                          |
| Memory Storage Capacity | 128 MB                                                                                                                                                                        |
| GPS                     | GPS via smartphone                                                                                                                                                            |

## 8. WARRANTY AND SUPPORT

Sanorum products are designed for reliability and performance. For warranty information, please refer to the warranty card included in your product packaging or visit the official Sanorum website.

If you encounter any issues or have questions regarding your Sanorum CS5 Smartwatch, please contact Sanorum customer support through the contact information provided on the official website or within the companion application.

Please retain your proof of purchase for warranty claims.

### 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**