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› SGNICS K55 Smart Watch User Manual

SGNICS K55

SGNICS K55 Smart Watch User Manual

Model: K55



1. INTRODUCTION AND OVERVIEW

Thank you for choosing the SGNICS K55 Smart Watch. This rugged and versatile smartwatch is designed for active lifestyles, offering advanced features for communication, fitness tracking, and health monitoring. Please read this manual carefully to ensure proper use and optimal performance of your device.

Key Features:

- **Military-Grade Durability:** Constructed from special aluminum alloy, tested for extreme temperatures, low pressure, and dust resistance.
- **Call & Notification Management:** Make and receive calls directly from the watch, and get notifications for texts and other apps.
- **Extensive Sports Modes:** Supports over 20 sports modes including walking, running, basketball, cycling, and more.
- **24/7 Health Monitoring:** Features 24-hour heart rate monitoring and sleep tracking.
- **Long Battery Life:** 350mAh battery provides 5-7 days of use and up to 15 days standby time.
- **Water Resistance:** Suitable for hand washing and jogging in the rain (not for swimming or diving).

2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- 1 x SGNICS K55 Smart Watch
- 1 x Watch Band
- 1 x Charging Cable
- 1 x User Manual

3. SETUP GUIDE

3.1 Charging the Smart Watch

Before first use, fully charge your SGNICS K55 Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port.

- Charging Time: Approximately 2 hours for a full charge.
- Battery Indicator: The watch display will show the charging status.

More than 20
multiple sport modes
**Expand your
boundary**

1.85 inch
IPS HD screen
Full view angle display

350mAh
big battery
Super long
standby time
20days



Image: Rear view of the SGNICS K55 Smart Watch showing the charging contacts and heart rate sensor. This is where the magnetic charging cable connects.

3.2 App Installation and Pairing

To unlock the full potential of your SGNICS K55 Smart Watch, you need to install the companion application on your smartphone (Android or iOS).

1. **Download the App:** Scan the QR code provided in the included user manual or search for the official app name (usually mentioned in the manual or on the watch screen during initial setup) in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
2. **Register/Log In:** Open the app and follow the on-screen instructions to create an account or log in.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair the Watch:**
 - Open the app and navigate to the "Device" or "Add Device" section.
 - The app will search for available devices. Select "K55" or the corresponding device name when it appears.
 - Confirm the pairing request on both your phone and the watch if prompted.
5. **Connect Audio Bluetooth (for calls/music):** After initial pairing, go to your phone's Bluetooth settings and look for a second Bluetooth device related to the watch (e.g., "K55_Audio" or similar). Connect to this device to enable call and music playback features directly on the watch.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

- **Power On/Off:** Press and hold the side button to power on or off.
- **Wake Screen:** Raise your wrist or press the side button.
- **Swipe Up/Down:** Access quick settings or notifications.
- **Swipe Left/Right:** Navigate through different functions and widgets (e.g., heart rate, sports modes, weather).
- **Tap:** Select an item or enter a function.
- **Side Buttons:** The watch features "OPEN" and "DOWN" buttons, which may be customizable or serve specific functions within menus (e.g., scrolling, quick access).

4.2 Call and Notification Features

Once the audio Bluetooth is connected, you can manage calls and receive notifications directly on your watch.

- **Making Calls:** Access the dial pad or contact list on the watch to initiate calls.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. You can answer or reject the call directly from the watch.
- **Notifications:** Text messages, social media alerts, and other app notifications will be displayed on the watch screen. Configure notification settings within the companion app.





SMART WATCH

Big screen smart watch

Image: The SGNICS K55 Smart Watch screen showing an incoming call interface with options to answer or reject, demonstrating its call management capability.

4.3 Sports Modes and Fitness Tracking

The watch supports a variety of sports modes to track your workouts and provides comprehensive fitness data.

- **Accessing Sports Modes:** Swipe through the watch interface to find the "Sports" or "Workout" icon. Tap to select your desired activity (e.g., Walking, Running, Cycling, Basketball, Football, Rope Skipping, Mountain Climbing).
- **Tracking Data:** During a workout, the watch will display real-time data such as duration, distance, calories burned, and heart rate.
- **Syncing Data:** After your workout, sync the watch with the app to view detailed statistics, progress, and set new goals.



Bloox oxygen



24 hours heart rate monitor

Support too high or too low heart rate warning, automatically recognize irregular heartbeats



Sleep monitor

Automatically detect your sleep quality at night, record your light/deep/awake status

Image: A display of three SGNICS K55 Smart Watches in different colors, showcasing various screen interfaces including sports modes, a digital watch face, and a calendar view, highlighting the 1.85-inch HD screen and multiple sport modes.

4.4 Health Monitoring

The SGNICS K55 Smart Watch offers continuous health monitoring features.

- **Heart Rate Monitoring:** The watch continuously monitors your heart rate. Swipe to the heart rate interface to view your current BPM and historical data. The app provides detailed analysis and alerts for irregular heartbeats.
- **Sleep Tracking:** Wear the watch to bed for automatic sleep monitoring. The app will provide a detailed report on your sleep quality, including total sleep time, deep sleep, light sleep, and awake periods.
- **Blood Oxygen (SpO2) Monitoring:** Access the blood oxygen function on the watch to take a measurement.

Note: The health monitoring functions of this device are for reference only and cannot be used for medical diagnosis or treatment. It is not a medical device.



Image: The SGNICS K55 Smart Watch screen showing a heart rate monitoring interface with a graph and BPM reading, indicating its health tracking capabilities.



Image: The SGNICS K55 Smart Watch screen showing a sleep monitoring interface with total sleep duration and sleep score, illustrating its sleep tracking function.

Make life convenient work more efficiently

Breathing, App message reminder, reject calls,

CM46 remote control, human voice control, and find smartwatch

SMS reminder, alarm, music control, selfie, stopwatch,
find phone, weather report



Image: A composite image showing three SGNICS K55 Smart Watches, each displaying a different health metric: blood oxygen saturation, 24-hour heart rate monitoring, and sleep quality tracking.

4.5 Other Functions

The SGNICS K55 Smart Watch includes several other useful features:

- **Weather Forecast:** Get real-time weather updates.
- **Alarm Clock:** Set alarms directly from the watch or app.
- **Camera Controller:** Remotely control your phone's camera.

- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your phone.
- **Sedentary Reminder:** Get alerts to move if you've been inactive for too long.
- **Find Phone:** Use the watch to make your phone ring if it's misplaced.
- **Stopwatch/Timer:** Basic timekeeping functions.

Care about health, care about you

PPG Biotracking sensor : one touch to measure heart rate, blood pressure, blood oxygen, breathing rate and recognize irregular heartbeats to understand your health status





Image: The SGNICS K55 Smart Watch screen showing a grid of colorful icons representing various functions such as breathing exercises, message reminders, call rejection, SMS, alarm, music control, selfie remote, stopwatch, find phone, and weather reports.

5. MAINTENANCE AND CARE

5.1 Water Resistance

The SGNICS K55 Smart Watch is designed to be water-resistant for daily use.

- It can withstand hand washing and jogging in the rain.
- **DO NOT** use the watch for swimming, diving, showering, or in a sauna. Exposure to hot water or steam may damage the device.

5.2 Cleaning

- Wipe the watch screen and body with a soft, lint-free cloth.
- For the watch band, clean with a damp cloth and mild soap if necessary, then rinse and dry thoroughly.
- Avoid using harsh chemicals or abrasive materials.

5.3 Storage

When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

6.1 Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the side button for 10-15 seconds to force a restart.

6.2 Unable to Pair with Phone

- Make sure Bluetooth is enabled on your phone and the watch.
- Ensure the watch is within the Bluetooth range (typically 10 meters/33 feet).
- Restart both your phone and the watch.
- Forget the device in your phone's Bluetooth settings and try pairing again through the app.
- Ensure the correct companion app is installed and updated.

6.3 Call/Music Audio Not Working

- Verify that the second Bluetooth connection (e.g., "K55_Audio") is established in your phone's Bluetooth settings.
- Check the volume settings on both your watch and phone.

6.4 Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, not too tight or too loose.
- Clean the sensor on the back of the watch.
- Remember that the data is for reference only and not for medical purposes.

7. SPECIFICATIONS

Brand	SGNICS
Model Name	K55
Color	Black
Material	Alloy
Display Size	1.85 inches HD IPS
Battery Capacity	350mAh
Battery Life	5-7 days (typical use), 15 days (standby)
Charging Time	Approx. 2 hours
Water Resistance	Daily water resistant (hand washing, rain) - Not for swimming/diving/showering
Compatible Devices	Android, iOS Smartphones
Included Components	Smart Watch, Band, Charging Cable, User Manual

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The SGNICS K55 Smart Watch comes with a**60-day warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact SGNICS customer support through the retailer where you purchased the product or refer to the contact information provided in the original packaging or on the official SGNICS website. When contacting support, please have your product model (K55) and purchase details ready.



