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› Cillso T80 Smart Watch User Manual

Cillso T80

Cillso T80 Smart Watch User Manual

Model: T80

INTRODUCTION

Thank you for choosing the Cillso T80 Smart Watch. This manual provides essential information for setting up, operating, and maintaining your device. The T80 Smart Watch is designed to enhance your daily life with features such as Bluetooth calling, comprehensive fitness tracking, and health monitoring, all displayed on a vibrant 1.95-inch HD screen. Please read this manual thoroughly to ensure optimal performance and longevity of your smartwatch.



Figure 1: Cillso T80 Smart Watch showcasing its main interface and call functions.

PACKAGE CONTENTS

Upon opening the package, please verify that all items are present and in good condition:

- Cillso T80 Smart Watch
- Charging Cable
- User Manual (this document)



Figure 2: The retail packaging for the Cillso Smart Watch, indicating the product inside.

SETUP

1. Charging the Smart Watch

Before first use, fully charge your smartwatch. 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. The watch display will indicate charging status.

- **Charging Time:** Approximately 2 hours for a full charge.
- **Battery Life:** 5-7 days of normal use, up to 30 days standby, 20 days in power saving mode.



Figure 3: Illustration of the watch's charging process and expected battery performance.

2. App Installation and Pairing

To unlock the full potential of your Cillso T80 Smart Watch, you need to install the companion application on your smartphone. The watch is compatible with both iOS and Android devices.

1. Scan the QR code provided in the quick start guide or search for the official app name (usually mentioned on the watch screen or packaging) in your phone's app store (App Store for iOS, Google Play Store for Android).
2. Download and install the application.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Ensure Bluetooth is enabled on your smartphone.
5. In the app, navigate to the device pairing section and select your Cillso T80 Smart Watch from the list of available devices.
6. Confirm the pairing request on both your phone and the watch.

OPERATING INSTRUCTIONS

Display and Navigation

The Cillso T80 Smart Watch features a 1.95-inch HD color screen with a resolution of 240*282 pixels, offering clear and detailed visuals. Navigation is primarily touch-based.

1.95" HD Color Screen



200+ HD Dials & Custom Dials
The resolution is 240*282 pixels

Figure 4: The watch's 1.95-inch HD color screen displaying various dial options.

Bluetooth Calling and Notifications

Once paired with your smartphone, the T80 Smart Watch allows you to make and answer calls directly from your wrist, as well as receive smart notifications from various applications.

- **Making Calls:** Access the dial pad or contacts list on the watch to initiate a call.
- **Answering Calls:** When a call comes in, you can answer or decline it directly on the watch.
- **Notifications:** Receive alerts for messages, social media updates, and other app notifications.

Bluetooth Call & Smart Notification

Free your hands and make calls anytime, anywhere



Figure 5: Demonstrating Bluetooth call and smart notification features on the watch.



Figure 6: Visual representation of answering/making calls directly from the smartwatch.

Sports Modes and Fitness Tracking

The T80 Smart Watch supports over 110 sports modes, allowing you to track a wide variety of physical activities. It also functions as a comprehensive fitness tracker.

- **Activity Data:** Records steps, distance, and calories burned.
- **Workout Tracking:** Select your desired sport mode to get real-time data during your exercise.

100+

SPORT MODES

Outdo Yourself, Life is About Movement!



Figure 7: The watch interface showing various sports modes available for tracking.

Fitness Tracker

Your friend on the fitness journey



Figure 8: The watch tracking steps, distance, and calories during a fitness activity.

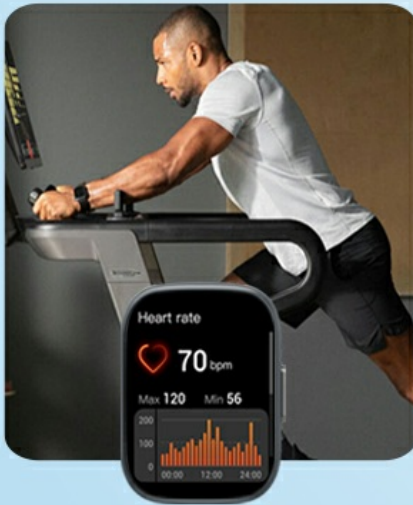
Health Monitoring

Equipped with advanced sensors, the T80 Smart Watch helps you monitor key health metrics.

- **Heart Rate:** Continuous or on-demand heart rate monitoring.
- **Blood Oxygen:** Measures blood oxygen saturation levels.
- **Sleep Monitoring:** Tracks sleep patterns and quality.

Health Monitoring

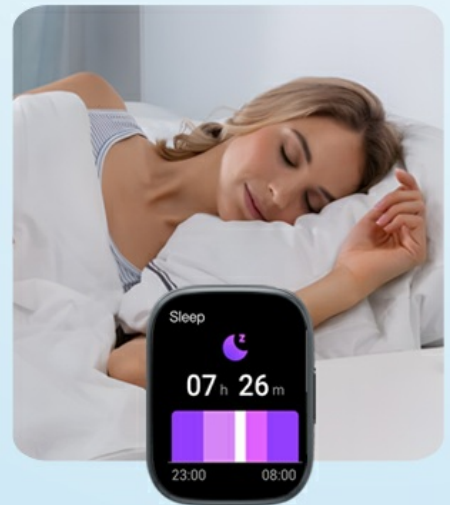
T80 watches are equipped with advanced sensors that help you to better understand your physical condition



Heart rate



Blood oxygen



Sleep

Figure 9: Overview of the health monitoring capabilities including heart rate, blood oxygen, and sleep tracking.

Other Features

The Cillso T80 Smart Watch offers a variety of additional functions to meet your daily needs:

- Music Control
- Weather Forecast
- Alarm Clock
- Stopwatch
- Timer
- Meditation Guide
- Sedentary Reminder
- Customizable Dials (200+ HD Dials)

Meet Your Daily Life and Work Needs



The Cillso T80 Smart Watch has an IP68 waterproof rating, meaning 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 such as hand washing, showering, and exposure to rain. However, it is not recommended for diving, hot water baths, or prolonged submersion.



IP68 Waterproof



Shower



Wash hands



Rain

Figure 11: Visual demonstration of the watch's IP68 waterproof capabilities for daily activities.

Cleaning and Care

To maintain your watch's appearance and functionality:

- Wipe the watch and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive cleaners.
- Ensure the charging contacts are clean and dry before charging.

TROUBLESHOOTING

If you encounter issues with your Cillso T80 Smart Watch, please refer to the following common solutions:

Problem	Possible Solution
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Problem	Possible Solution
Watch won't turn on	Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
Unable to pair with phone	Ensure Bluetooth is enabled on your phone. Restart both the watch and your phone. Make sure the watch is within Bluetooth range. Check the app for pairing instructions.
Notifications not received	Check app notification permissions on your phone. Ensure the watch is connected via Bluetooth. Verify notification settings within the watch's companion app.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensors on the back of the watch. Note that monitoring data is for reference only and not for medical purposes.
Short battery life	Reduce screen brightness, disable unnecessary features like continuous heart rate monitoring, and limit frequent notifications. Ensure the watch is fully charged before use.

SPECIFICATIONS

Detailed technical specifications for the Cillso T80 Smart Watch:

Feature	Detail
Model Number	T80
Display Size	1.95 Inches (visible screen diagonal: 2" / 5 cm)
Display Type	Color TFT-LCD Smart Bracelet
Resolution	240*282 pixels
Connectivity	Bluetooth
Waterproof Rating	IP68
Compatible Systems	Android 5.0 or above, iOS 9.0 or above
Sensors	Three-axis sensor, Green light rate sensor
Item Weight	3.2 ounces
Product Dimensions	0.39 x 0.39 x 0.39 inches
Manufacturer	Cillso
First Available Date	September 21, 2024

SPECIFICATION

MODEL:	T80
DEVICE TYPE:	Color TFT-LCD Smart bracelet
DISPLAY:	1.95 inch
SENSORS:	Three-axis sensor / Green light rate sensor
WATERPROOF RATING:	IP68
COMPATIBLE SYSTEMS:	Android 5.0 or above iOS 9.0 or above

COLOR



⚠ WARNING

- Please do not make the device disassemble, strike or throw into the fire.
- Please do not place the device in high temperature or deep water environment.
- Please must be connected to a power source in 5V/ 1A while charging device.
- Smart watch data cannot be used for medical purposes.
The monitoring data is for . reference only.
If you need medical help, please contact a professional doctor.

PRODUCER
Producer Name : SHEN ZHEN HAO CHENG TECHNOLOGY CO.,LTD
Address : 501,Main Building,Qiaocheng No.1 Plaza,No.2
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EC REP
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E-Mail : contact@evatmaster.com

标签粘贴区域

Figure 12: Product box detailing specifications and important warnings.

WARRANTY AND SUPPORT

Cillso is committed to providing high-quality electronic products. For warranty information, technical support, or any

inquiries regarding your T80 Smart Watch, please refer to the contact information provided on the product packaging or visit the official Cillso website. Please retain your proof of purchase for warranty claims.

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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

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

Answered questions about this manual

How do I adjust the screen time and change the wallpaper on the Cillso T80 Smart Watch?

To adjust the screen settings and customize the wallpaper on your Cillso T80 Smart Watch, follow these steps:Changing the Wallpaper (Watch Faces): The T80 supports over 200 HD dials. You can change the wallpaper...

[Read full answer](#)

How do I adjust the screen time and change the wallpaper on the Cillso T80 Smart Watch?

To adjust the display settings and customize your Cillso T80 Smart Watch, follow these steps based on the device's features:Changing the Wallpaper (Watch Faces): The T80 supports over 200 HD dials. You can change...

[Read full answer](#)