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› SUNKTA Smart Watch User Manual

SUNKTA SML3

SUNKTA Smart Watch User Manual

Model: SML3

INTRODUCTION

Welcome to the comprehensive user manual for your new SUNKTA Smart Watch. This guide provides detailed instructions to help you set up, operate, and maintain your device, ensuring you get the most out of its advanced features. Your SML3 Smart Watch is designed to enhance your daily life with its robust health monitoring, versatile sports modes, and seamless communication capabilities.



Image: Overview of the SUNKTA Smart Watch highlighting its key functionalities.

WHAT'S IN THE BOX

Upon unboxing your SUNKTA Smart Watch, please ensure all the following items are present:

- SUNKTA Smart Watch (SML3)
- Stainless Steel Strap
- Silicone Strap
- Leather Strap
- Magnetic Charging Cable
- Strap Adjustment Tool (for metal strap)

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Video: Unboxing the SUNKTA Smart Watch and its included accessories.

SETUP

1. Charging the Smart Watch

Before initial use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch. Plug the USB end into a compatible power adapter (not included) or a computer's USB port. A full charge typically takes 2 hours. The watch features a 400mAh large-capacity battery, providing 3-5 days of normal working time or up to 20 days in low-power standby mode.



400mAh Large Capacity Battery

Normal working hours:
3-5 Days

Low power consumption standby:
20 Days

Image: The smart watch connected to its magnetic charging cable, illustrating the charging process.

2. App Installation and Pairing

To unlock the full potential of your smart watch, download and install the "GloryFit" app on your smartphone. The app is compatible with Android 5.0 and above, iOS 9.0 and above, and HarmonyOS 2.0 and above.

1. Scan the QR code displayed on the watch screen or search for "GloryFit" in your phone's app store (Google Play or Apple App Store).
2. Open the "GloryFit" app and follow the on-screen prompts to create an account or log in.
3. Navigate to the "Devices" screen and tap the "+ Bind Device" button.
4. Select "SML3" from the list of available devices to initiate pairing.
5. Confirm the pairing request on both your smartphone and the smart watch.

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Video: Step-by-step guide on connecting the SUNKTA Smart Watch to your smartphone via the GloryFit app.

3. Attaching/Changing Straps

Your smart watch comes with three interchangeable straps: stainless steel, silicone, and leather. Each strap is designed for different occasions and activities. The stainless steel strap is suitable for formal wear, the silicone strap for sports and casual use, and the leather strap for everyday fashion.

To attach or change a strap, locate the quick-release pins on the back of the strap. Pull the pin inwards to detach or attach the strap to the watch body. For the stainless steel strap, use the provided adjustment tool to add or remove links for a perfect fit.



Image: The three interchangeable straps included with the smart watch.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touchscreen:** The 1.43" AMOLED HD touchscreen allows for intuitive navigation. Swipe left/right, up/down, and tap to select options.
- **Side Buttons:** Use the physical buttons on the side for quick access to functions or to return to the home screen.
- **Raise to Wake:** Enable this feature in settings to automatically wake the screen when you raise your wrist.

1.43" AMOLED Always On Display Touchscreen

1.43" Amoled touchscreen with 460*460 ultra resolution and always on display,bring you a extremely visual experience,more smooth,more power save.



Image: The vibrant 1.43-inch AMOLED display with Always-On functionality.

Customization

- **Watch Faces:** Your watch offers over 200 exquisite online UI options. Long press the dial for 3-4 seconds to quickly change the local dial. You can also synchronize your favorite photos as watch faces through the "GloryFit" app.
- **Brightness:** Adjust screen brightness in the settings menu for optimal visibility in various lighting conditions.
- **Languages:** The smart watch supports multiple languages including English, Spanish, Portuguese, German, Arabic, French, Italian, Turkish, Russian, Indonesian, Thai, Malay, Hebrew, Bulgarian, and Chinese.

| 200+ Exquisite Online UI



| Remote Photography



| Stopwatch



| Calculator



| Voice Assistant



| Music Control



| Weather Forecast



Image: A selection of customizable watch faces and options for personalizing the display.

HEALTH MONITORING

The SUNKTA Smart Watch is equipped with advanced sensors for comprehensive health tracking:

- **Heart Rate Monitoring:** Provides 24-hour heart rate tracking. View real-time data on your watch and detailed trends in the GloryFit App. Set alerts for maximum/minimum heart rates.
- **Blood Oxygen (SpO2) Measurement:** Measure your blood oxygen levels directly from your wrist.
- **Sleep Tracking:** Intelligently tracks different sleep stages (REM, light, deep sleep) and records wake-up times to provide insights into your sleep quality.
- **Emotional Stress Monitoring:** Monitors your emotional stress levels throughout the day.

24-Hour Health Management Expert



Image: Visual representation of the 24-hour health management features including heart rate, blood oxygen, sleep, and breathing exercises.

SPORTS MODES

With over 110 sports modes, your smart watch can track nearly all daily physical activities. It records total workout time, calorie expenditure, exercise heart rate, steps, and distance, providing comprehensive insights into your exercise performance.

- **Activity Tracking:** Monitors steps, distance, and calorie burn throughout the day.
- **Specific Modes:** Includes modes for running, hiking, cycling, skipping rope, tennis, basketball, soccer, baseball, rugby, spinning, treadmill, rowing, elliptical, horse riding, boxing, skiing, golf, yoga, and many more.

110+ Daily Exercise Functions



Calorie



Time



Distance



Steps



Image: The smart watch tracking exercise data during a cycling activity, showcasing its 110+ sports modes.

PHONE FEATURES

Bluetooth Calling & AI Voice Assistant

The smart watch features a built-in microphone and speaker, allowing you to make, answer, and end phone calls directly from your wrist. It can store up to 100 contacts for quick dialing.

- **Direct Dialing:** Use the digital dial pad on the watch to make calls.
- **Contact Sync:** Synchronize up to 100 frequently used contacts from your phone.
- **Call History:** Browse your call history directly on the watch.

- **AI Voice Assistant:** Supports AI voice assistant for hands-free commands.
- **SOS Emergency Contacts:** Set up one-touch dialing for emergency contacts.



Image: The smart watch's Bluetooth calling and message notification features.

Message Alerts & Media Control

Receive notifications from your phone and various social media platforms directly on your smart watch. It also supports music playback and weather forecasts.

- **Smart Message Push:** Get vibrating alerts for SMS and app messages (WhatsApp, Facebook, Twitter, Instagram, Skype, WeChat, email, etc.).
- **Music Control:** Control music playback on your phone directly from the watch.

- **Weather Forecast:** View current weather conditions and forecasts.
- **Remote Photography:** Use your watch as a remote shutter for your phone's camera.

DURABILITY & BATTERY

The SUNKTA Smart Watch is built to withstand various conditions:

- **IP68 Waterproof:** With an IP68 waterproof rating, the watch is protected from sweat, dust, and scratches, making it safe for use in various environments, including exposure to rain during outdoor activities.
- **Durable Construction:** Made of 316 stainless steel and H7 high-strength tempered glass, enhancing abrasion and scratch resistance.

Durable Smart Watches



Anti-impacto



Dustproof



-40 °C ~ 70 °C
Harsh Condition



Anti-Fluid
Corrosion



IP68
Waterproof



Image: Demonstrating the ruggedness and IP68 waterproof rating of the smart watch.

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Video: A demonstration of the smart watch's military-grade durability and water resistance.

MAINTENANCE

- **Cleaning:** Regularly wipe the watch screen and straps with a soft, dry cloth to remove dust and smudges. For the silicone strap, you can rinse it with water.
- **Charging:** Ensure the charging points on the watch and cable are clean and dry before charging to prevent corrosion.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place. It is recommended to charge it periodically to maintain battery health.

TROUBLESHOOTING

Problem	Solution
Watch not turning on/charging	Ensure the charging cable is properly connected and the power source is working. Allow 5-10 minutes for the watch to show charging indication if completely drained.
Unable to pair with phone	Make sure Bluetooth is enabled on your phone. Ensure the watch is within range. Restart both the watch and phone. Check app permissions for Bluetooth access.
Notifications not received	Check notification permissions in the GloryFit app and your phone's settings. Ensure the app is running in the background.
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.
Bluetooth call function not working	Ensure the watch is connected to your phone's Bluetooth for calls (often a separate Bluetooth connection). Check phone audio settings to ensure media audio is enabled for the watch.

SPECIFICATIONS

Feature	Detail
Model Number	SML3 (12a57710-b6b0-483a-86db-bb398dd45cea)
Display	1.43-inch AMOLED HD Touchscreen (466*466 pixels)
Battery Capacity	400mAh Lithium Polymer
Waterproof Rating	IP68
Connectivity	Bluetooth
Operating System	Android/iOS compatible
Health Monitoring	24/7 Heart Rate, SpO2, Sleep, Emotional Stress
Sports Modes	110+ modes (tracking time, calories, heart rate, steps, distance)
Dimensions	3.94 x 1.97 x 0.98 inches
Item Weight	8.8 ounces
RAM Memory	128 MB

Feature	Detail
Country of Origin	China

WARRANTY & SUPPORT

Your SUNKTA Smart Watch comes with a **24-month warranty**. If you encounter any issues with your watch, including accessories, quality problems, operation, or charging, please contact SUNKTA customer service. They are committed to providing a solution within 24 hours.

For further assistance, please refer to the contact information provided in your product packaging or visit the official SUNKTA store on Amazon.

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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