

BERNY AM022M

BERNY AM022M Japanese Automatic Mechanical Watch User Manual

Model: AM022M

1. INTRODUCTION

Thank you for choosing the BERNY AM022M Japanese Automatic Mechanical Watch. This timepiece combines classic design with reliable automatic movement, offering precision and durability. This manual provides essential information for setting up, operating, and maintaining your watch to ensure its longevity and optimal performance.



BERNY AM022M Japanese Automatic Mechanical Watch, All Black variant, front view.

2. PRODUCT OVERVIEW

The BERNY AM022M features a robust 316L stainless steel case, a scratch-resistant sapphire crystal, and a comfortable silicone strap. It is powered by a Japanese automatic mechanical movement, which means it winds itself with the motion of your wrist and does not require a battery. The watch also includes a date display and Super Luminous hands and markers for visibility in low light conditions.

Key Components:

- **Crown:** Used for setting time and date.
- **Dial:** Features hour markers, hands (hour, minute, second), and a date window.
- **Case Back:** Exhibition sapphire glass case back allows viewing of the automatic movement.
- **Strap:** Durable and comfortable silicone strap with a tang buckle.



Rear view of the BERNY AM022M watch, displaying the transparent exhibition case back and the automatic mechanical movement.



Side profile of the BERNY AM022M watch, highlighting the textured crown.



The BERNY AM022M watch dial in darkness, showcasing the bright green Super Luminous hands and hour markers.

3. SETUP

Initial Winding

As an automatic mechanical watch, your BERNY AM022M does not use a battery. For the first use, or if the watch has stopped due to lack of motion, it must be manually wound. To do this, rotate the crown clockwise approximately 30-40 times while it is in the normal (pushed-in) position. This will build up enough power reserve to start the watch and allow the automatic winding mechanism to take over with wrist movement.

Setting the Time and Date

To set the time and date:

1. **Pull the crown out to the first position:** Rotate the crown counter-clockwise to adjust the date.
2. **Pull the crown out to the second position:** Rotate the crown to adjust the hour and minute hands. Turn the hands clockwise until the correct time is displayed. Ensure you pass 12 o'clock to determine if it is AM or PM, especially when setting the date.
3. **Push the crown back to the normal position:** Once the time and date are set, push the crown firmly back into its original position to ensure water resistance.

Important Note: Do not set the date between 9 PM and 1 AM. Adjusting the date during this period can interfere with the internal date change mechanism and potentially damage the movement. If you need to set the date within this timeframe, first adjust the time outside of this window (e.g., to 6 AM), set the date, and then reset the time to the current time.

Miyota Movement



Diagram illustrating the crown positions for setting time and date on the BERNY AM022M watch.

4. OPERATING INSTRUCTIONS

Automatic Winding

Your BERNY AM022M watch is equipped with a Japanese automatic movement (Miyota 8215) that winds itself through the natural motion of your wrist. When worn regularly (typically 8-10 hours a day), the watch will maintain its power reserve and continue to run accurately. If the watch is not worn for an extended period, it may stop. In this case, manually wind it as described in the 'Initial Winding' section before wearing.

Water Resistance

The watch has a water resistance rating of 10 ATM (100 meters). This means it is suitable for everyday use, showering, swimming, and snorkeling. However, it is **not** suitable for scuba diving or high-impact water sports. Always ensure the crown is fully pushed in before any contact with water. Do not operate the crown while the watch is wet or submerged.

100M (10ATM) WATERPROOF

Can wear to have a shower, but can not be submerged in water



The BERNY AM022M watch is water resistant up to 10 ATM (100 meters).

5. MAINTENANCE

Cleaning

To maintain the appearance of your watch, wipe the case and sapphire crystal with a soft, dry cloth. For the silicone strap, you can use a mild soap solution and a soft brush, then rinse thoroughly with fresh water and dry completely. Avoid using harsh chemicals or abrasive materials, as these can damage the watch's finish.

Storage

When not wearing your watch for extended periods, store it in a cool, dry place away from direct sunlight, extreme temperatures, and strong magnetic fields. A watch box or pouch is ideal for protection.

Service

Mechanical watches benefit from periodic servicing (typically every 3-5 years) by a qualified watchmaker to ensure optimal performance and longevity. This involves cleaning, lubricating, and regulating the movement.

6. TROUBLESHOOTING

- **Watch not running or stopping frequently:** Ensure the watch is fully wound (manual winding 30-40 turns) and worn for at least 8-10 hours daily. If it still stops, the power reserve might be insufficient or there could be an internal issue.
- **Date not changing at midnight:** This usually indicates the AM/PM setting is incorrect. Advance the time by 12 hours. Remember the caution about setting the date between 9 PM and 1 AM.
- **Time inaccuracy:** Automatic watches may have slight variations in timekeeping. If the watch is consistently gaining or losing significant time (more than +/- 30 seconds per day), it may require regulation by a watchmaker.
- **Condensation under the crystal:** If you notice moisture inside the watch, immediately pull out the

crown to the time-setting position and seek professional service. This indicates a breach in water resistance.

7. SPECIFICATIONS

Feature	Specification
Model Number	AM022M
Movement	Japanese Automatic (Miyota 8215)
Case Material	316L Stainless Steel
Crystal	Sapphire Crystal
Water Resistance	10 ATM (100 Meters)
Band Material	Silicone
Clasp Type	Tang Buckle
Case Diameter	45 mm
Case Thickness	12 mm
Band Width	24 mm
Band Length	205 mm
Item Weight	127 g (0.24 Kilograms)
Luminescence	Super Luminous Hands and Markers

The size of the watch has been marked, please pay attention before buying.



Model : AM022M

Weight : 127g

Lens : Sapphire Glass

Water Resistant : 100M

Case : 316L Stainless Steel

Movement : Automatic (Miyota 8215)

Strap : Silicone

Buckle: Stainless Steel W/Pin

Diagram illustrating the key dimensions of the BERNY AM022M watch.

8. OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video showcasing the design and various color options of the BERNY AM022M automatic mechanical watch.

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official BERNY website. Keep your purchase receipt as proof of purchase for any warranty claims.