SOBERNA T60

SOBERNA Smart Watch T60 User Manual

Comprehensive Guide for Your Smart Watch

Introduction

Welcome to the user manual for your SOBERNA Smart Watch T60. This guide provides detailed instructions on how to set up, operate, and maintain your new smartwatch. Designed for both men and women, this IP68 waterproof smartwatch offers a 1.91-inch display, over 100 sports modes, fitness tracking, and Bluetooth call functionality, making it a versatile companion for your daily life.

Package Contents

- SOBERNA Smart Watch T60 (1 unit)
- Charging Cable (1 unit)
- User Manual (this document)

Product Overview



Image Description: This image displays the SOBERNA Smart Watch T60 with a vibrant blue silicone strap. The main watch face shows the time (09:20), date (08/22 WED), temperature (26°C AM), and various health metrics such as heart rate (90), calories burned (198 Kcal), and steps taken (6888).
To the top left, there are three smaller inset images:

1. A dial pad screen with numbers 0-9, call, and hang-up buttons, showing a number "18993403272" at the top.
2. A screen displaying multiple message notifications from different apps (indicated by 'A', 'W', 'F' icons) with timestamps.
3. An incoming call screen showing "15630725941 Incoming call" with green answer and red decline buttons.

The overall image highlights the watch's capabilities for communication and health tracking.

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). The watch screen will display the charging status. A full charge typically takes about 2 hours.

2. Downloading the Companion App

To unlock all features and synchronize data, you need to download the dedicated companion app. Scan the QR code provided in the quick start guide or search for "[App Name - Placeholder, as not provided in JSON]" in your smartphone's app store (Google Play Store for Android, Apple App Store for iPhone).

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.

2. Open the companion app on your phone.
3. Follow the in-app instructions to add a new device. The app will search for available smartwatches.
4. Select "T60" or the device name displayed on your watch from the list.
5. Confirm the pairing request on both your phone and the watch if prompted.
6. Once paired, the watch will synchronize time and data with your phone.

Operating Instructions

Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press to wake up the screen, return to the main watch face, or access the app list. Long press for power options.

Bluetooth Call Functionality

- **Making Calls:** From the main watch face, swipe to find the dial pad or contacts. Tap to dial a number or select a contact to initiate a call.
- **Answering/Rejecting Calls:** When an incoming call is received, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.

Notifications

Once paired, the watch can receive notifications from your smartphone (e.g., calls, SMS, social media alerts). Ensure notification permissions are enabled in both your phone's settings and the companion app.

Sports Modes

The watch supports over 100 sports modes. Swipe to the sports section, select your desired activity (e.g., running, cycling, walking), and tap to start tracking. The watch will record data such as duration, distance, calories burned, and heart rate.

Health Monitoring

- **Heart Rate:** Access the heart rate monitor from the app list. The watch will measure your heart rate in real-time.
- **Sleep Tracking:** Wear the watch to bed to track your sleep patterns, including deep sleep, light sleep, and awake times. Data is viewable in the app.
- **Blood Oxygen (SpO2):** (If applicable, based on watch features) Measure your blood oxygen levels.
- **Steps & Calories:** The watch continuously tracks your steps taken and estimated calories burned throughout the day.

Customizing Watch Faces

You can change the watch face directly on the watch by long-pressing the main screen, or through the companion app for more options and custom designs.

Maintenance

Cleaning Your Smart Watch

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

Water Resistance (IP68)

The SOBERNA Smart Watch T60 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. It is suitable for daily use, hand washing, and light rain. **Do not use it for swimming, diving, hot showers, or saunas, as steam and hot water can damage the seals.**

Battery Care

- Avoid extreme temperatures, which can degrade battery life.
- Charge the watch regularly, avoiding complete discharge for extended periods.
- Use only the provided charging cable.

Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes.
- **Unable to pair with phone:**
  - Ensure Bluetooth is on for both devices.
  - Make sure the watch is within Bluetooth range of your phone.
  - Restart both the watch and your phone.
  - Forget the device in your phone's Bluetooth settings and try pairing again through the app.
- **Notifications not received:**
  - Check notification permissions in your phone's settings for the companion app.
  - Ensure notifications are enabled within the companion app for specific applications.
  - Make sure the watch is connected via Bluetooth.
- **Inaccurate health data:**
  - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
  - Clean the sensor on the back of the watch.
  - Note that health data is for reference only and not for medical diagnosis.

Specifications

Model Number	T60
Screen Size	1.91 inches
Water Resistance	IP68
Connectivity	Bluetooth
Battery Capacity	100 Milliamp Hours
Compatible Systems	Android, iPhone (iOS)
Memory Storage Capacity	15 GB
Manufacturer	soberna

Note: Specifications are subject to change without prior notice.

Warranty and Support

Warranty Information

SOBERNA products typically come with a limited manufacturer's warranty. Please refer to the warranty card included with your product or visit the official SOBERNA website for detailed warranty terms and conditions. This warranty generally covers defects in materials and workmanship under normal use.

Customer Support

If you encounter any issues or have questions regarding your SOBERNA Smart Watch T60, please contact our customer support team. You can usually find contact information (email, phone, or support portal) on the official SOBERNA website or through your purchase platform.
For the fastest service, please have your product model number (T60) and purchase details ready when contacting support.

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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.

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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