



Manuals.plus /

› AYATAHA /

› AYATAHA R3 Smart Ring User Manual

AYATAHA R3

AYATAHA R3 Smart Ring User Manual

Model: R3

1. INTRODUCTION

This manual provides instructions for the AYATAHA R3 Smart Ring. It covers product setup, operation, maintenance, and troubleshooting. Please read this manual thoroughly before using your device to ensure proper function and longevity.

2. PRODUCT OVERVIEW

2.1. Package Contents

- 1 x AYATAHA R3 Smart Ring
- 1 x Magnetic Charging Case
- 1 x User Manual (this document)

2.2. Key Features

- Air Gesture Control for device interaction
- 24/7 Heart Rate Monitoring
- Blood Pressure Tracking
- Blood Oxygen Level Measurement
- Sleep Analysis
- Calorie Burn Tracking
- Up to 7-day Battery Life
- IPX8 Waterproof Rating



Image: The AYATAHA R3 Smart Ring, showcasing its sleek silver design and internal components.

3. SETUP

3.1. Charging the Ring

1. Place the AYATAHA R3 Smart Ring into the magnetic charging case.
2. Connect the charging case to a USB power source using the provided cable.
3. The indicator light on the charging case will show charging status. A full charge typically takes approximately 1-2 hours.



A healthy future at
your fingertips
Couple smart heart matching ring



Fingertip trends
Hard on the outside and soft on the
insideround and smooth Integrated

Image: The AYATAHA R3 Smart Ring alongside its magnetic charging case.

3.2. App Installation and Pairing

1. Download the companion mobile application from your device's app store (compatible with iOS and Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the application and follow the on-screen instructions to create an account and pair your AYATAHA R3 Smart Ring.
4. During pairing, the app will detect the ring and guide you through the connection process.

3.3. Sizing and Wearing

For accurate health tracking and comfortable wear, ensure the ring fits snugly but not too tightly on your finger. Refer to the sizing guide below.

Two colors with two size available



Size	Dia	Perimeter
8#	18.1mm/0.71inch	56.9mm/2.24inch
9#	18.9mm/0.74inch	59.5mm/2.33inch

How to measure the size



1. Please use non-elastic rope

2. Pull up

3. Levelling

Image: A sizing chart illustrating how to measure finger size for optimal ring fit, showing diameter and perimeter for sizes 8 and 9.

To measure your size:

1. Use a non-elastic string or paper strip to wrap around your finger.
2. Mark where the ends meet.
3. Measure the length of the string/paper and compare it to the perimeter in the sizing chart.

4. OPERATING INSTRUCTIONS

4.1. Air Gesture Control

The AYATAHA R3 Smart Ring supports air gestures for controlling connected devices. Specific gestures can be configured within the mobile application for functions such as:

- Media playback (play/pause, skip tracks)
- Scrolling through content (e.g., social media, e-books)
- Remote camera shutter activation

Refer to the app's settings for a detailed guide on available gestures and customization options.

4.2. Health Tracking

The ring continuously monitors various health metrics. Data is synchronized with the mobile application for detailed analysis.


- **Heart Rate Monitoring:** Tracks heart rate 24/7.
- **Blood Oxygen Monitoring:** Measures blood oxygen saturation levels.
- **Sleep Monitoring:** Analyzes sleep duration and stages (deep, light, awake).
- **Activity Tracking:** Records daily steps and estimated calorie burn.



Image: Visual representation of the ring's heart rate and blood oxygen sensors at work.


Blood oxygen monitoring more accurate in any environment

The ring is equipped with an optical sensor to enable round-the-clock blood oxygen monitoring for a better understanding your own body, make timely physical adjustments.



Multiple sensors run synchronously

- ★ Heart rate sensor
- ★ Blood oxygen sensor



7X24 heart rate monitoring

By tracking your heart rate around the clock understand your physical condition during the day, exercise, and relaxation when the heartbeat is irregular or too fast or slow, etc., they can self-check their physical condition in time and in advance.




Image: An infographic illustrating the ring's sleep monitoring capabilities, showing different sleep stages and total sleep duration.

4.3. Using the Mobile Application

The mobile application serves as the primary interface for viewing and managing your health data and ring settings.

- **Data Synchronization:** The ring automatically syncs data with the app when connected via Bluetooth.
- **Historical Data:** View trends and historical data for all tracked metrics.
- **Settings:** Customize ring settings, update firmware, and manage gesture controls.



Mobile APP to view monitoring data in real time

You need to connect to the ring through Bt on your mobile phone, keep Bt turned on, and Bt will automatically connect when the app starts. When not connected to a mobile phone, the ring can also independently monitor the body, record blood oxygen and heart rate status, and update the data in the App after being connected.

Image: Screenshots of the mobile application interface, displaying various health data and tracking features.

5. MAINTENANCE

5.1. Water Resistance

The AYATAHA R3 Smart Ring has an IPX8 waterproof rating, making it suitable for activities like swimming and showering. However, it is recommended to avoid prolonged exposure to hot water or steam, as this may affect its performance and longevity.

5.2. Cleaning

To clean your ring, gently wipe it with a soft, damp cloth. Avoid using abrasive materials or harsh chemicals, which could damage the finish or internal components.

6. TROUBLESHOOTING

If you encounter issues with your AYATAHA R3 Smart Ring, please refer to the following common solutions:

- **Ring not connecting to app:** Ensure Bluetooth is enabled on your phone and the ring is charged. Try restarting both the ring (by placing it in the charger) and the app.
- **Inaccurate readings:** Ensure the ring is worn correctly and snugly on your finger. Clean the sensors on the inside of the ring.
- **Short battery life:** Ensure the ring is fully charged. Frequent use of certain features or poor signal strength can affect battery duration.
- **Gesture control not responding:** Verify that gesture control is enabled in the app settings and that you are performing the gestures correctly.

For further assistance, consult the help section within the mobile application or contact AYATAHA customer support.

7. SPECIFICATIONS

Feature	Detail
Model Name	R3
Brand	AYATAHA
Connectivity Technology	USB (for charging)
Operating System Compatibility	Android and iOS
Special Features	Activity Fitness Tracking, Blood Oxygen, Calories, Heart Rate, Sleep Monitoring, Air Gesture Control
Battery Life	Up to 7 days
Waterproof Rating	IPX8
Item Weight	4.6 ounces (0.13 Kilograms)

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official AYATAHA website. You can also find support resources within the companion mobile application.