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› AYATAHA Smart Ring R3 User Manual

AYATAHA R3

AYATAHA Smart Ring R3 User Manual

Model: R3

1. INTRODUCTION

The AYATAHA Smart Ring R3 is a versatile wearable device designed to integrate health monitoring and smart control into your daily life. It features advanced sensors for health tracking and innovative air gesture control for device interaction. This manual provides essential information for setting up, operating, and maintaining your Smart Ring R3.



Image 1.1: The AYATAHA Smart Ring R3, showcasing its sleek black design and visible internal components.

2. WHAT'S IN THE BOX

Upon opening your AYATAHA Smart Ring R3 package, you should find the following items:

- AYATAHA Smart Ring R3
- Magnetic Charging Case
- Charging Cable (USB)
- User Manual (This document)



Image 2.1: Exploded view illustrating the Smart Ring R3 and its magnetic charging case.

3. PRODUCT OVERVIEW

The Smart Ring R3 is designed for comfort and functionality. It incorporates various sensors within its compact form factor to provide comprehensive health tracking and smart control features.

3.1 Key Components

- **Outer Casing:** Durable and stylish exterior.
- **Internal Circuitry:** Houses the smart ring's processing unit and communication modules.
- **Optical Sensors:** Located on the inner surface, these sensors measure heart rate, blood oxygen, and other physiological data. A green light may be visible during operation.
- **Charging Contacts:** Small metallic points on the inner surface for magnetic charging.




Image 3.1: Detailed view of the Smart Ring R3's interior, showing the optical sensor and circuitry.

4. SIZING INFORMATION


The AYATAHA Smart Ring R3 is available in various sizes to ensure a comfortable and accurate fit. Proper

sizing is crucial for optimal sensor performance.


Two colors with two size available




8#



9#




8#




9#

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

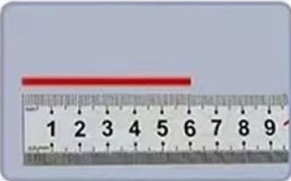
How to measure the size



1. Please use non-elastic rope



2. Pull up



3. Levelling

Image 4.1: Sizing chart and instructions for measuring your finger to select the correct ring size.

4.1 How to Measure Your Finger Size

- Step 1:** Obtain a non-elastic rope or strip of paper.
- Step 2:** Wrap the rope or paper snugly around the base of the finger where you intend to wear the ring. Mark the point where it overlaps.
- Step 3:** Measure the length of the rope or paper from the start to the mark. This is your finger's perimeter.
- Step 4:** Refer to the sizing chart (Image 4.1) to find the corresponding ring size.

Note: For best accuracy, measure your finger at the end of the day when it is warmest. If your size falls between two sizes, it is generally recommended to choose the larger size for comfort.

5. SETUP

5.1 Charging the Ring

Before initial use, fully charge your Smart Ring R3. Place the ring into its magnetic charging case. Connect the charging cable to the case and a USB power source. The indicator light on the case will show charging

status. A full charge typically provides up to 7 days of battery life.

5.2 App Installation and Pairing

The AYATAHA Smart Ring R3 requires a companion mobile application for full functionality and data synchronization. The app is compatible with both iOS and Android devices.

1. **Step 1:** Download the official AYATAHA Smart Ring app from your device's app store (Apple App Store for iOS, Google Play Store for Android).
2. **Step 2:** Ensure Bluetooth is enabled on your smartphone.
3. **Step 3:** Open the AYATAHA app and follow the on-screen instructions to create an account or log in.
4. **Step 4:** The app will prompt you to search for your Smart Ring R3. Select your device from the list to initiate pairing.
5. **Step 5:** Once paired, the ring will automatically connect to your phone when the app is open and Bluetooth is active.

Note: The ring can independently monitor and record data (blood oxygen, heart rate) even when not connected to a mobile phone. This data will synchronize with the app once a connection is re-established.



Image 5.1: Example screenshots of the mobile application for viewing monitoring data.

6. OPERATING INSTRUCTIONS

6.1 Air Gesture and Touch Control

The Smart Ring R3 features innovative air gesture control and touch interaction for hands-free control of your devices. Specific gestures and touch functions can be configured within the companion app.

- **Air Gestures:** Wave your hand or perform a designated gesture to remotely trigger your phone's camera shutter, scroll through content on platforms like YouTube and TikTok, or control music playback.
- **Touch Control:** Simply touch the ring's surface to remotely control your devices, offering an additional method for hands-free interaction.

Tip: Practice gestures and touch interactions in a clear space to ensure accurate recognition. Refer to the app for a complete list of supported controls and customization options.

6.2 Health Tracking

The Smart Ring R3 continuously monitors various health metrics. All data is accessible through the mobile application.

- **Heart Rate Monitoring:** Provides 24/7 heart rate tracking. The ring uses optical sensors to measure your heart rate, helping you understand your physical condition during activity and rest.
- **Blood Oxygen Level (SpO2):** Measures blood oxygen saturation levels. This feature helps in monitoring respiratory health.
- **Blood Pressure Tracking:** Offers real-time blood pressure monitoring.
- **Calorie Burn:** Tracks daily calorie expenditure based on your activity levels.



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 6.1: Illustration of the Smart Ring's blood oxygen and heart rate monitoring capabilities.

6.3 Sleep Monitoring


The Sleep Mode feature analyzes your sleep patterns, providing detailed insights into your sleep quality.

- **Sleep Duration:** Records the total time you spend asleep.
- **Sleep Stages:** Identifies different sleep stages (deep sleep, light sleep, awake time) for a comprehensive sleep structure analysis.

Wear the ring throughout the night for accurate sleep data. The app uses big data analysis to help you understand and improve your sleep quality.

Sleep monitoring record the complete sleep structure

Full monitoring, recording your sleep duration and identifying sleep status. through the APP's big data analysis it helps you understand your own sleep quality.

 **8 h 30 min**

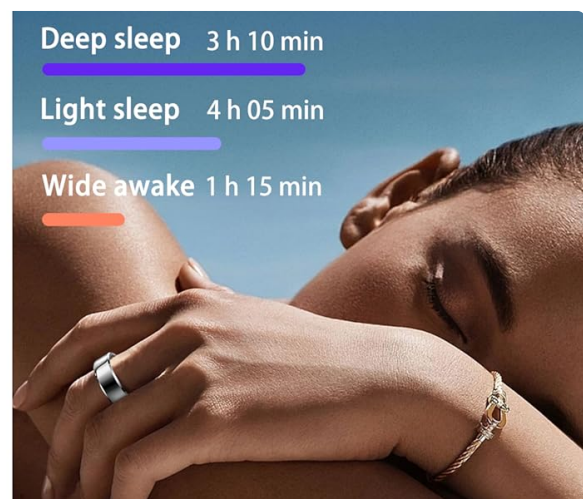


Image 6.2: Visual representation of sleep monitoring data, including sleep stages.

7. CHARGING AND BATTERY LIFE

The AYATAHA Smart Ring R3 is designed for extended use with up to 7 days of battery life on a single charge. The included magnetic charging case facilitates convenient recharging.

- **Charging Method:** Place the ring into its dedicated magnetic charging case.
- **Charging Time:** Refer to the app or charging case indicator for full charge status.
- **Battery Longevity:** Up to 7 days of continuous health and fitness tracking.

Strong battery life and super performance



Image 7.1: The Smart Ring R3 offers up to 7 days of battery life.

8. WATERPROOFING GUIDELINES

The Smart Ring R3 boasts an IPX8 waterproof rating, allowing it to be worn during various water-related activities.

- **IPX8 Rating:** Suitable for continuous immersion in water under conditions specified by the manufacturer, typically meaning it can withstand submersion beyond 1 meter.
- **Activities:** You can wear the ring while swimming, showering, and during outdoor sports in wet conditions.

Important Note: Avoid contact with hot water or steam, as this can compromise the waterproof seals and damage the device. Do not use in saunas or hot tubs.

5ATM waterproof no fear of wind and rain reliable companionship

There is no need to take it off in water-related situations such as washing, showering, and outdoor sports. continuously monitor physical health.



Image 8.1: The Smart Ring R3 is IPX8 waterproof, suitable for various water activities.

9. MAINTENANCE

To ensure the longevity and optimal performance of your AYATAHA Smart Ring R3, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the ring with a soft, damp cloth. Ensure the sensor area on the inner surface is clean for accurate readings. Avoid abrasive cleaners or solvents.
- **Storage:** When not in use for extended periods, store the ring in its charging case in a cool, dry place.
- **Avoid Impacts:** While durable, avoid dropping the ring or subjecting it to strong impacts, which could damage internal components.

10. TROUBLESHOOTING

If you encounter issues with your Smart Ring R3, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Ring not connecting to app	Bluetooth off, ring out of range, app not running, low battery.	Ensure Bluetooth is on. Bring ring closer to phone. Restart the app. Charge the ring.
Inaccurate health data	Loose fit, dirty sensors, incorrect wearing position.	Ensure the ring fits snugly. Clean the inner sensors. Wear the ring on the correct finger as per app guidance.
Gesture control inconsistent	Incorrect gesture, environmental interference, app settings.	Review gesture instructions in the app. Practice gestures. Ensure no obstructions. Check app settings for gesture sensitivity.
Short battery life	Frequent use of power-intensive features, aging battery.	Reduce continuous monitoring if not needed. Ensure full charge cycles. If battery degradation is significant, contact support.

11. SPECIFICATIONS

Feature	Detail
Model Number	R3
Brand	AYATAHA
Connectivity	Bluetooth (for app connection), USB (for charging cable)
Operating System Compatibility	Android, iOS
Special Features	Activity Fitness Tracking, Blood Oxygen, Calories, Heart Rate, Sleep Monitoring, Air Gesture Control
Waterproof Rating	IPX8
Battery Life	Up to 7 days
Battery Type	Lithium Polymer
Item Weight	0.12 Kilograms (approx. 4.2 ounces)
Package Dimensions	3.62 x 3.43 x 1.85 inches

12. WARRANTY AND SUPPORT

Specific warranty details and direct support contact information are not provided in the product data. Please refer to the retailer's return policy or the manufacturer's official website for warranty claims and customer support inquiries.

For further assistance, you may visit the [AYATAHA Store on Amazon](#).