SUNOL bd558d51-1700-42f4-ac8c-56b6ef00b3d4

SUNOL Smart Ring with Charge Box User Manual

Model: bd558d51-1700-42f4-ac8c-56b6ef00b3d4

Brand: SUNOL

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1. INTRODUCTION

The SUNOL Smart Ring is a wearable device designed for comprehensive health and activity monitoring. It tracks various physiological metrics to provide insights into your well-being. This manual provides detailed instructions for setting up, operating, and maintaining your Smart Ring.

Key Features:

- **Health Tracking:** Monitors sleep patterns, heart rate, blood pressure, and blood oxygen levels.
- **Activity Monitoring:** Includes step counting and remote photograph capabilities.
- **Family Care Functionality:** Allows monitoring of loved ones' health data via the app (with additional rings).
- **Long Battery Life:** Provides 2-3 days of use on a single charge with a convenient quick-charge compartment.
- **Durability:** IP68 water and dust resistance for everyday wear.

2. PACKAGE CONTENTS

Ensure all items are present in the package:

- SUNOL Smart Ring
- Charge Box
- Charging Cable
- User Manual (this document)

Figure 2.1: Smart Ring and its accompanying charge box.

3. Setup Guide

3.1 App Installation and Pairing

1. **Download the App:** Scan the QR code provided in the quick start guide or search for the official 'Smart Health' app on your device's app store (compatible with iOS and Android).

2. **Account Creation:** Open the app and follow the on-screen instructions to create a user account.

3. **Device Pairing:** Ensure your Smart Ring is charged. In the app, navigate to the 'Devices' section and select 'Add Device'. The app will scan for your Smart Ring. Select your device from the list to initiate pairing.

4. **Grant Permissions:** Follow the app's prompts to grant necessary phone permissions (e.g., Bluetooth, location) for optimal functionality.

3.2 Proper Wearing

For accurate readings, wear the Smart Ring snugly on your finger. Ensure the sensors on the inside of the ring are in contact with your skin. Avoid wearing it too loosely or too tightly.

Figure 3.2: Close-up view of the Smart Ring's internal sensors.

4. OPERATING INSTRUCTIONS

4.1 Health Monitoring

The Smart Ring continuously monitors various health metrics. Access detailed data and historical trends through the companion app.

- **Sleep Analysis:** Tracks sleep stages (deep, light, REM), duration, and awake times.
- **Heart Rate:** Provides real-time and historical heart rate data.

- **Blood Pressure:** Monitors blood pressure readings.
- **Blood Oxygen (SpO2):** Measures blood oxygen saturation levels.

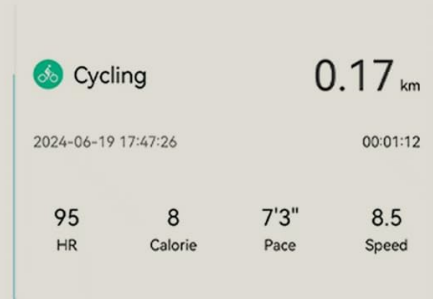Figure 4.1: Sleep monitoring data displayed in the app.

Figure 4.2: Heart rate and blood oxygen monitoring in the app.

4.2 Activity Tracking

The Smart Ring automatically tracks your daily activity and offers specific modes for exercise.

- **Step Counting:** Records your daily steps and estimated distance.
- **Exercise Modes:** Select specific exercise modes (e.g., walking, running, cycling) within the app to track workout-specific data like calories burned and heart rate zones.

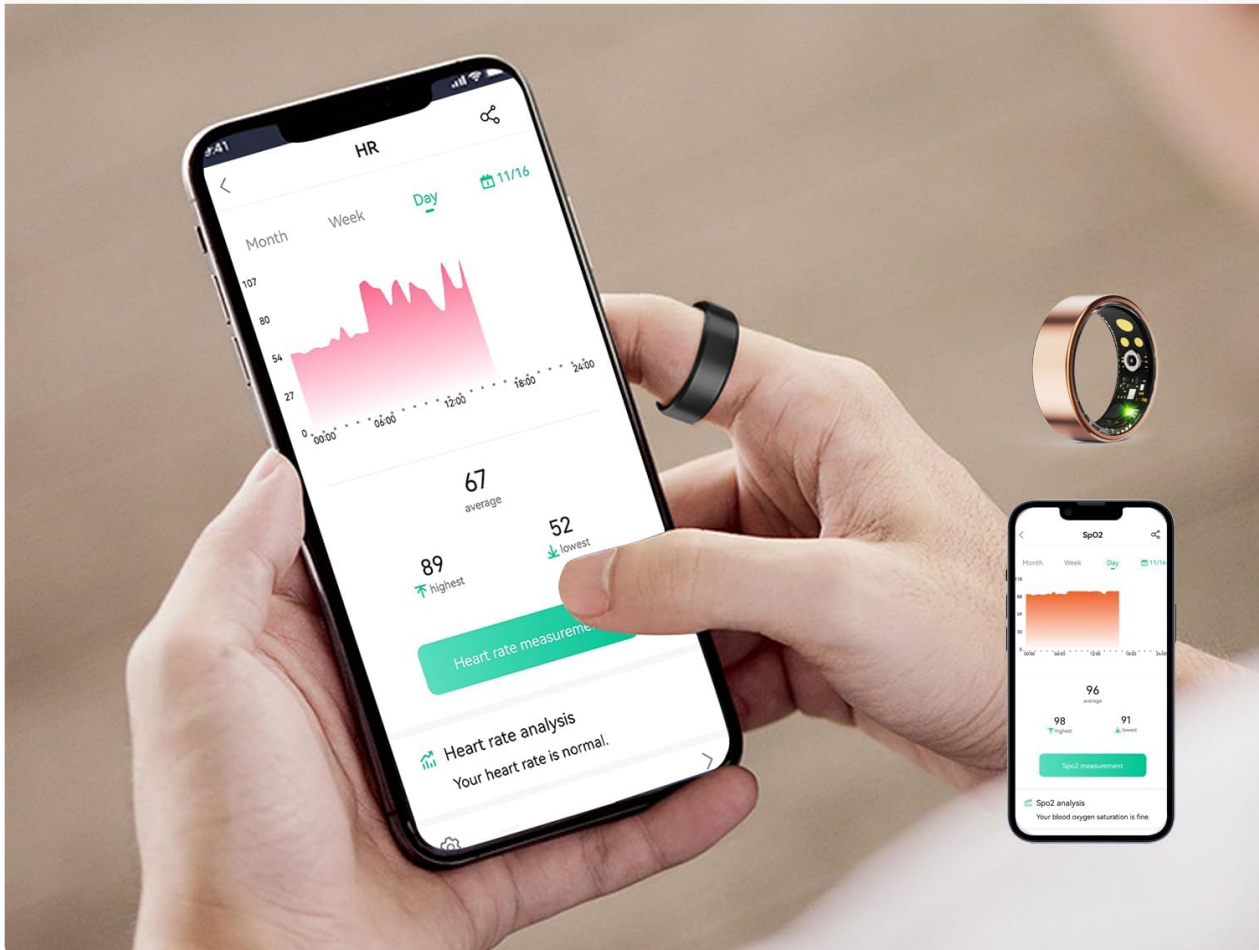# 24-HOUR REAL-TIME
Heart rate/Blood oxygen monitoring

Figure 4.3: Exercise data, including steps and calories, shown in the app.

4.3 Family Care

With the Family Care feature, you can monitor the health status of family members who also use a SUNOL Smart Ring. Link their devices through the app to view their health data remotely.

Figure 4.4: The 'Care for family' feature within the app.

5. MAINTENANCE

5.1 Charging the Smart Ring

The Smart Ring is charged using the provided charge box and cable. A full charge typically provides 2-3 days of battery life. The quick charge compartment allows for rapid recharging.

1. Place the Smart Ring into the charge box, ensuring proper alignment with the charging contacts.

2. Connect the charge box to a power source using the provided USB cable.

3. The indicator lights on the charge box will show the charging status.

Figure 5.1: Smart Ring placed in its charge box for charging.

5.2 Water and Dust Resistance

The Smart Ring has an IP68 rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily activities such as showering, swimming, and hand washing. However, avoid prolonged exposure to hot water or steam, and do not press buttons underwater.

STEP **1**

STEP **2**

Model	Inner diameter	Circumference
#7	17.3mm	54.3mm
#8	18.1mm	56.9mm
#9	18.9mm	59.5mm
#10	19.8mm	62.1mm
#11	20.6mm	64.6mm
#12	21.4mm	67.2mm
#13	22.2mm	69.7mm
#14	23.4mm	73.5mm

Figure 5.2: IP68 water resistance graphic.

5.3 Cleaning

Clean the Smart Ring and its sensors regularly with a soft, damp cloth. Avoid using abrasive materials or harsh chemicals that could damage the device.

6. TROUBLESHOOTING

- **Device not pairing:** Ensure Bluetooth is enabled on your smartphone, the ring is charged, and within range. Restart both the app and the ring (if possible) and try pairing again.

- **Inaccurate readings:** Ensure the ring is worn correctly and snugly on your finger. Avoid excessive movement during measurements. Check for any dirt or debris on the sensors.

- **App not synchronizing data:** Verify your phone has an active internet connection. Ensure all necessary app permissions are granted in your phone's settings.

- **Short battery life:** Confirm the ring is fully charged. Excessive use of certain features or frequent manual measurements may consume more power.

7. SPECIFICATIONS

Feature	Specification
Brand	SUNOL
Model Number	bd558d51-1700-42f4-ac8c-56b6ef00b3d4
Package Dimensions	3.1 x 3 x 1.2 inches
Item Weight	3.2 ounces
Batteries	2 CR5 batteries required (included)
Operating System	Other (Compatible with iOS & Android)
Special Feature	Fast Charging
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	No GPS
Shape	Round
Color	Silver
Compatible Devices	Smartphone

Figure 7.1: Smart Ring sizing chart for reference.

8. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your SUNOL Smart Ring, please refer to the contact information provided with your purchase or visit the official SUNOL website.

Please retain your proof of purchase for warranty claims.

Related Documents - bd558d51-1700-42f4-ac8c-56b6ef00b3d4

[Guide to Checking Blood Pressure at Home](#)

Learn how to accurately check your blood pressure at home with this comprehensive guide from UW Health. Understand readings, choose the right monitor, and know when to contact your provider.

[Welch Allyn BPM 1700 Quick Start Guide](#)

Concise guide for setting up and using the Welch Allyn BPM 1700 blood pressure monitor and gateway, covering daily measurements, power, pairing, setup, cuff application, and taking readings.

[MEAN WELL NTS-1700 Series 1700W True Sine Wave DC-AC Power Inverter](#)

Detailed specifications and features of the MEAN WELL NTS-1700 series 1700W high-reliability true sine wave DC-AC power inverter, suitable for various applications including home, office, vehicle, and off-grid solar systems.

[MEAN WELL NTU-1700: 1700W True Sine Wave UPS DC-AC Power Inverter | Technical Specification](#)

Detailed technical specifications for the MEAN WELL NTU-1700 series 1700W high-reliability DC-AC power inverter with UPS function. Features true sine wave output, high surge power, wide operating temperature, and comprehensive protections for various applications including home, office, marine, and off-grid solar systems.

[Philips HearLink 2　　　　：　　　　　](#)

Philips HearLink 2

[Gracie Oaks Side Chair Assembly Instructions and Parts Identification](#)
Comprehensive assembly instructions and parts identification guide for the Gracie Oaks Side Chair (Model GCEO2848). Learn how to assemble your chair with detailed steps and component lists. Includes hardware and key parts information.