

SUNOL 588bdbf0-5847-413d-9fc8-0885e197bd75

SUNOL Smart Ring Health Tracker User Manual

Brand: SUNOL | **Model:** 588bdbf0-5847-413d-9fc8-0885e197bd75

1. INTRODUCTION AND OVERVIEW

The SUNOL Smart Ring is a comprehensive health monitoring device designed for both men and women. It offers advanced tracking capabilities for various health metrics, including sleep patterns, heart rate, blood pressure, blood oxygen levels, and daily step counts. This smart ring is built for comfort and durability, featuring an IP68 water and dust resistance rating and a long-lasting battery.

This manual provides essential information for setting up, operating, and maintaining your Smart Ring to ensure an optimal user experience. Please read all instructions carefully before use.

2. WHAT'S IN THE BOX

- SUNOL Smart Ring
- Charging Cable
- Charging Box
- User Manual



Image: The SUNOL Smart Ring resting in its charging box, connected to a charging cable.

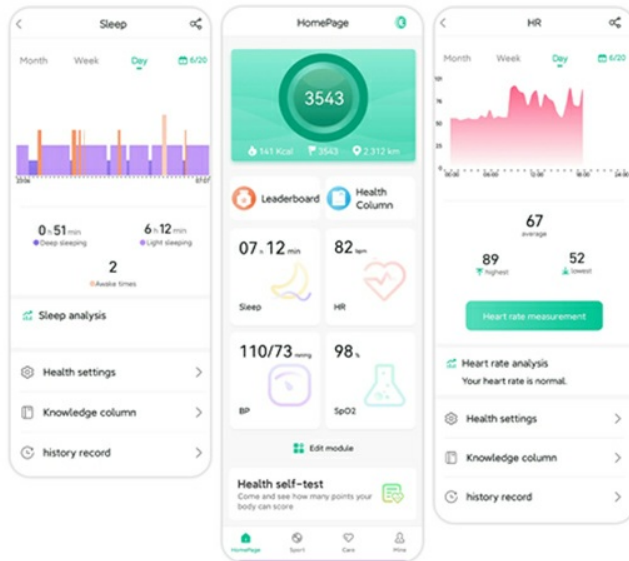
3. SETUP AND APP LINKING

To begin using your Smart Ring, you must first download the companion application to your smartphone and pair the device via Bluetooth. This application is compatible with both iOS and Android devices.

1. **Download the App:** Search for the official SUNOL Smart Ring application in your device's app store (Apple App Store for iOS or Google Play Store for Android).
2. **Install and Open:** Install the app and open it on your smartphone.
3. **Grant Permissions:** Follow the on-screen instructions within the app to grant necessary phone permissions (e.g., Bluetooth, location, notifications) for full functionality.
4. **Pair the Ring:** Ensure your Smart Ring is charged and within Bluetooth range of your phone. Follow the app's pairing guide to connect your ring.

Connect the App to Track Your Health Data

Download the APP on your mobile phone and connect to the ring via Bluetooth. The smart ring can detect and record blood oxygen, heart rate, blood pressure, sleep condition, you can view your health data in the app.



Sleep monitoring
Comprehensively monitor and protect from falling asleep to waking up



Heart rate monitoring
Check your heart rate details at any time



Blood oxygen detection
Check your blood oxygen saturation at any time



Exercise monitoring
Daily steps, calories, distance

Image: The Smart Health APP interface on a smartphone, illustrating options for health monitoring.

Your browser does not support the video tag.

Video: This video demonstrates the appearance of the Smart Ring, its functions, and the user interface of the companion mobile application.

4. OPERATING INSTRUCTIONS

Once paired, wear the Smart Ring on your finger. The ring continuously tracks your health data. To view detailed information and historical data, open the companion app on your smartphone. The app provides a user-friendly interface to navigate through different health metrics and settings.



Image: A person wearing the sleek silver Smart Ring on their finger.

5. HEALTH TRACKING FEATURES

The SUNOL Smart Ring offers comprehensive health monitoring:

- **Sleep Analysis:** Monitors your sleep patterns, including deep sleep, light sleep, and REM sleep, providing insights into your sleep quality.



Image: Detailed sleep monitoring data displayed within the app, showing sleep stages and duration.

- **Heart Rate Monitoring:** Provides 24-hour real-time heart rate tracking, allowing you to monitor your heart health throughout the day.



RECORD YOUR EXERCISE DATA

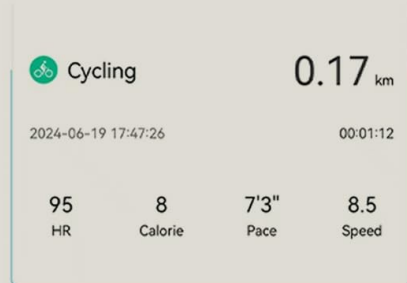


Image: The app displaying 24-hour heart rate monitoring data, including average, highest, and lowest readings.

- **Blood Pressure Monitoring:** Tracks your blood pressure, offering valuable data for managing your cardiovascular health.
- **Blood Oxygen Tracking (SpO2):** Measures your blood oxygen saturation levels, an important indicator of respiratory function.



Image: The app interface showing blood oxygen saturation (SpO2) monitoring data.

- **Step Counting:** Automatically records your daily steps, helping you stay active and achieve your fitness goals.

6. EXERCISE MODES

The Smart Ring supports various exercise modes to track your activity:

- Walking
- Running
- Cycling
- Yoga
- Mountaineering

Select the appropriate mode in the app before starting your workout to get accurate data on heart rate, calories burned, and distance.

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

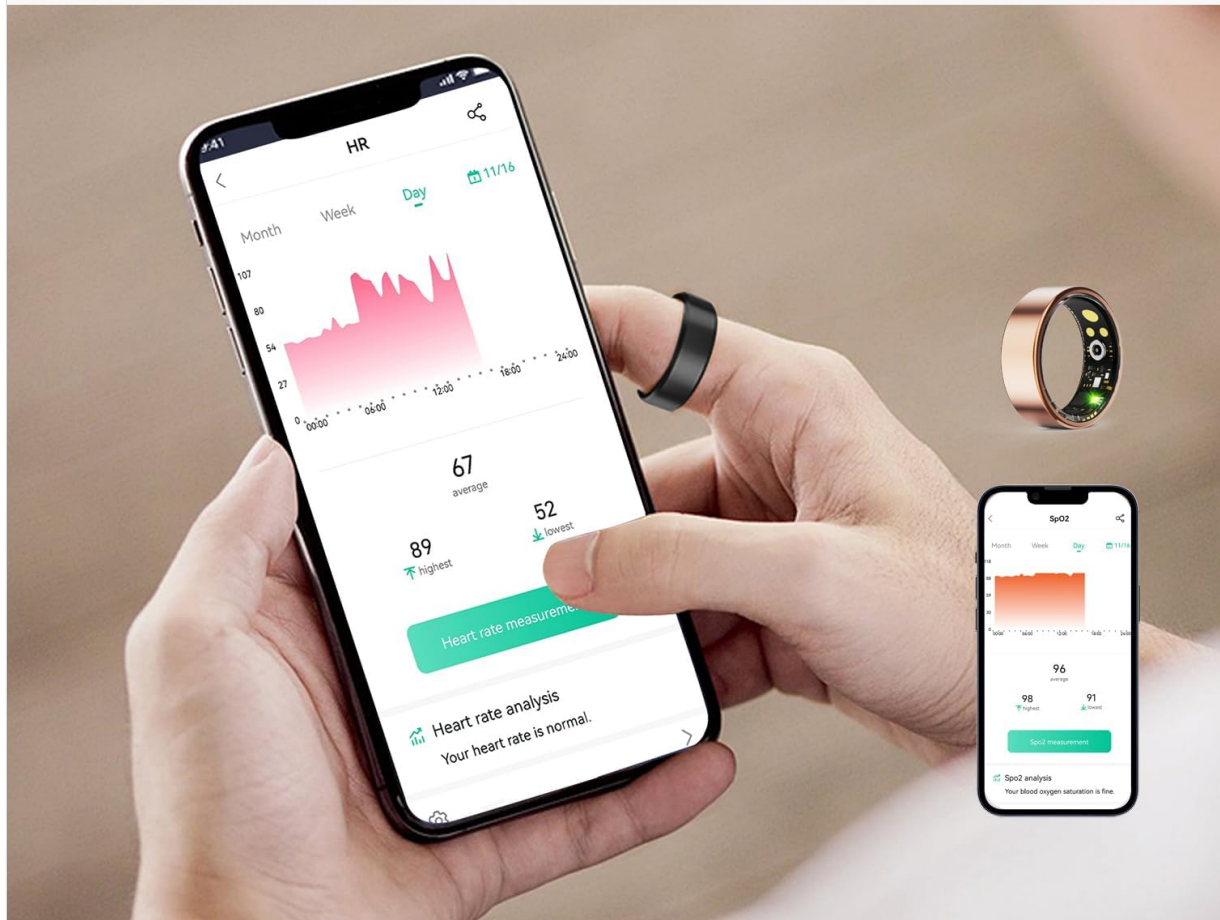


Image: The app interface displaying recorded exercise data for cycling, including metrics like distance, heart rate, and calories.

7. FAMILY CARE FEATURE

The Smart Ring's family care feature allows you to monitor the health status of your loved ones. By purchasing additional rings for family members and linking them through the app, you can access their health data remotely, providing peace of mind and enabling timely care.

Care for family

Add friends through the APP, and you can view your friends' real-time health information anytime, anywhere.

Smart Health APP



Image: The 'Care for family' feature in the app, demonstrating how to add friends and view their health data.

8. BATTERY LIFE AND CHARGING

The Smart Ring is equipped with a long-lasting battery, providing 2-3 days of use on a single charge. It comes with a convenient quick charge compartment (charging box) for easy recharging. To charge, place the ring in its charging box and connect the box to a power source using the provided USB cable.



Image: The SUNOL Smart Ring in its charging box, ready for charging.

9. WATER AND DUST RESISTANCE

The Smart Ring boasts an IP68 rating, making it highly resistant to dust, dirt, and water. This allows for worry-free use during daily activities, including workouts, showering, and exposure to rain. The ring can withstand immersion in water up to 1.5 meters deep.

10. SIZING GUIDE

To ensure accurate health tracking and comfortable wear, selecting the correct ring size is crucial. Use the following guide to determine your ideal size:

1. **Measure Your Finger:** Wrap a flexible measuring tape or a strip of paper snugly around the base of the finger where you intend to wear the ring. Mark the point where the end overlaps.
2. **Determine Circumference:** Measure the length of the paper strip or tape in millimeters. This is your finger's circumference.
3. **Find Inner Diameter:** Alternatively, measure the inner diameter of an existing ring that fits you well.
4. **Consult the Table:** Refer to the table below to match your measurements with the corresponding ring

model size.

Wrap a band around the finger you want to wear the ring on, marking the point of intersection. Or measure the part of your finger that makes it wide. Refer to the table below to choose the right ring size for you based on your measurements.



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

Image: A visual guide on how to measure your finger for the correct ring size, accompanied by a sizing chart.

Smart Ring Sizing Chart

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#13	22.2mm	69.7mm
#14	23.4mm	73.5mm

11. TROUBLESHOOTING

If you encounter any issues with your SUNOL Smart Ring, please consider the following common solutions:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the ring is within range. Try restarting both the ring (by placing it in the charger) and your phone.
- **Inaccurate Readings:** Ensure the ring is worn snugly on your finger. Clean the sensors on the inside of the ring. Readings can be affected by extreme temperatures or vigorous movement.
- **App Not Syncing:** Check your internet connection. Ensure the app has all necessary permissions granted in your phone's settings. Try closing and reopening the app.

- **Battery Not Charging:** Verify the charging cable and box are properly connected to a power source. Ensure the ring is correctly seated in the charging box.

For further assistance, please refer to the in-app help section or contact customer support.

12. SPECIFICATIONS

Feature	Detail
Operating System	Other
Special Feature	Fast Charging
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	No GPS
Shape	Round
Brand	SUNOL
Color	Silver (as per current product)
Compatible Devices	Smartphone (All current iPhone models, all current Android models)
Additional Features	Fast Charging
Band Material Type	Metal
Water Resistance Level	Water Resistant (IP68, 1.5 Meters)
Human Interface Input	Touchscreen (likely referring to app interaction)
Supported Application	Blood Pressure Monitor, Fitness Tracker, Heart Rate Monitor, Sleep Monitor
Metrics Measured	Heart Rate Monitor, Sleep Duration, Blood Pressure Monitor, Blood Oxygen Monitor
Item Weight	0.1 Kilograms
Model Number	588bdbf0-5847-413d-9fc8-0885e197bd75
Wearable Computer Type	Smart Ring
Manufacturer	SWISSES

13. WARRANTY AND SUPPORT

The SUNOL Smart Ring comes with a **1-year warranty**. For warranty claims, technical support, or any product-related inquiries, please contact the manufacturer, SWISSES, or your point of purchase. Ensure you retain your proof of purchase for warranty validation.

