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## Gwenland SR08

# Gwenland Smart Ring Health Ring User Manual

Model: SR08

## INTRODUCTION

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Welcome to the Gwenland Smart Ring Health Ring user manual. This guide provides detailed instructions on how to set up, operate, maintain, and troubleshoot your new smart ring. The Gwenland Smart Ring is designed to monitor various health metrics and offer convenient smart features, helping you lead a healthier and more connected lifestyle.



Image: The Gwenland Smart Ring, a sleek silver ring with an LED display, shown alongside its compact charging case.

## WHAT'S IN THE BOX

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Please check the package contents to ensure all items are present:

- Smart Ring x 1
- Charging Case x 1
- Charging Cable x 1
- User Manual x 1

## SETUP GUIDE

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Follow these steps to get your Gwenland Smart Ring ready for use:

# Getting Your Smart Ring Ready in a Few Steps

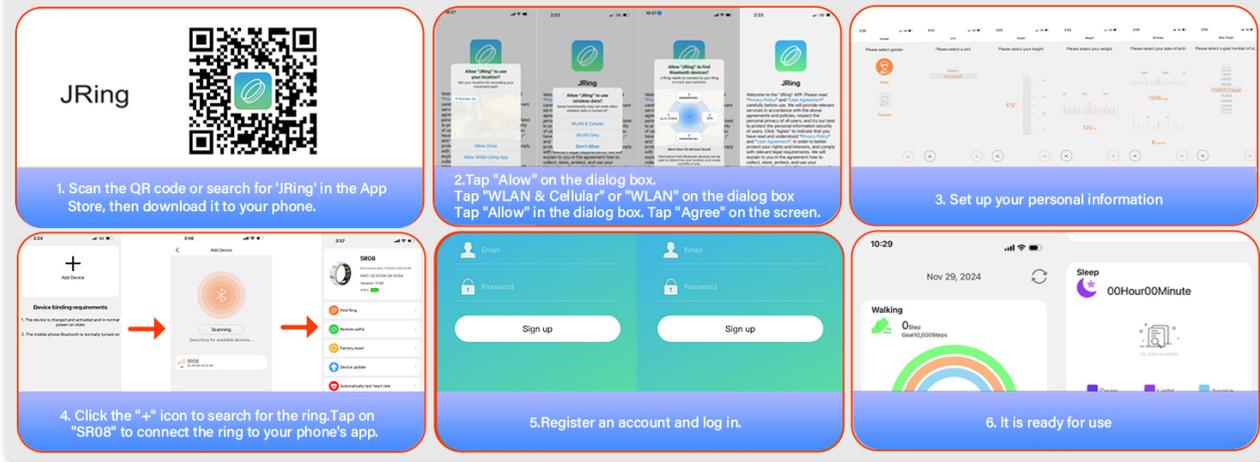


Image: A visual guide showing the steps to set up the Smart Ring, including app download, personal information setup, and device connection.

## 1. App Download and Installation

Scan the QR code provided in the manual or visit <http://download.keeprapid.com/jring.html> to download the official JRing app. The app is compatible with Android 5.0 and iOS 10.0 and above systems.

## 2. Set Up Personal Information

After installing the app, open it and follow the on-screen prompts to register an account and set up your personal profile. This information is crucial for accurate health data tracking.

## 3. Charge and Activate Smart Ring

Before first use, ensure your smart ring is fully charged. Place the ring into its charging case and connect the charging cable. A full charge typically takes about 1 hour. The ring can be used continuously for 3 to 5 days on a single charge, with a standby time of 10-15 days.

## 4. Bluetooth Connection

Enable Bluetooth on your smartphone. Open the JRing app, click the "+" icon to search for the ring, and select "SR08" to connect. Once connected, your ring will begin synchronizing data with the app.

## WEARING INSTRUCTIONS

For the most accurate readings, ensure the sensors on the ring are positioned against the pad of your index or middle finger while wearing it. The ring should fit snugly but comfortably.



Image: An illustration demonstrating the correct way to wear the Smart Ring on the finger to ensure optimal sensor contact for accurate data collection.

## OPERATING INSTRUCTIONS

### Touch Display Functions

The smart ring features a high-definition LED screen and intuitive touch control. A simple tap allows you to effortlessly monitor essential data directly on the ring without needing your phone. The display cycles through time, step count, heart rate, blood oxygen, sleep duration, and battery level.

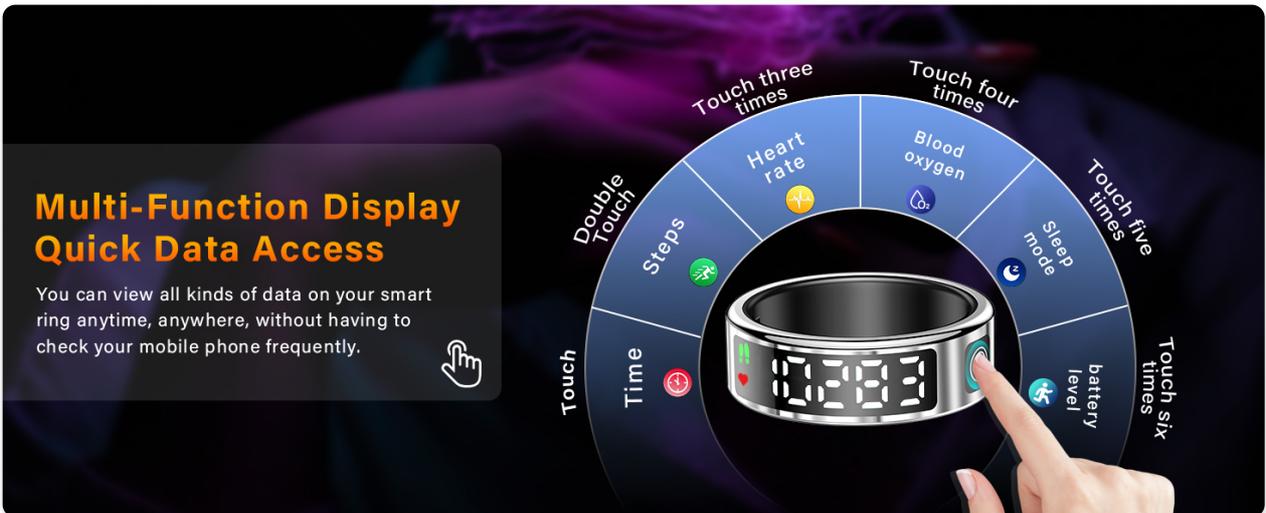


Image: A diagram illustrating the various data points accessible via the smart ring's touch display, including time, steps, heart rate, SpO2 levels, sleep time, and battery level.

### Gesture Control

The smart ring includes built-in motion gesture functionality. You can use gestures to control certain functions on your connected smartphone, such as swiping through videos on platforms like TikTok or turning pages in e-books.



Image: A person using the smart ring to swipe through videos on a smartphone, demonstrating the gesture control feature.

## Remote Photography

Utilize the remote camera function within the RJing app. By shaking your finger with the ring on, you can remotely control your mobile phone to take photos, making group shots and selfies more convenient.

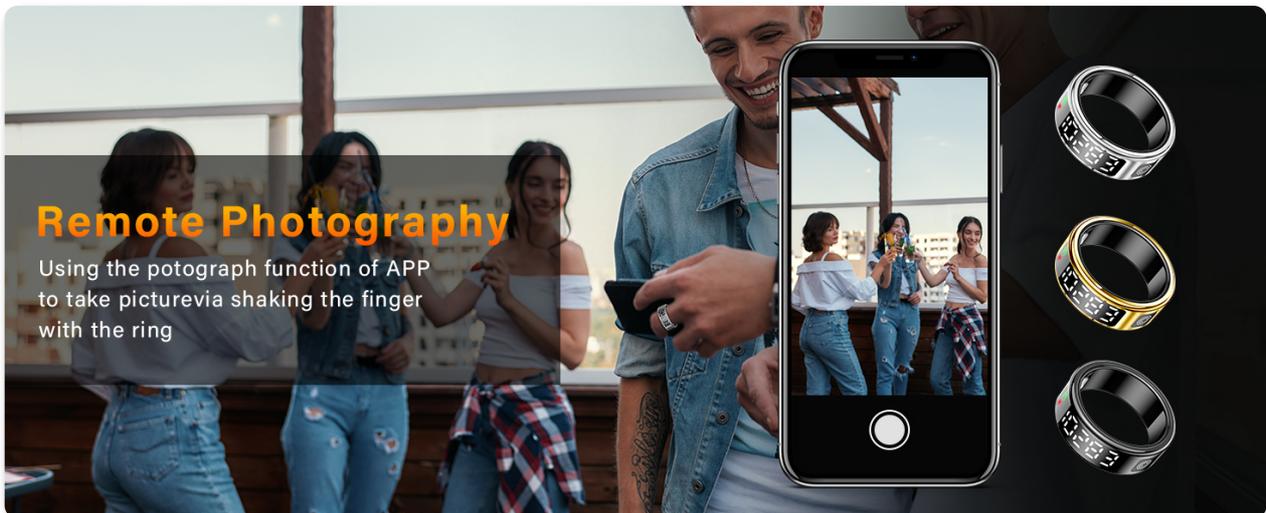


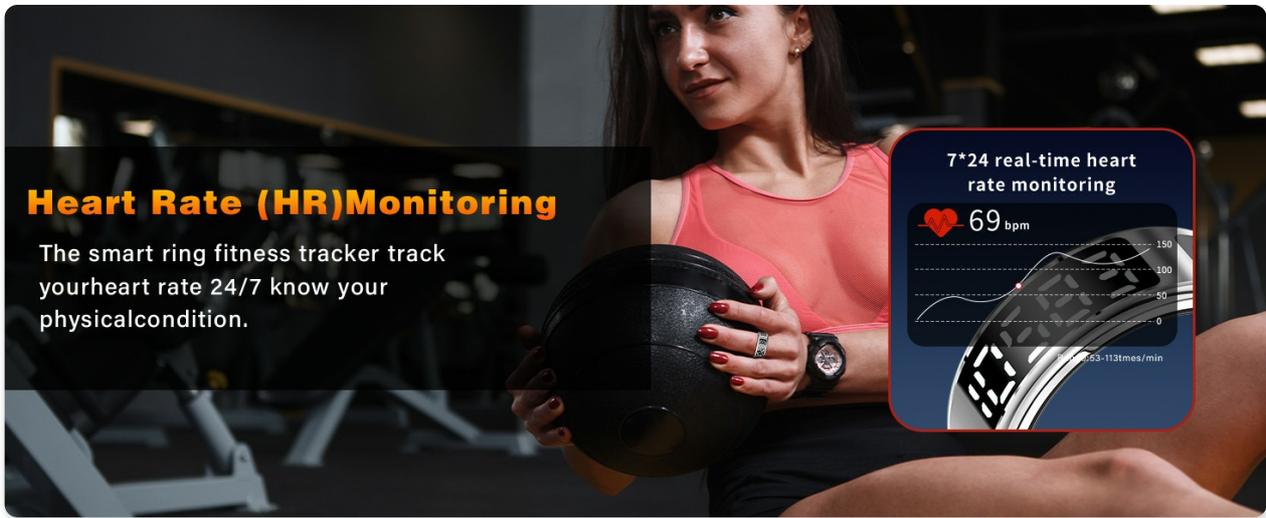
Image: A person using the smart ring to remotely trigger a smartphone camera, capturing a photo of friends.

## HEALTH MONITORING FEATURES

The Gwenland Smart Ring provides comprehensive health monitoring capabilities:

### Heart Rate Monitoring

The ring continuously monitors your heart rate 24/7, providing real-time data to help you understand your physical condition. You can view detailed heart rate trends in the RJing app.



## Heart Rate (HR) Monitoring

The smart ring fitness tracker track your heart rate 24/7 know your physical condition.

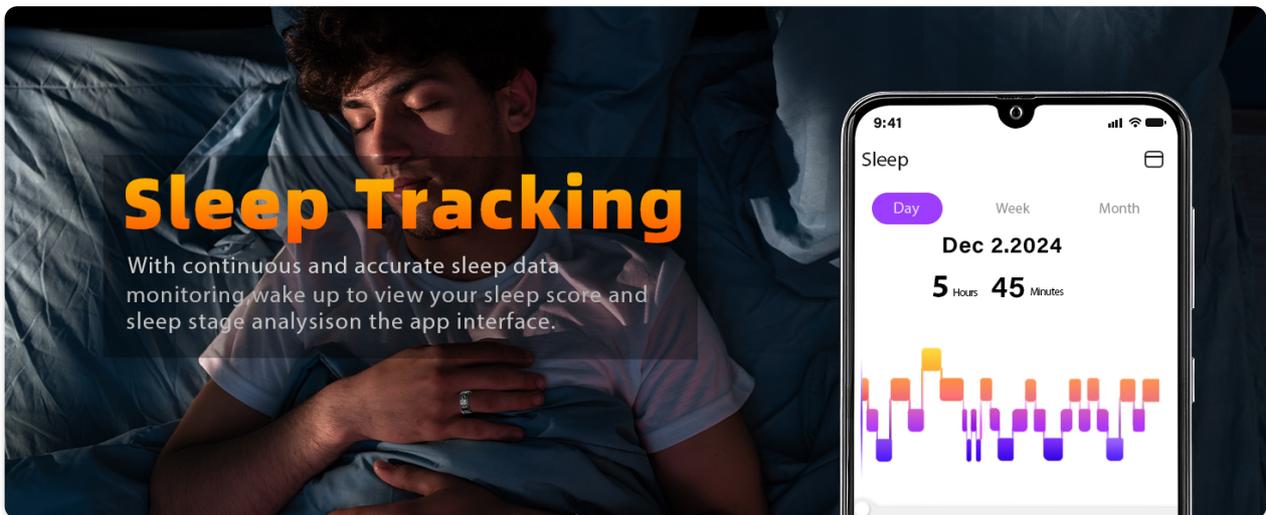
Image: A person exercising, with an overlay showing the smart ring displaying a heart rate reading of 69 bpm and a heart rate graph.

## Blood Oxygen Saturation (SpO2)

The ring can schedule and monitor your blood oxygen saturation levels, offering insights into your respiratory health.

## Sleep Tracking

The smart ring monitors your sleep patterns, including deep sleep, light sleep, and awake times. The RJing app provides a detailed analysis of your sleep quality, helping you improve your rest.



## Sleep Tracking

With continuous and accurate sleep data monitoring wake up to view your sleep score and sleep stage analysis on the app interface.

Image: A person sleeping, with a smartphone screen displaying a detailed sleep tracking report from the RJing app, showing sleep stages and duration.

## Activity Tracking

The ring accurately records your daily steps, distance traveled, and calories burned. You can view daily, weekly, and monthly activity data within the RJing app to track your progress.



Image: A person running on a treadmill, with a smartphone screen showing activity tracking data including steps, calories, and distance.

## Multi-Sport Tracking

The smart ring supports tracking for multiple sports activities, including running, walking, cycling, and hiking. This allows you to monitor your performance across various exercises.



Image: Four panels depicting individuals engaged in different sports: running, walking with a dog, cycling, and hiking, illustrating the multi-sport tracking capability.

## BATTERY LIFE AND CHARGING

The Gwenland Smart Ring is designed for long-lasting power. It comes with a 200mAh charging case that also serves as a protective storage box. The ring can be used continuously for 3 to 5 days on a single charge and has a standby time of 10-15 days.



Image: The smart ring and its charging case, highlighting the long battery life and convenient charging method.

## WATERPROOFING

The smart ring is IP68 waterproof, making it suitable for various activities without concern for water damage. This includes swimming, running in the rain, hand washing, and bathing.



Image: A person swimming underwater while wearing the smart ring, demonstrating its IP68 waterproof capability.

## SIZING GUIDE

The Gwenland Smart Ring is available in multiple sizes (6-13) to ensure a comfortable and secure fit. It is recommended to measure your finger or use a sizing kit before purchasing to determine your accurate size.



Image: A detailed measurement guide showing how to determine ring size using paper strips or a ruler, along with a size chart for inner diameter and perimeter.

## Ring Size Chart

Size	Inner Diameter (mm/inch)	Perimeter (mm/inch)
8	18.2 / 0.72	57.1 / 2.25
9	19.0 / 0.75	59.6 / 2.35
10	19.9 / 0.78	62.4 / 2.46
11	20.7 / 0.82	64.9 / 2.56
12	21.5 / 0.85	67.5 / 2.66
13	22.3 / 0.88	70.0 / 2.76

## MAINTENANCE

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

- **Cleaning:** Wipe the ring regularly with a soft, dry cloth to remove dirt and oils. For stubborn grime, a slightly damp cloth can be used, followed by immediate drying.
- **Storage:** When not in use, store the ring in its charging case to protect it from dust and potential damage.
- **Avoid Harsh Chemicals:** Do not expose the ring to strong chemicals, solvents, or detergents, as these can damage the finish and internal components.
- **Temperature Extremes:** Avoid exposing the ring to extreme temperatures (very hot or very cold) for prolonged periods, as this can affect battery life and electronic components.

## TROUBLESHOOTING

If you encounter any issues with your Gwenland Smart Ring, refer to the following common solutions:

# Warm Reminder



## How to quickly switch off the ring display?

1. Press the touchscreen button until the interface that toggles between "LCD" and "OFF" is displayed.
2. Press and hold the touchscreen button for three seconds, then the display will be switched off.
3. If you need to activate the smart-ring again, please hold the touchscreen button for three seconds.

## Can't synchronise my ring data with JRing APP?

1. Disconnect the Bluetooth connection in the JRing APP.
2. In the phone settings, search for the Bluetooth name SR08 and click on "Ignore this device".
3. Open the JRing APP again and establish a connection with Bluetooth SR08.
4. Check if synchronization can be completed successfully.

If you have any other questions about smart rings, please contact us.  
We will provide you with technical support!



Image: A troubleshooting guide addressing common issues like switching off the display and synchronizing data with the app.

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If you have any other questions about smart rings, please contact our customer support for technical assistance.

## SPECIFICATIONS

Feature	Detail
Model Number	SR08
Brand	Gwenland
Color	Silver
Item Weight	7.4 ounces
Package Dimensions	7.44 x 2.95 x 1.26 inches
Screen Size	0.2 Inches
Operating System Compatibility	Android 5.0 & iOS 10.0 and above
Special Features	Touchscreen, Gesture Control, Multisport Tracker, Daily Workout Memory, Wireless Charging

Feature	Detail
Connectivity Technology	Bluetooth
Battery Type	1 AAA batteries required (included)
Waterproof Rating	IP68
First Available Date	December 31, 2024

## WARRANTY AND SUPPORT

Gwenland is committed to providing high-quality products and customer satisfaction. If you experience any issues with your Smart Ring or have questions regarding its operation, please contact our dedicated after-sales service. We are here to provide you with technical support and assistance.

For further inquiries, please refer to the contact information provided on the product packaging or the official Gwenland website.

### Related Documents - SR08

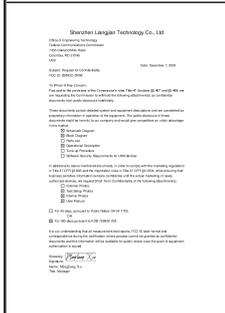
 <p>manual Smart Ring</p>	<p><a href="#">Smart Ring User Manual</a></p> <p>User manual for the Smart Ring, detailing charging, setup, features like step tracking, heart rate monitoring, sleep analysis, and short video control. Includes FAQs and precautions.</p>
 <p>SR08 Smart Health Ring</p> <p>User manual Please read this manual before using the product.</p>	<p><a href="#">SR08 Smart Health Ring User Manual</a></p> <p>Comprehensive user manual for the SR08 Smart Health Ring. Learn about charging, app connection, features like heart rate, pedometer, temperature, sleep monitoring, Bluetooth control, and important usage precautions. Includes FCC compliance details.</p>
 <p>CYCLOPS MARINE</p> <p>Product Identification Guide</p> <p>Current Products Discontinued Products</p>	<p><a href="#">Cyclops Marine Product Identification Guide</a></p> <p>A comprehensive guide to identifying current and discontinued marine load sensing and communication products from Cyclops Marine, detailing models like smarttune, smartlink, smarttoggle, smartsail, and gateways with their specifications and identifiers.</p>



[W.E. Anderson Series WE02 3-Piece Stainless Steel Ball Valve Specifications and Instructions](#)  
Comprehensive specifications, installation, and operating instructions for the W.E. Anderson Series WE02 3-Piece Stainless Steel Ball Valve, including details on pneumatic and electric actuators, popular models, dimensions, bill of materials, and performance ratings.



[Dwyer Series ACT Pneumatic and Electric Actuators for Valve and Damper Automation](#)  
Detailed information on Dwyer Series ACT pneumatic and electric actuators, including specifications, model charts, applications, benefits, and repair kits. Suitable for valve and damper automation with ISO 5211 mounting.



[Request for Confidentiality - Shenzhen Liangjian Technology Co., Ltd - FCC ID 2BMGD-SR08](#)  
Formal request from Shenzhen Liangjian Technology Co., Ltd. to the Federal Communications Commission for confidentiality of product documentation, including schematics, manuals, and photos, for the SR08 Smart Ring (FCC ID: 2BMGD-SR08).