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› Gwenland Sizing Kit Smart Ring SY01 Instruction Manual

Gwenland SY01

Gwenland Sizing Kit Smart Ring SY01 Instruction Manual

Model: SY01 | Brand: Gwenland

1. INTRODUCTION TO YOUR SIZING KIT

The Gwenland Sizing Kit is designed to help you find the most comfortable and accurate fit for your Smart Ring. Achieving the correct size is crucial for optimal data collection and comfort. This kit includes 8 different ring sizes, from 6 to 13, to ensure you can determine your ideal fit before purchasing the actual Smart Ring.

Find a Snug Fit

STEP 1

Try multiple sizes on your index, middle, or ring finger until you find a snug fit



Image: The Gwenland Ring Sizing Kit, featuring 8 black rings in a white display box, ready to help you find your perfect fit.

2. SIZING KIT SETUP AND USAGE

Follow these steps to accurately determine your Smart Ring size:

1. **Purchase the Sizing Kit:** Acquire the Gwenland Sizing Kit before purchasing your Smart Ring.
2. **Try Multiple Sizes:** The Smart Ring works on all fingers, but for optimal accuracy, we recommend wearing it on your

index, middle, or ring finger. Try multiple sizes from the kit on your chosen finger until you find a snug fit.

3. **One-Night Sizing Test:** Wear the chosen sample ring overnight to ensure it is not too loose or too tight. Your finger size can fluctuate throughout the day due to temperature and activity.
4. **Confirm Snug Fit:** The Smart Ring should fit snugly against your skin without rotating freely. This ensures the sensors maintain proper contact for accurate data.

Take the One Night Sizing Test

STEP 2

Wear your mock ring overnight to ensure that it's not too loose or too tight

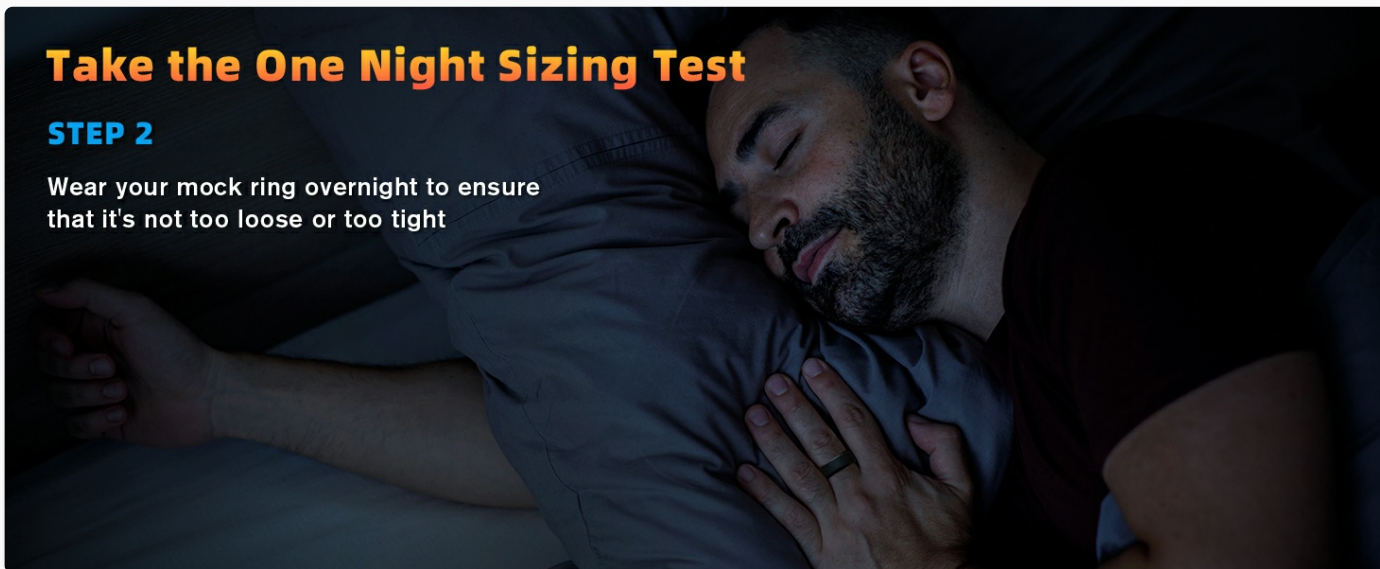


Image: Visual guide illustrating the three-step process: first, acquire the sizing kit; second, purchase the smart ring once your size is determined; and third, download the app and pair your device.

Choose and Purchase your Favourite Colours

STEP 3

Pick from 3 unique colours available for the Ring
Once you've found the right fit, buy your Ring



Image: A user wearing a sample ring on their finger, emphasizing the recommendation to wear it for at least 24 hours to ensure an accurate fit.

Gwenland Sizing Kit Tips:

Please note that Gwenland Smart Ring has unique sizing requirements that differ from other brands. Therefore, do not rely on sizing kits from other brands when purchasing Gwenland Smart Ring.

Image: Step 1 of the sizing process, showing a hand trying on a black sizing ring to find a snug fit on the index finger.

Wearing Instructions

To obtain the most accurate readings, make sure the sensors on the ring are positioned against the pad of your index or middle finger while wearing it.

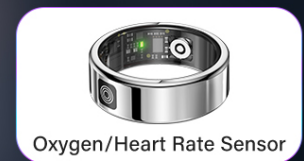
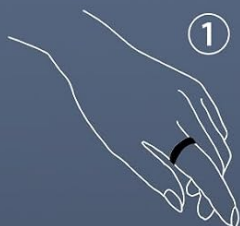


Image: Step 2 of the sizing process, depicting a person sleeping with a sizing ring to test for comfort and fit overnight.

Sizing Chart

Use the following chart to understand the measurements corresponding to each ring size:

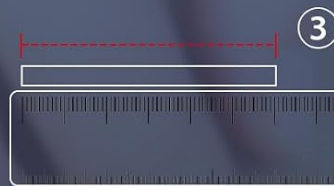
HOW TO CHOOSE THE SIZE



1
Cut a slip of paper, about 2mm width and wrap it around your finger



2
Mark the point where the end of the paper overlaps



3
Use the ruler to measure the circumference, then refer to the chart

Model	Germany	Circumference
#5	15.75	49.3
#6	16.5	51.8
#7	17.25	54.4
#8	18	56.9
#9	19	59.5
#10	20	62.1
#11	20.75	64.6
#12	21.25	67.2
#13	22	69.74

Image: A detailed ring sizing chart showing corresponding measurements for various ring sizes, including Model, Germany, and Circumference values.

Important Sizing Tips

Gwenland Smart Rings have unique sizing requirements that may differ from other brands. Do not rely on sizing kits from other brands when purchasing a Gwenland Smart Ring.

Long Battery Life

Easily charge your smart ring using the high quality 200mAh charging case, which also serves as astorage box to store or carry the ring



Image: A graphic highlighting important sizing tips for the Gwenland Smart Ring, emphasizing its unique sizing requirements compared to other brands.

Sizing Videos

Your browser does not support the video tag.

Video: A demonstration of how to use a smart ring sizing kit to find the correct fit for your finger. This video provides a visual guide to the sizing process.

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Video: Instructions on how to size your finger for a smart ring, suitable for both women and men, emphasizing the importance of sizing before purchase.

3. OPERATING YOUR SMART RING

Wearing Instructions

To obtain 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 Smart Ring can be worn on any finger of either hand, but index, middle, or ring fingers are recommended for optimal data accuracy.

Tracking Multiple Sports



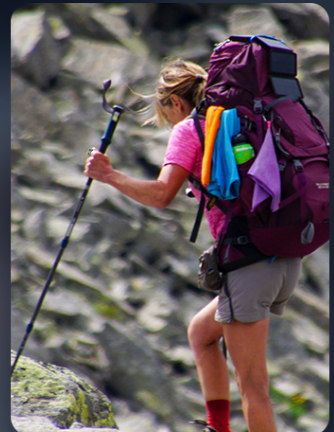
Running



Walking



Cycling



Hiking

Image: Visual guide for wearing the smart ring, showing proper placement on the index finger with sensors against the finger pad for accurate readings.

App Download and Pairing

After determining your size and acquiring your Smart Ring, download the dedicated app to pair it with your device. The app allows you to track various health metrics and manage settings.

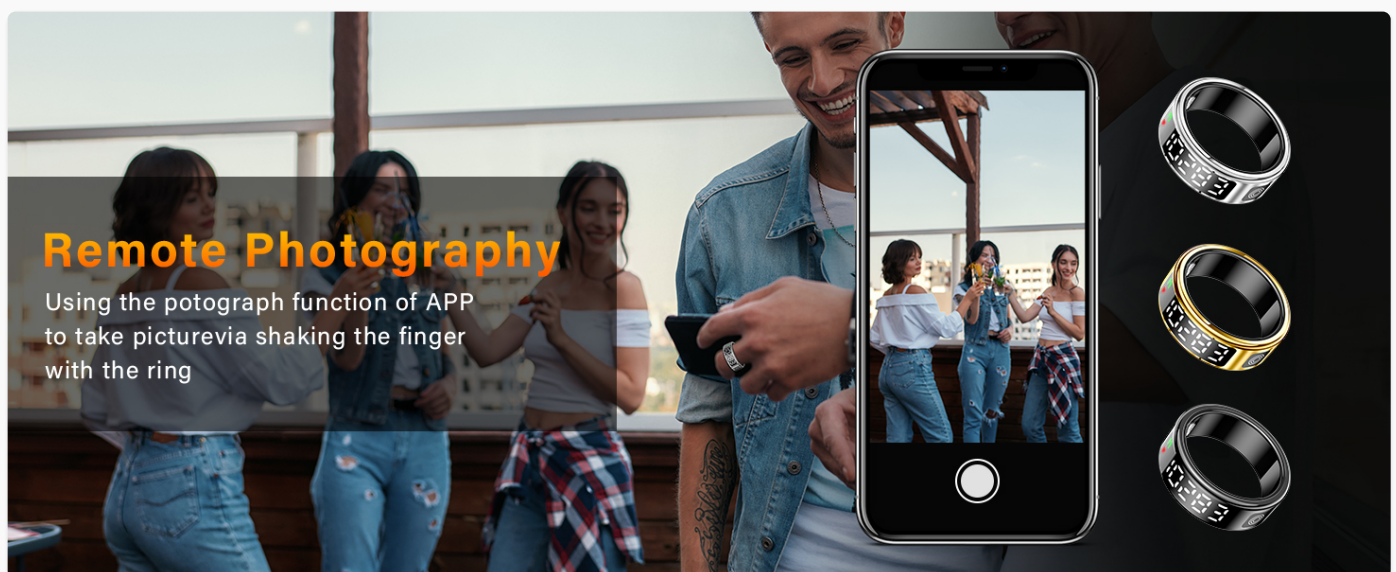


Image: Instructions for downloading the JRing app via App Store or Android, with a QR code for easy access, and a visual of the smart ring.

Download the JRing app: <http://download.keeprapid.com/jring.html>

Key Features

- **Activity Tracking:** Monitor steps, calories burned, distance, and duration.
- **Sleep Tracking:** Continuously and accurately monitor sleep stages and sleep score.
- **Heart Rate Monitoring:** Real-time 24/7 heart rate tracking to understand your physical condition.
- **Remote Photography:** Use the app's photo function by shaking the ring finger.
- **Gesture Swipe Video:** Built-in motion gesture function to switch videos with a finger swipe.



Remote Photography

Using the potograph function of APP to take picturevia shaking the finger with the ring

Image: The smart ring tracks multiple sports activities including running, walking, cycling, and hiking.



Image: The smart ring provides continuous and accurate sleep data monitoring, viewable on the app interface.



Image: The smart ring tracks daily activity including steps, calories, distance, and duration, displayed on the app.



Image: The smart ring fitness tracker provides 24/7 real-time heart rate monitoring to keep track of your physical condition.



Image: The smart ring supports remote photography via the app's function, activated by shaking the finger wearing the ring.



Image: The smart ring features a built-in motion gesture function, allowing users to swipe through videos on their smartphone.

Smart Ring Feature Videos

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Video: An overview of the Gwenland Smart Ring, highlighting its features and benefits for both women and men.

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Video: A demonstration of the POBOVi Smart Ring, showcasing its sleek design without internal bumps for enhanced comfort.

4. CARE AND MAINTENANCE

Waterproof Design

The Smart Ring features an IP68 waterproof rating, allowing you to wear it during various activities such as swimming, sweating, in the rain, hand washing, and bathing without concern.

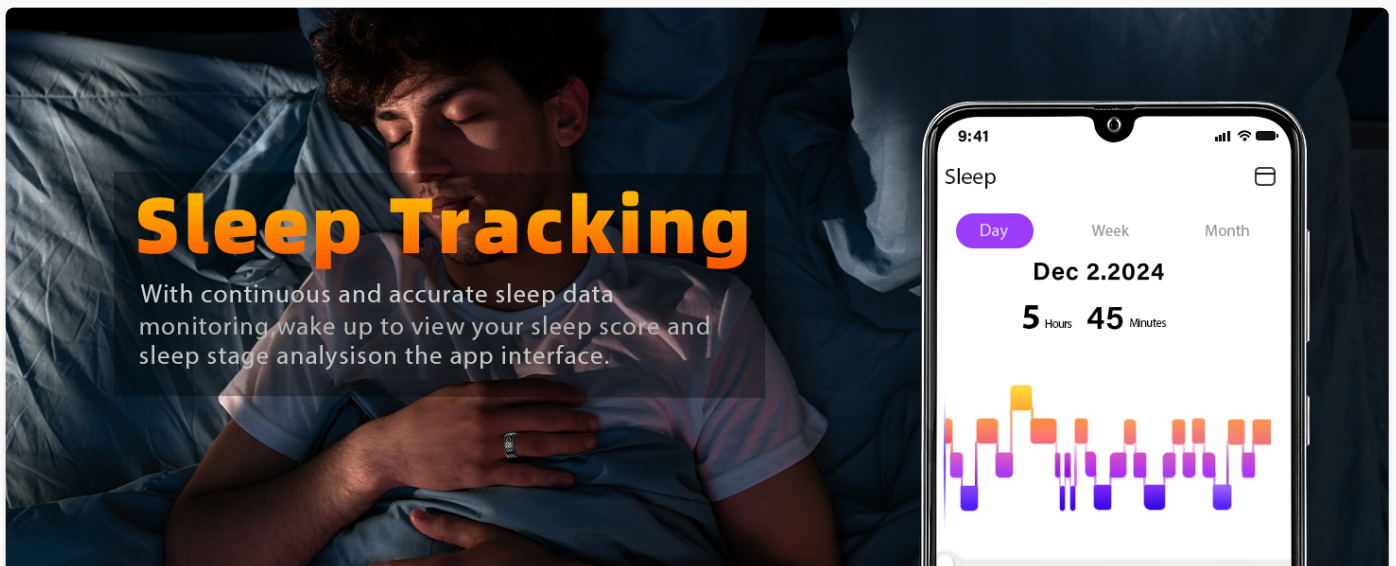


Image: The smart ring is shown to be IP68 waterproof, suitable for swimming, sweating, rain, hand washing, and bathing.

Lightweight and Comfortable

Designed to be light as a whisper on your finger, the Smart Ring features a 3.5g lightweight design and 2.5mm thickness for maximum comfort during prolonged wear.



Image: The smart ring is highlighted for its lightweight (3.5g) and thin (2.5mm) design, ensuring comfort.

Battery Life and Charging

The Smart Ring offers long battery life. Easily charge your smart ring using the high-quality 200mAh charging case, which also serves as a storage box to store or carry the ring.



Image: The smart ring and its 200mAh charging case, which doubles as a storage box, emphasizing long battery life and easy charging.

5. TROUBLESHOOTING

Sizing Issues

- **Incorrect Fit:** If the sample ring feels too loose or too tight after the 24-hour test, try the next size up or down. Remember, Smart Ring sizing differs from standard rings due to internal sensors.

- **Finger Swelling:** Finger size can change due to temperature, activity, or health conditions. Measure your finger towards the end of the day for the most accurate fit. Avoid measuring when your hands are swollen, sweaty, or cold.

Smart Ring Performance

- **Inaccurate Readings:** Ensure the ring's sensors are snugly against your finger pad. A loose fit can lead to inaccurate data.
- **App Connectivity:** If the ring is not pairing with the app, ensure Bluetooth is enabled on your phone and the ring is within 1 meter. If issues persist, try restarting the app or the ring.
- **Battery Life:** If the ring's battery drains faster than expected, ensure the display is turned off when not needed, especially during sleep.

6. SPECIFICATIONS

Feature	Detail
Model Number	SY01
Available Sizes	6 to 13 (8 sizes in kit)
Item Weight	2.08 ounces (Sizing Kit) / 0.06 Kilograms (Smart Ring)
Package Dimensions	5.71 x 2.99 x 1.06 inches
Waterproof Rating	IP68 (Smart Ring)
Connectivity Technology	Bluetooth (Smart Ring)
Battery Cell Composition	Lithium Polymer (Smart Ring)
Special Feature	Ring sizer measuring tool

7. WARRANTY AND SUPPORT

Gwenland is committed to providing a comfortable customer experience. For any product-related inquiries, technical support, or warranty claims, please contact Gwenland's dedicated customer support team. Refer to the product packaging or the official Gwenland website for specific contact details.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question