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› Gwenland Smart Ring SR08 Health Tracker User Manual

Gwenland SR08

Gwenland Smart Ring SR08 User Manual

Model: SR08 | Brand: Gwenland

WELCOME

Thank you for choosing the Gwenland Smart Ring SR08. This device is designed to help you monitor your health and fitness activities with convenience and precision. Please read this manual thoroughly to understand the features and proper operation of your new smart ring.

WHAT'S IN THE BOX

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

PRODUCT OVERVIEW

The Gwenland Smart Ring SR08 is a compact and lightweight health and fitness tracker featuring an LED display. It monitors various health metrics and offers convenient smart controls.



Figure 1: Gwenland Smart Ring SR08 and its charging case.

Key Features

- **LED Display:** View time, steps, heart rate, SpO2, sleep, and battery level directly on the ring.
- **Health Monitoring:** 24-hour tracking of heart rate, blood oxygen saturation, and sleep patterns.
- **Activity Tracking:** Records steps, distance, and calories burned for various sports.
- **Gesture Control:** Remote photography and app navigation (e.g., TikTok, e-books).
- **Waterproof:** IP68 rating for use during swimming, showering, and workouts.
- **Long Battery Life:** Up to 5 days with basic use, 3 days with active tracking, and 10-15 days standby.
- **App Compatibility:** Compatible with Android 5.0 and iOS 10.0 and above (no subscription fees).

SIZING GUIDE

Accurate sizing is crucial for comfortable wear and precise data collection. It is recommended to measure your finger or use a sizing kit before purchasing to ensure the correct fit.

Multiple Size Options



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



Figure 2: Available ring sizes and a visual guide for measuring your finger.

Measurement Methods:

- Method One (Paper Strip):** Take a non-elastic string or strip of paper. Wrap it around your index finger, mark the point where the ends overlap. Measure the distance between the marks with a ruler to find the perimeter.
- Method Two (Sizing Kit):** Purchase a ring sizing kit. Ring sizers are sized the same as individual ring sizes for quick measurements of which size you'll fit into.

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

Size	Inner Diameter (mm/inch)	Perimeter (mm/inch)
13	22.3 / 0.88	70.0 / 2.76

Figure 3: Detailed size chart for the Smart Ring SR08.

SETUP

Follow these steps to set up your Gwenland Smart Ring SR08 for the first time.



Figure 4: Visual guide for app installation and initial setup.

1. App Installation

Scan the QR code provided in the manual or search for 'RJing' in the App Store (iOS) or Google Play Store (Android). Download and install the application on your smartphone.

[Download RJing App Here](#)

2. Initial Charging and Activation

Before first use, ensure your smart ring is fully charged. Place the ring into the charging case and connect the case to a power source using the provided charging cable. The charging case itself also holds a charge to power the ring on the go.

200mAh Charging Case For Hassle-Free, Long-Lasting Power

5 Days

Basic use with
minimal notifications

3 Days

Active tracking and
frequent smart ring usage



Figure 5: The smart ring charging within its portable charging case.

3. Pairing the Ring with the App

1. Enable Bluetooth on your smartphone.
2. Open the RJing app. Grant necessary permissions (e.g., WLAN & Cellular, location) when prompted.
3. Register an account and log in.
4. In the app, tap the '+' icon to search for the ring. Select 'SR08' to connect.

4. Personal Information Setup

After successful pairing, set up your personal information within the app. This helps ensure accurate health and activity tracking.

OPERATING INSTRUCTIONS

Display Navigation (Touch Controls)

The Smart Ring SR08 features a high-definition LED screen and intuitive touch control. Tap the side

of the ring to cycle through various data displays:



Figure 6: Touch control guide for accessing different data points on the ring's LED display.

- **Single Touch:** Displays time.
- **Double Touch:** Displays step count.
- **Touch Three Times:** Displays heart rate.
- **Touch Four Times:** Displays blood oxygen.
- **Touch Five Times:** Displays sleep mode.
- **Touch Six Times:** Displays battery level.

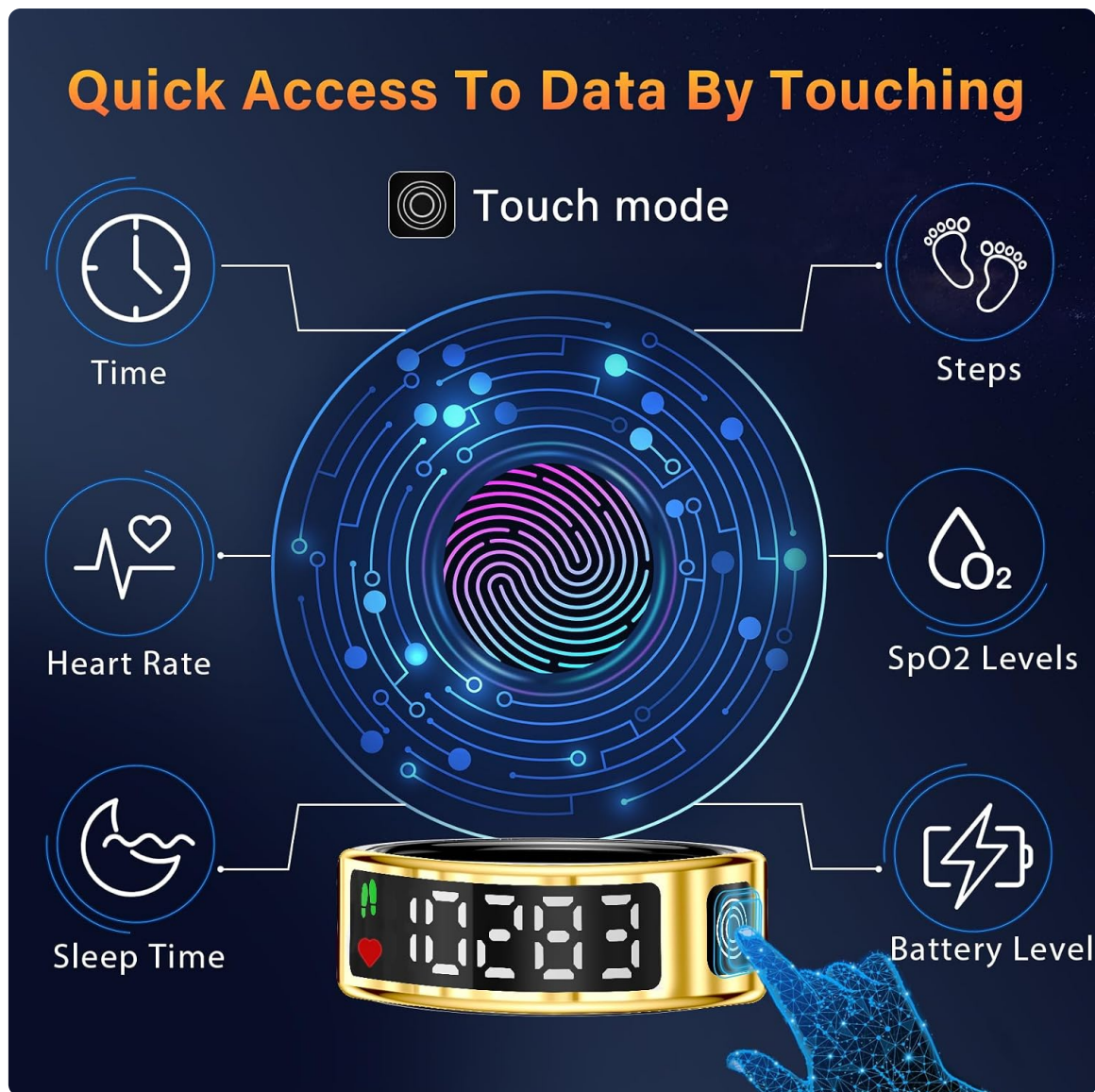


Figure 7: Visual representation of quick data access via touch mode.

Wearing Instructions for Accurate Readings

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.

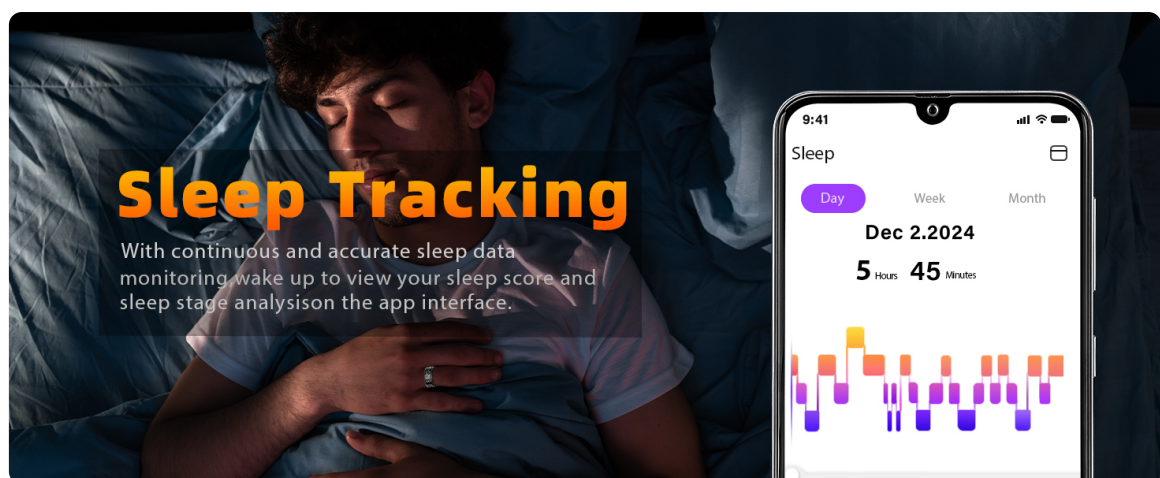


Figure 8: Proper wearing technique for optimal sensor performance.

Health Monitoring

The ring continuously monitors your heart rate, blood oxygen saturation, and sleep patterns. View daily, weekly, and monthly health data in the RJing App.



Figure 9: Real-time heart rate monitoring displayed on the ring.



Figure 10: Detailed sleep monitoring and analysis available in the app.



Figure 11: The smart ring provides continuous and accurate sleep data monitoring.

Activity Tracking

The ring accurately records your steps, distance, and calories burned during daily activities and various sports. Data can be viewed in the JRing App.



Figure 12: The smart ring tracks various fitness activities including walking, running, cycling, and climbing.



Figure 13: The app displays detailed activity data including steps, calories, distance, and duration.



Figure 14: The smart ring supports tracking for multiple sports activities.

Gesture Control

The smart ring supports gesture control for enhanced interaction with your smartphone.

- **Remote Photography:** Use gestures to control your mobile phone camera remotely.
- **App Navigation:** Swipe gestures can be used to browse apps like TikTok or turn pages in e-books.

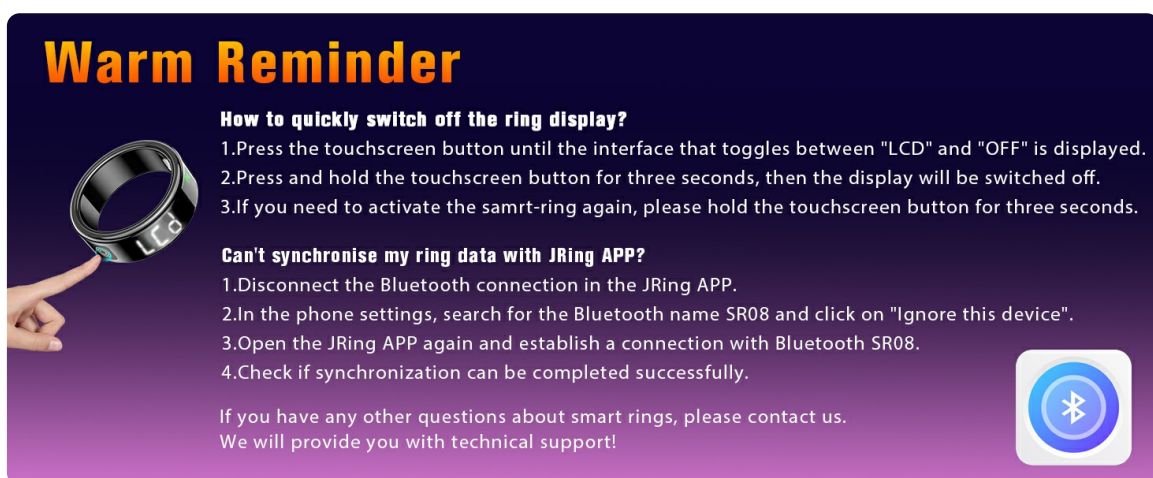


Figure 15: Gesture control allows for easy video navigation.



Figure 16: Take photos instantly with swing gestures.

CHARGING AND BATTERY LIFE

The Smart Ring SR08 is designed for extended use with its efficient battery and portable charging case.

Charging the Ring

Place the ring into the charging case. The case will automatically begin charging the ring. The ring can be used continuously for 3 to 5 days with just 1 hour of charging.

Charging the Case

The charging case itself has a 200mAh battery. Connect the charging cable to the case's USB-C port and a power source. The case provides up to 10-15 days of standby time for the ring.

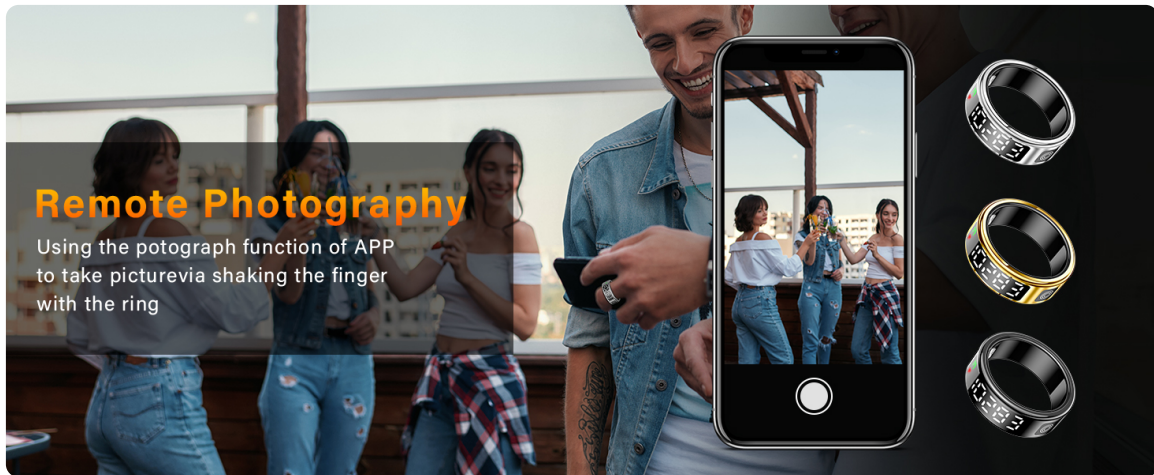


Figure 17: The charging case provides convenient, long-lasting power for your smart ring.

MAINTENANCE

Waterproofing (IP68)

The Smart Ring SR08 is IP68 waterproof, allowing it to be worn during swimming, showering, hand washing, and in rainy conditions without concern for water damage.



Remote Photography

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

Figure 18: The smart ring is suitable for various water activities due to its IP68 rating.

Cleaning

To clean your smart ring, gently wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the finish or sensors.

Storage

When not in use, store the smart ring in its charging case to protect it and keep it charged. Store in a cool, dry place away from direct sunlight.

TROUBLESHOOTING



Figure 19: Troubleshooting tips for common issues.

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 synchronize my ring data with RJing APP?

1. Disconnect the Bluetooth connection in the RJing app.
2. In your phone settings, search for the Bluetooth name SR08 and click on "Ignore this device".
3. Open the RJing 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!

SPECIFICATIONS

- **Model Number:** SR08
- **Item Weight:** 5.3 ounces (0.15 Kilograms)
- **Package Dimensions:** 7.4 x 2.95 x 1.3 inches
- **Batteries:** 1 AAA battery required (included)
- **Standing Screen Display Size:** 0.2 Inches
- **Operating System:** Android 5.0 & iOS 10.0 and above
- **Special Features:** Touchscreen, Gesture Control, Multisport Tracker, Daily Workout Memory, Wireless Charging
- **Connectivity Technology:** Bluetooth
- **Wireless Communication Standard:** Bluetooth
- **Battery Cell Composition:** Lithium Polymer
- **GPS:** GPS Via Smartphone
- **Shape:** Round
- **Screen Size:** 0.2 Inches
- **Manufacturer:** Gwenland

OFFICIAL PRODUCT VIDEO

Video 1: An overview of the Gwenland Smart Ring SR08's features, including its LED display, health monitoring capabilities (heart rate, blood oxygen), activity tracking, sleep monitoring, IP68 waterproofing, long battery life, and remote photography function. This video is provided by the seller, Gwenland.

WARRANTY AND SUPPORT

Gwenland is committed to providing high-quality products and customer satisfaction. If you encounter any usage or quality issues after purchasing your Smart Ring SR08, please contact our dedicated after-sales service team for technical support.