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› Gwenland Smart Ring Health Ring User Manual - Model SR08

Gwenland SR08

Gwenland Smart Ring Health Ring User Manual - Model SR08

Your comprehensive guide to the Gwenland Smart Ring, featuring fitness tracking, health monitoring, and smart controls.

INTRODUCTION

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. Designed for both men and women, this fitness tracker ring offers comprehensive health monitoring, including heart rate, blood oxygen (SpO2), sleep tracking, and activity monitoring, all accessible via an intuitive LED display and a dedicated mobile application.

The Gwenland Smart Ring (Model SR08) combines innovative technology with a sleek design, empowering you to prioritize your well-being and stay connected with smart features like gesture control and remote photography. Please read this manual thoroughly to ensure optimal use and longevity of your device.

WHAT'S IN THE BOX

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

SETUP GUIDE

1. Choose Your Ring Size

Before purchasing, it is crucial to determine your correct ring size for accurate health monitoring and comfortable wear. The Smart Ring is available in sizes 6-13. Consider purchasing a sizing kit to ensure the best 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



Image: A detailed size chart for the smart ring, showing inner diameter and perimeter measurements for sizes 8 through 13, alongside an illustration of how to measure your finger for the correct fit.

2. Download the JRing App

The Gwenland Smart Ring requires the companion JRing app for full functionality and data synchronization. The app is compatible with Android 5.0 and iOS 10.0 and above systems, with no subscription fees required.

1. Scan the QR code provided in the manual or search for "JRing" in your device's app store.
2. Download and install the app on your smartphone.
3. Follow the on-screen prompts to grant necessary permissions (e.g., WLAN/cellular access).
4. Set up your personal information within the app.
5. Register an account and log in.

Getting Your Smart Ring Ready in a Few Steps

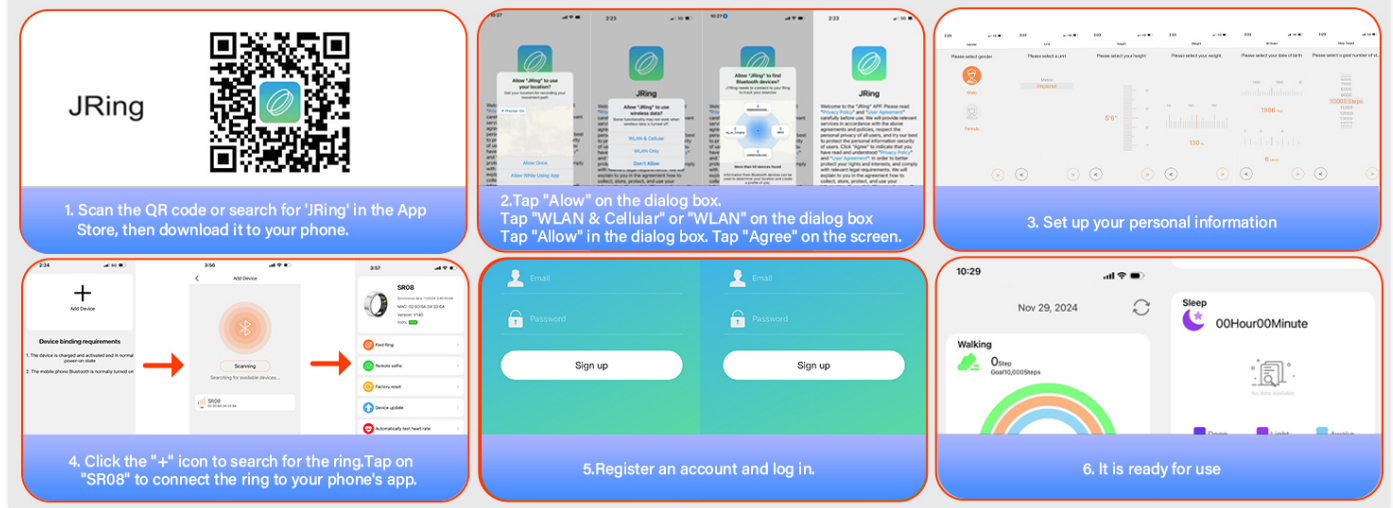


Image: A diagram illustrating the six steps for setting up the smart ring, including sizing, app download, personal information setup, charging, Bluetooth connection, and readiness for use.

For direct download, visit: <http://download.keeprapid.com/jring.html>

3. Charge and Activate the Smart Ring

Before first use, fully charge your smart ring to activate it. The ring comes with a compact charging case and a charging cable.

1. Place the smart ring into the charging case.
2. Connect the charging cable to the case and a power source.
3. Charge for approximately 1 hour for a full charge. The ring can be used continuously for 3 to 5 days with basic use, and 10-15 days standby.

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



Image: The smart ring being placed into its clear charging case, highlighting the 200mAh capacity and extended battery life.

Your browser does not support the video tag.

Video: An official product video from Gwenland demonstrating the Smart Ring's features, including charging and initial setup.

4. Connect to the App via Bluetooth

Once charged, effortlessly sync your ring with your smartphone.

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the JRing app.
3. In the app, click the "+" icon to search for the ring.
4. Select "SR08" to connect your ring to the app.
5. Your ring is now ready for use.

OPERATING INSTRUCTIONS

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.

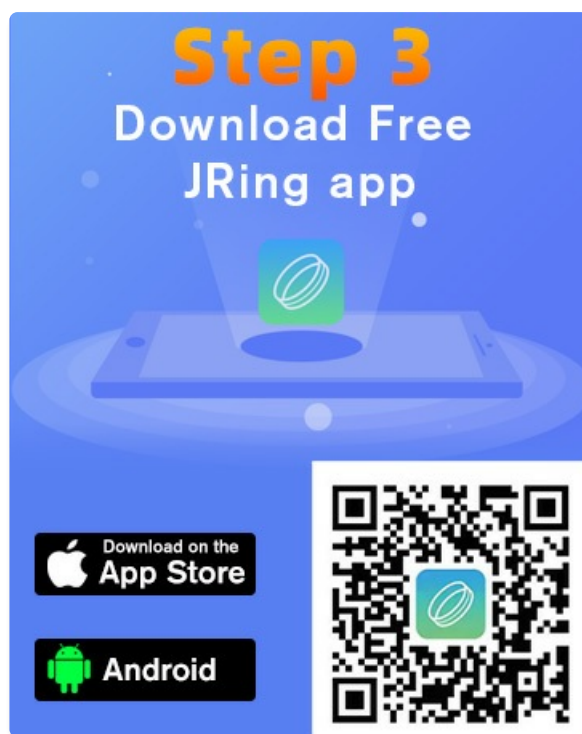


Image: A hand wearing the smart ring, illustrating the correct placement for optimal sensor contact.

LED Display & Touch Control

The smart ring features a high-definition LED screen and intuitive touch control for quick access to essential data without needing your phone.

- **Single Tap:** View time, step count, heart rate, blood oxygen (SpO2), sleep data, and battery level.
- **Multiple Taps:** Cycle through different data displays.

Quick Access To Data By Touching



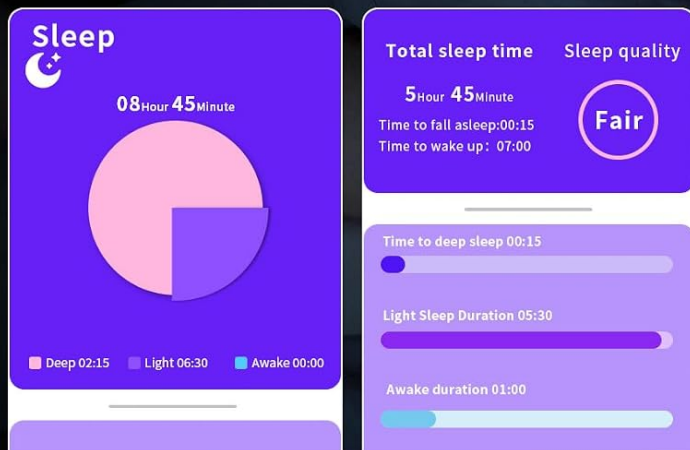
Image: An infographic detailing how to access various data points (time, steps, heart rate, SpO2, sleep, battery) by touching the smart ring's LED display.

Health Monitoring

The Gwenland Smart Ring provides 24/7 monitoring of key health metrics:

- **Heart Rate:** Continuously tracks your heart rate to help you understand your physical condition.
- **Blood Oxygen Saturation (SpO2):** Monitors your blood oxygen levels.
- **Sleep Monitoring:** Analyzes your sleep patterns, including deep sleep, light sleep, and awake duration. View daily, weekly, and monthly sleep data in the app.
- **Activity Tracking:** Accurately records steps, distance, and calories burned. Supports multi-sport tracking.

Excellent Sleep Monitoring




7H56M

Lorem Ipsum **3H10M**

Light Sleep duration **4H05M**

Awake duration **1H15M**



Image: An infographic illustrating the multi-sport fitness tracking capabilities, showing data for walking, calories, distance, and duration, with a smartphone displaying the tracking app.



Image: An infographic demonstrating the smart ring's excellent sleep monitoring, showing a person sleeping and a smartphone displaying detailed sleep analysis.

Gesture Control & Remote Photography

Enhance your interactive experience with air gesture functionality:

- **Gesture Control:** Use gestures to browse TikTok, turn pages in e-books, and navigate through apps.
- **Remote Camera:** Control your mobile phone to take photos remotely by shaking your finger with the ring.

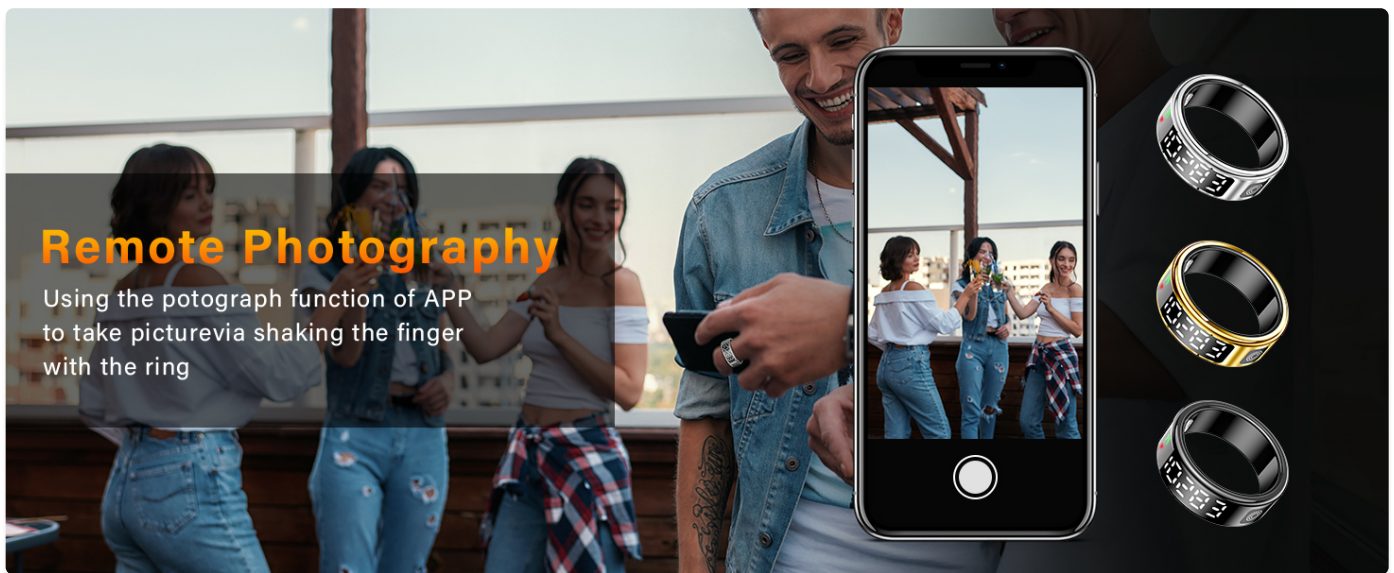


Image: A person using the smart ring for gesture control to swipe through videos on a smartphone, demonstrating its convenience.



Image: A person using the smart ring to remotely control a smartphone camera, capturing a group photo.

MAINTENANCE

Waterproof Durability

The Gwenland Smart Ring is IP68 waterproof, making it suitable for various activities without worrying about water damage. You can wear it while swimming, running in the rain, washing hands, or during intense workouts.



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

Charging Case

The mini charging case not only charges your ring but also serves as a protective storage box. Keep it charged to ensure your ring is always ready for use.

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



Image: The smart ring being placed into its clear charging case, highlighting the 200mAh capacity and extended battery life.

TROUBLESHOOTING

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 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.

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 visual guide for troubleshooting common issues, including how to turn off the ring display and re-synchronize data with the JRing app.

SPECIFICATIONS

Feature	Detail
Model Number	SR08
Brand	Gwenland
Operating System Compatibility	Android 5.0 & iOS 10.0 and above
Special Features	Touchscreen, Gesture Control, Multisport Tracker, Daily Workout Memory, Wireless Charging
Battery Capacity	16 Milliamp Hours
Battery Life (Average)	4 days
Battery Charge Time	1 Hour
Connectivity Technology	Bluetooth
Water Resistance Level	IP68 Waterproof (up to 1.5 meters)
Human Interface Input	Touchscreen
Supported Application	JRing App
Metrics Measured	Heart Rate Monitor, Sleep Duration, Distance, Step Count, Calories Burned, Blood Oxygen Monitor
Item Weight	0.15 Kilograms (3.5g for the ring itself)
Material	Metal
Display Type	LED

WARRANTY & SUPPORT

The Gwenland Smart Ring comes with a Standard/Full Warranty. Gwenland is committed to providing high-quality wearable technology and dedicated after-sales service.

If you have any usage or quality issues after purchasing our products, please do not hesitate to contact us. Our technical support team is ready to assist you.

For support, please refer to the contact information provided in your product packaging or visit the official Gwenland website.

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