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› Gwenland Smart Ring SR08 User Manual

Gwenland SR08

Gwenland Smart Ring SR08 User Manual

Model: SR08 | Brand: Gwenland

INTRODUCTION

This manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting your Gwenland Smart Ring SR08. Please read this manual carefully before using the device to ensure optimal performance and longevity.

PACKAGE CONTENTS

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

SETUP

1. Determine Your Ring Size

For accurate health monitoring and comfortable wear, selecting the correct ring size is crucial. The Gwenland Smart Ring SR08 is available in sizes 6-13.

Method One: Using a Paper Strip or Thread

1. Take a non-elastic paper strip or thread.
2. Wrap it snugly around the base of your finger.
3. Mark the point where the ends overlap.
4. Measure the length between the two marks with a ruler.
5. Refer to the size chart below to find your corresponding ring size.

Method Two: Using a Ring Sizing Kit

- Purchase a Gwenland Ring Sizing Kit.
- Use the individual ring sizes from the kit to quickly find the most comfortable and accurate fit for your finger.



Image: Ring sizing guide with measurements and a hand wearing a smart ring.



Image: Three smart rings in black, gold, and silver, showcasing available color options.

2. Download the JRing Application

The Gwenland Smart Ring SR08 requires the JRing application for full functionality. It is compatible with Android 5.0+ and iOS 10.0+ devices.

1. Scan the QR code below or search for "JRing" in your device's App Store (Apple App Store or Google Play Store).
2. Download and install the application.
3. Grant necessary permissions when prompted by the application.
4. Create an account and log in.
5. Configure your personal information within the app (e.g., date of birth, height, weight) for accurate health tracking.

Remarque Attentionnée



Comment éteindre rapidement l'écran de la bague?

1. Appuyez sur le bouton tactile jusqu'à ce que l'interface qui bascule entre "LCD" et "OFF" s'affiche.
2. Appuyez et maintenez le bouton tactile pendant trois secondes, puis l'écran s'éteindra.
3. Si vous devez réactiver la bague intelligente, maintenez le bouton tactile pendant trois secondes.

Ne peut - je pas synchroniser les données de ma bague avec l'APP JRing?

1. Déconnectez la connexion Bluetooth dans l'APP JRing.
2. Dans les paramètres du téléphone, recherchez le nom Bluetooth SR08 et cliquez sur "Ignorer cet appareil".
3. Ouvrez à nouveau l'APP JRing et établissez une connexion avec le Bluetooth SR08.
4. Vérifiez si la synchronisation peut être effectuée avec succès.

Si vous avez d'autres questions concernant les bagues intelligentes, veuillez nous contacter. Nous vous fournirons un soutien technique!



Image: Instructions for downloading the JRing app and initial setup steps.

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

3. Initial Charging and Activation

Before first use, fully charge your smart ring.

1. Place the smart ring into its charging case.
2. Connect the charging case to a power source using the provided charging cable.
3. The ring will activate and begin charging. A full charge takes approximately 1 hour.



Image: Smart rings and charging case, illustrating the charging process.

4. Pairing with the JRing Application

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the JRing application.
3. Within the app, navigate to the device connection section (usually indicated by a '+' icon or a device symbol).
4. The app will search for available devices. Select "SR08" from the list to connect.
5. Once connected, the ring's data will synchronize with the application.

OPERATING INSTRUCTIONS

Wearing the Smart Ring

For the most accurate readings, ensure the ring's sensors are placed against the pad of your index or middle finger when wearing it. The ring should fit snugly but comfortably.



Image: Correct placement of the smart ring on the finger for accurate sensor readings.

Multifunctional LED Display & Touch Control

The smart ring features a high-definition LED screen and intuitive touch control. A simple touch allows you to cycle through essential data without needing to check your phone.

- **Single Touch:** View Time, Step Count, Heart Rate, Blood Oxygen (SpO2) Levels, Sleep Time, and Battery Level.
- **Press and Hold (3 seconds):** Turn the screen off or on.

Image: Diagram illustrating touch control for accessing various data points on the smart ring's LED display.

Health Monitoring

The smart ring provides continuous health monitoring, helping you stay informed about your well-being.

- **Heart Rate Monitoring:** Continuously tracks your heart rate, providing insights into your cardiovascular health.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Monitoring:** Provides 24-hour sleep monitoring and analysis, including sleep stages (deep, light, awake duration) and a sleep score, accessible via the JRing app.

Surveillance de la fréquence cardiaque (FC)

Le traceur de fitness de l'anneau intelligent surveille votre fréquence cardiaque en continu et vous permet de mieux comprendre votre état physique.



Image: Heart rate monitoring interface on the JRing app.

Suivi du sommeil

Grâce à la surveillance continue et précise des données du sommeil, réveillez-vous pour consulter votre score de sommeil et l'analyse des stades de sommeil sur l'interface de l'application.

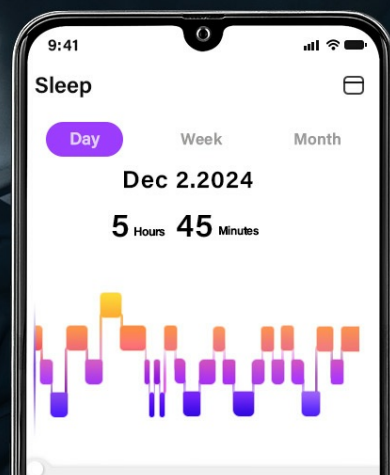


Image: Sleep tracking data displayed on the JRing app, with a person sleeping.

Activity Tracking

The smart ring accurately records your daily physical activity.

- **Step Tracking:** Counts your steps throughout the day.
- **Distance Traveled:** Estimates the distance you've covered.
- **Calories Burned:** Calculates the calories expended during your activities.
- **Multi-Sport Tracking:** Supports various activities including running, walking, cycling, and hiking.

Suivi de plusieurs sports



Course à pied



Marche



Vélocipédisme



Randonnée

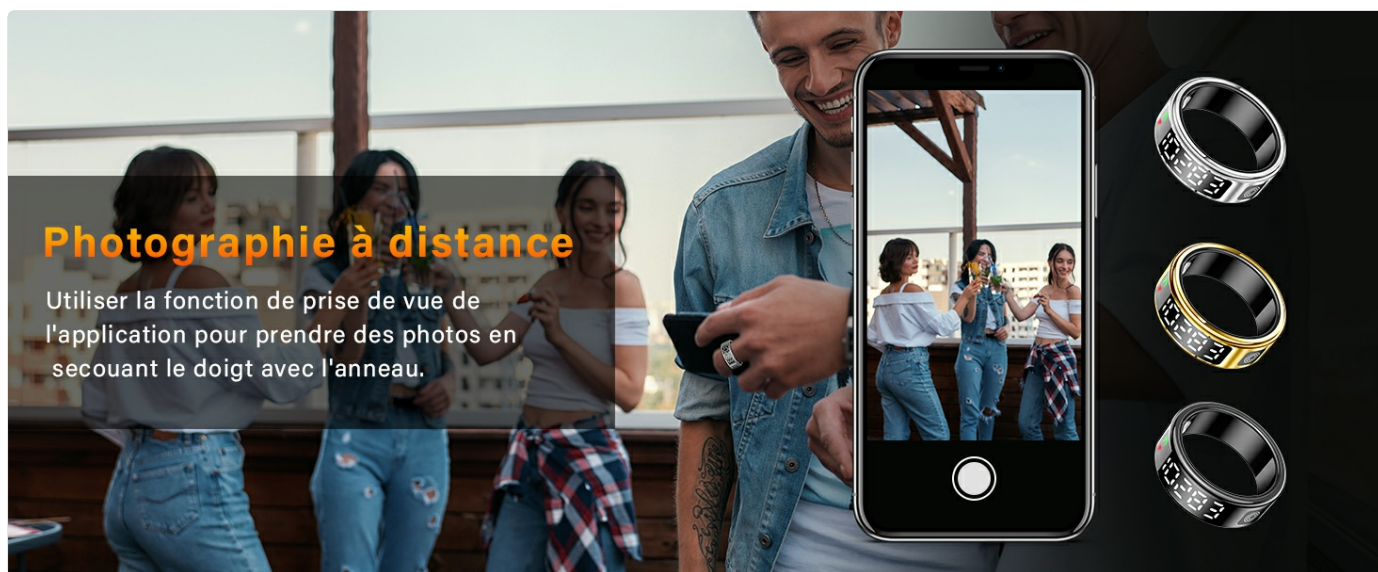
Image: Illustrations of various sports activities supported by the smart ring's tracking features.

Image: Smartphone screen displaying multi-sport fitness activity tracking data.

Remote Photography & Gesture Control

The smart ring offers convenient remote control features for your smartphone.

- **Remote Camera:** Control your mobile phone to take photos remotely by shaking your finger while wearing the ring.
- **Gesture Control:** Use gestures to navigate applications like TikTok, scroll through videos, turn e-book pages, or browse online content.



Photographie à distance

Utiliser la fonction de prise de vue de l'application pour prendre des photos en secouant le doigt avec l'anneau.

Image: Using the smart ring for remote photography with a smartphone.



Image: Demonstrating gesture control for navigating videos on a smartphone.

Water Resistance (IP68)

The smart ring has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. You can wear it confidently during:

- Swimming
- Perspiration
- Rain
- Hand Washing
- Bathing

Note: While IP68 rated, prolonged exposure to hot water (e.g., hot showers, saunas) or high-pressure water jets may compromise the seal over time. Avoid wearing in saltwater or chlorinated pools for extended periods without proper rinsing afterwards.



Image: Smart ring being worn during swimming, demonstrating its IP68 water resistance.

MAINTENANCE

Charging the Smart Ring

The smart ring comes with a 200 mAh charging case that also serves as a storage box. It provides convenient and portable charging.

- **Charging Time:** Approximately 1 hour for a full charge.
- **Battery Life:** 3 to 5 days of continuous use, 10 to 15 days standby time.
- To charge, place the ring in the charging case and connect the case to a power source using the provided USB cable.



Image: Smart ring charging in its portable charging case.

Cleaning and Care

- Wipe the ring regularly with a soft, damp cloth to remove dirt and sweat.
- Avoid using harsh chemicals or abrasive materials, as these can damage the ring's finish or sensors.
- Ensure the charging contacts on both the ring and the case are clean and dry before charging.

TROUBLESHOOTING

Screen Not Turning Off/On

If the ring's screen does not respond as expected:

1. Press the touch button repeatedly until the interface switches between "LCD" and "OFF".
2. Press and hold the touch button for three seconds; the screen should then turn off.
3. To reactivate the smart ring, press and hold the touch button for three seconds again.

Cannot Synchronize Data with JRing App

If you are experiencing issues with data synchronization:

1. In the JRing app, disconnect the current Bluetooth connection to the ring.
2. Go to your phone's Bluetooth settings, find "SR08", and select "Forget this device" or "Unpair".
3. Reopen the JRing app and attempt to establish a new connection with the Bluetooth device "SR08".
4. Check if synchronization can now be performed successfully.

SPECIFICATIONS

Model Number	SR08
Brand	Gwenland
Operating System	JRing App
Compatible Phone Models	Android 5.0+ and iOS 10.0+
Connectivity Technology	Bluetooth
Display Type	LED

Battery Capacity	16 mAh (Ring), 200 mAh (Charging Case)
Battery Composition	Lithium-polymer
Charging Time	1 hour
Average Battery Life	3-5 days (active use), 10-15 days (standby)
International Protection Rating	IP68
Waterproof Depth	1.5 Meters
Measurement Types	Heart rate monitor, sleep duration, blood oxygen monitor, step counter
Supported Application	Fitness monitor, health monitor, sleep monitor
Special Features	Touch Screen, Gesture Control, Multi-Sport Tracker, Daily Workout Memory, Wireless Charging
Weight	3.5 g
Thickness	2.5 mm



Image: Smart ring design details, highlighting its lightweight and slim profile.

WARRANTY AND SUPPORT

The Gwenland Smart Ring SR08 comes with a **2-year manufacturer warranty**. If you have any questions regarding your smart ring, require technical assistance, or need to claim warranty service, please contact Gwenland customer support. Contact information can typically be found on the official Gwenland website or through your purchase platform. We are committed to providing technical support to ensure your satisfaction.

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