Garmin Instinct E - 45 mm Black/Charcoal

Garmin Instinct E 45mm Smartwatch User Manual

Model: Instinct E - 45 mm Black/Charcoal

Introduction

The Garmin Instinct E 45mm is a rugged outdoor GPS smartwatch designed for durability and comprehensive health monitoring. This manual provides essential information for setting up, operating, and maintaining your device, ensuring you get the most out of its advanced features.



Image: The Garmin Instinct E 45mm smartwatch in black with a charcoal band, showcasing its rugged design and digital display.

What's in the Box

Your Garmin Instinct E 45mm package includes the following items:

- 1x Instinct E 45 mm smartwatch with silicone band
- 1x Charging/data cable

- 1x Wearable4U Power Bank
- 1x microUSB cable
- Documentation (this user manual and other guides)



Image: Contents of the Garmin Instinct E 45mm package, including the smartwatch, charging cables, and a Wearable4U power bank.

Setup

1. Charging Your Device

Before first use, fully charge your Instinct E smartwatch. Connect the charging/data cable to the charging port on the back of the watch and plug the other end into a USB power source. A full charge typically takes a few hours.

2. Initial Setup and Pairing

Upon powering on for the first time, the watch will guide you through initial setup steps, including language selection. To unlock the full potential of your smartwatch, pair it with your smartphone using the Garmin Connect app. Download the app from your device's app store, create an account, and follow the on-screen instructions to add your Instinct E.

3. Software Updates

Ensure your device is running the latest software. The Garmin Connect app will notify you of available updates and guide you through the installation process. Keeping your software updated ensures optimal performance and access to new features.

Operating Your Smartwatch

The Instinct E features a button-operated interface. Familiarize yourself with the buttons and their functions:

- **CTRL (Control):** Press to open the controls menu. Hold to turn the device on/off.
- **LIGHT:** Press to turn the backlight on/off. Hold to open the flashlight.
- **MENU/UP:** Press to scroll through widgets and menus. Hold to open the menu.
- **DOWN:** Press to scroll through widgets and menus.
- **GPS/SET:** Press to select an option or start an activity. Hold to view GPS coordinates.
- **BACK/ABC:** Press to return to the previous screen. Hold to open the ABC (Altimeter, Barometer, Compass) widget.



Image: A close-up of the Garmin Instinct E smartwatch display showing "Run" activity mode, indicating its use for tracking sports and fitness.

Smart Notifications

Receive notifications from your paired smartphone directly on your watch. You can customize which notifications appear through the Garmin Connect app settings.

Connect IQ Store Compatibility

Personalize your watch with custom watch faces, data fields, widgets, and apps from the Connect IQ Store. Access it via the Garmin Connect app on your smartphone.

Health Monitoring Features

The Instinct E provides comprehensive health and wellness tracking to help you understand your body better.*Note: This device is not a medical device, and data presented is intended to be a close estimation of metrics tracked. Pulse Ox not available in all countries.*

- **Wrist-Based Heart Rate:** Continuously monitors your heart rate, providing data for workouts and daily activity.
- **Advanced Sleep Monitoring:** Tracks your sleep stages (light, deep, REM) and provides insights into your sleep quality.
- **Pulse Ox:** Measures your blood oxygen saturation levels, offering insights into your body's oxygen absorption.
- **Stress Tracking:** Monitors your heart rate variability to estimate your stress level.



Image: The Garmin Instinct E smartwatch displaying various health metrics, including sleep quality, body battery, and heart rate over time.



Image: A close-up of the Garmin Instinct E smartwatch display showing current heart rate and a graph of heart rate over the last 4 hours.

Navigation Features

Navigate confidently with the Instinct E's robust navigation tools:

- **3-axis Compass:** Provides accurate heading information even when stationary.
- **Barometric Altimeter:** Tracks changes in elevation, useful for outdoor activities.

- **Multi-GNSS Support:** Utilizes multiple global navigation satellite systems (GPS, GLONASS, Galileo) for enhanced accuracy in challenging environments.



Image: The Garmin Instinct E smartwatch displaying navigation features like a compass and altitude, alongside smart notifications.

Safety and Tracking Features

For added peace of mind, the Instinct E includes safety and tracking features:

- **Incident Detection:** During select activities, if an incident is detected, the watch can send a message with your live location to emergency contacts.
- **Assistance:** Manually trigger an assistance alert to send your live location to emergency contacts.

Both features require setup and your smartphone to be in an area with network coverage where data connectivity is available.

Specifications

Feature	Detail
Display Size	1.27 Inches (32.25 mm) diameter
Case Material	Fiber-reinforced polymer
Lens Material	Chemically strengthened glass
Water Rating	10 ATM (100 meters)
Battery Life (Smartwatch Mode)	Up to 16 days
GPS	Built-in GPS, GLONASS, Galileo
Sensors	Wrist heart rate, Barometric altimeter, Compass, Accelerometer, Thermometer, Pulse Ox
Connectivity	Bluetooth
Weight	48 Grams (1.69 ounces)
Operating System	GarminOS

Maintenance

- **Cleaning:** Regularly clean your watch and band with fresh water and a soft cloth, especially after exposure to sweat, saltwater, or dirt.
- **Charging Port:** Keep the charging contacts clean and dry to prevent corrosion and ensure proper charging.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or insect repellents on plastic components, as they may damage finishes.

Troubleshooting

Device Not Turning On or Responding

- Ensure the device is fully charged.
- Perform a soft reset by holding the CTRL button for 15 seconds.

GPS Signal Issues

- Ensure you are in an open area with a clear view of the sky.
- Sync your device with the Garmin Connect app to update satellite data.

Inaccurate Heart Rate or Pulse Ox Readings

- Ensure the watch is worn snugly but comfortably on your wrist, above the wrist bone.
- Clean the optical sensor on the back of the watch.

Official Product Video

Watch the official product video for an overview of the Garmin Instinct 3 Series features and capabilities.

Your browser does not support the video tag.

Video: Official promotional video for the Garmin Instinct 3 Series, showcasing its ruggedness and various smart features in action.

Warranty and Support

For warranty information, please refer to the documentation included in your product packaging or visit the official Garmin website. For technical support, product registration, and additional resources, please visit the Garmin support portal or contact their customer service.

Online Resources:

- Garmin Support Center
- Garmin Connect

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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.

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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