SOBERNA T60-BK

Tikland Military Smart Watch User Manual

Model: T60-BK

Introduction

This manual provides comprehensive instructions for the operation and maintenance of your Tikland Military Smart Watch (Model: T60-BK). Please read this manual carefully before using the device to ensure proper functionality and longevity. The Tikland Military Smart Watch is designed for robust performance, offering features such as call answering/making, health monitoring, and various sports modes, compatible with both Android and iPhone devices.

1. Setup

1.1 Initial Charging

Before first use, fully charge the smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (5V/1A recommended). The watch display will indicate charging status.

1.2 App Installation and Pairing

To utilize all features, download the companion application on your smartphone. Search for the app name (usually indicated in the watch's initial setup screen or packaging) in the Apple App Store or Google Play Store.

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the installed app and follow the on-screen instructions to create an account or log in.
3. In the app, navigate to "Add Device" or "Pair Device".
4. Select "T60-BK" from the list of available devices. Confirm the pairing request on both your phone and the watch.
5. Once paired, the watch will synchronize time and data with your phone.

2. Operating Instructions

2.1 Basic Navigation

The watch features a 1.39" AMOLED HD touchscreen and physical buttons for navigation.

- **Touchscreen:** Swipe left/right, up/down to navigate menus and access different functions. Tap to select.
- **Side Buttons:** Typically, one button serves as a power/back button, and others may be customizable shortcuts for sports modes or specific functions. Refer to the watch's on-screen prompts for specific button assignments.



Figure 1: Watch face displaying current time, date, weather, step count, and battery percentage.

2.2 Call Functionality

Once paired via Bluetooth, the watch supports answering and making calls directly from your wrist.

- **Answering Calls:** When an incoming call is received, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.
- **Making Calls:** Access the dial pad or contact list through the watch's menu to initiate a call.



Figure 2: Watch screen showing an incoming call notification.

2.3 Health Monitoring

The watch continuously monitors various health metrics.

- **Heart Rate:** Access the heart rate monitor function to view your current heart rate (BPM).
- **Steps & Calories:** The pedometer tracks your daily step count and estimates calories burned.
- **Sleep Tracking:** Wear the watch during sleep to monitor sleep patterns (light, deep, REM sleep).



Figure 3: Watch display showing health metrics like heart rate and calorie burn.

2.4 Sports Modes

The watch supports 114 sports modes. Select your desired activity from the sports menu to track specific metrics like duration, distance, calories, and heart rate during your workout.



Figure 4: Watch screen showing detailed activity tracking data.

2.5 Notifications

Receive notifications for calls, messages, and app alerts directly on your watch. Ensure notification permissions are enabled in your smartphone's settings and the companion app.

3. Maintenance

3.1 Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain appearance. Use a soft, damp cloth to wipe the screen and body. For the strap, use mild soap and water if necessary, then rinse thoroughly and dry completely.

3.2 Water Resistance

The Tikland Military Smart Watch is designed to be rugged. While it has a degree of water resistance, avoid prolonged submersion in water, hot water, or exposure to high-pressure water jets. Dry the watch thoroughly if it gets wet.

3.3 Battery Care

To prolong battery life, avoid extreme temperatures. Charge the watch regularly and avoid letting the battery completely drain for extended periods.

4. Troubleshooting

Problem	Solution
Watch not turning on	Ensure the watch is fully charged. Press and hold the power button for several seconds.
Unable to pair with smartphone	Check if Bluetooth is enabled on both devices. Restart both the watch and smartphone. Ensure the app is updated. Forget the device in Bluetooth settings and try pairing again.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch.
Notifications not appearing	Verify notification permissions are granted to the app on your smartphone. Check app settings for notification preferences. Ensure the watch is connected via Bluetooth.

5. Specifications

Feature	Detail
Model Name	T60-BK
Brand	SOBERNA
Screen Size	1.91 Inches (Visible screen diagonal: 2" / 5 cm)
Display Type	AMOLED HD
Battery Capacity	400mAh (Lithium Ion)
Connectivity	Bluetooth
Operating System	Android Wear 1.0
Special Feature	Accelerometer
Sports Modes	114
Target Audience	Unisex Adults
What's in the box	Watch

6. Warranty and Support

For warranty information and technical support, please refer to the documentation included with your product packaging or visit the official SOBERNA website. Keep your purchase receipt as proof of purchase for warranty claims.
For further assistance, contact SOBERNA customer service through the contact details provided on their official support channels.

© 2025 SOBERNA. All rights reserved.

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