HUAWEI Nora-B29F

HUAWEI Band 10 Smartwatch User Manual

Model: Nora-B29F

Introduction

The HUAWEI Band 10 is a versatile smartwatch designed for comprehensive health and fitness monitoring. It features an ultra-thin and lightweight design, making it comfortable for all-day wear. With advanced AI-powered fitness tracking, pro-level sleep analysis, and an emotional wellness assistant, the Band 10 provides detailed insights into your well-being. It supports 100 sports modes and offers robust battery life for extended use.



Figure 1: HUAWEI Band 10 Smartwatch in White.

What's in the Box

Upon unboxing your HUAWEI Band 10, please ensure all the following items are present:

- HUAWEI Band 10 Smartwatch (with strap)

- Charging Cable
- Quick Start Guide (may vary by region)
- Safety Information (may vary by region)

Setup

1. Charging Your Device

Before first use, fully charge your HUAWEI Band 10. Connect the magnetic charging cable to the charging ports on the back of the band and plug the USB end into a power adapter (not included) or a computer's USB port.

- A full charge takes approximately 45 minutes.
- A 5-minute charge can provide up to 2 days of typical use.
- The band offers up to 8 days of battery life under normal use and up to 14 days with minimal use.



Figure 2: Fast charging capability of the HUAWEI Band 10.

2. Pairing with Your Smartphone

To unlock the full potential of your HUAWEI Band 10, pair it with the HUAWEI Health app on your smartphone. The band is compatible with both iOS and Android devices.

1. Download the **HUAWEI Health** app from your device's app store (App Store for iOS, Google Play Store or HUAWEI AppGallery for Android).
2. Open the HUAWEI Health app and log in with your HUAWEI ID, or create a new one.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the HUAWEI Health app, navigate to**Devices** and tap **Add device**.
5. Select your HUAWEI Band 10 from the list of available devices.
6. Follow the on-screen prompts to complete the pairing process. Confirm the pairing request on both your phone and the band.

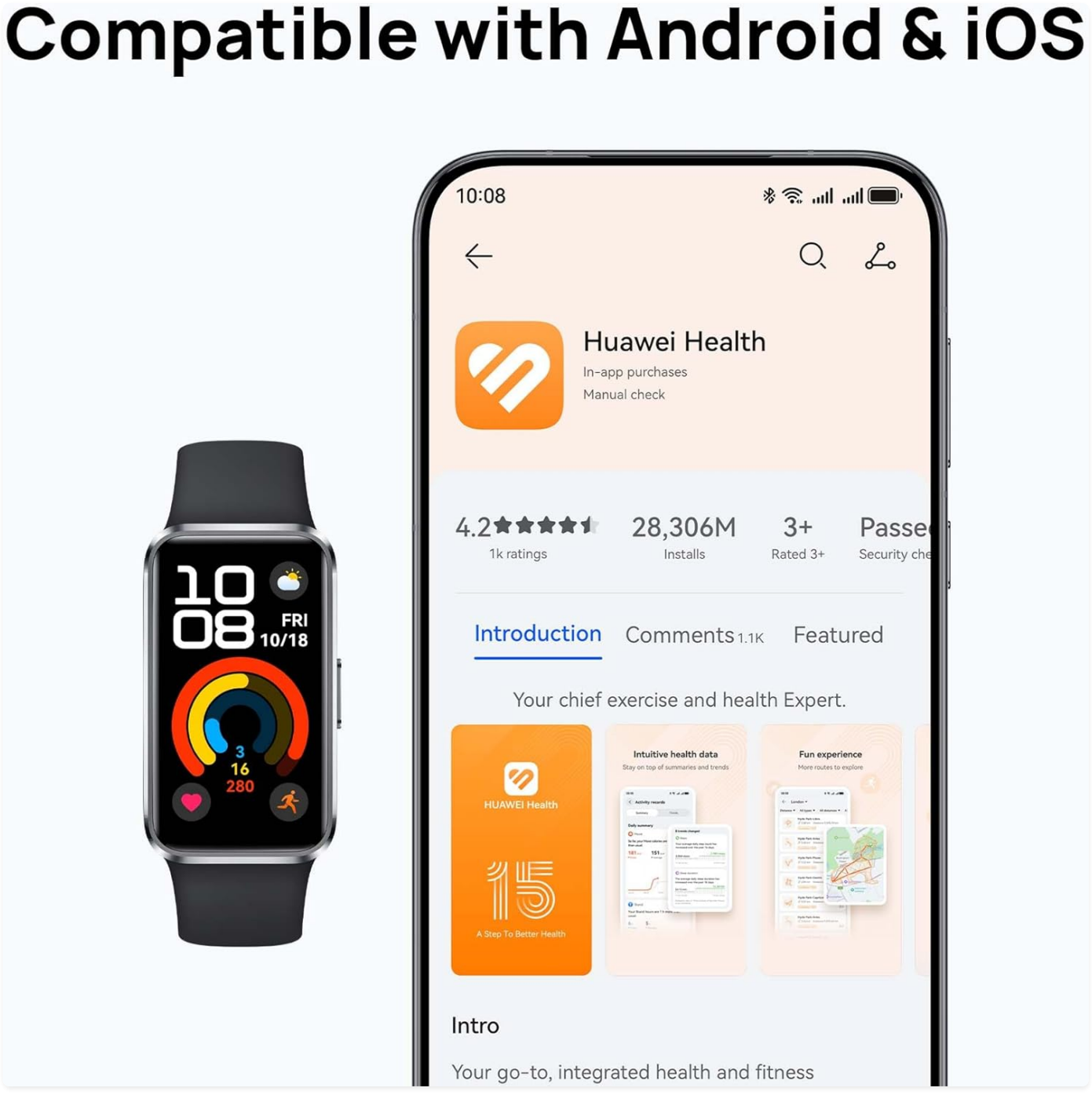


Figure 3: HUAWEI Band 10 compatibility with Android and iOS devices via the HUAWEI Health app.

Operating Your HUAWEI Band 10

Navigating the Interface

The HUAWEI Band 10 features a responsive touchscreen display. You can navigate through menus and features using swipes and taps:

- **Swipe Up/Down:** Scroll through notifications, quick settings, or menu options.
- **Swipe Left/Right:** Access different widgets like heart rate, weather, activity data, or music control.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Wake up the screen, return to the home screen, or open the app list.

AI-Powered Fitness Monitoring

The Band 10 offers advanced fitness tracking with 100 sports modes. It utilizes a 9-axis sensor and AI-enhanced stroke identification technology for accurate data collection, especially for swimming.

- **Workout Modes:** Select from a wide range of activities including running, cycling, swimming, yoga, and more. The band tracks metrics like duration, distance, calories burned, and heart rate.
- **Activity Records:** View detailed summaries of your workouts in the HUAWEI Health app.
- **Daily Activity:** Monitor your daily steps, distance, and active hours.

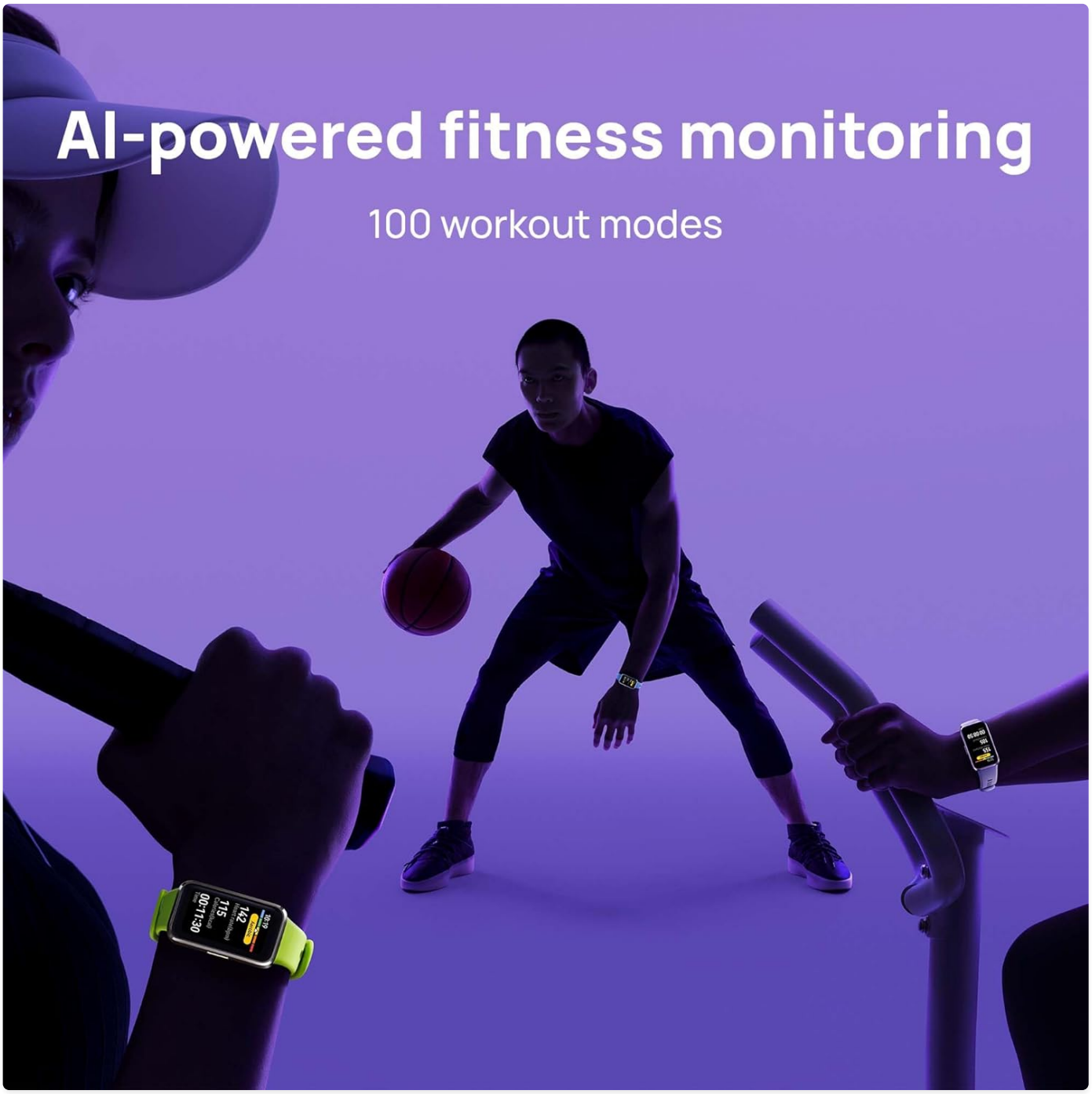


Figure 4: The HUAWEI Band 10 supports 100 workout modes for comprehensive fitness tracking.

Pro-Level Sleep Analysis

The band provides in-depth sleep analysis by tracking your heart rate, SpO2 (blood oxygen saturation), respiratory rate, and identifying abnormal breathing patterns. This data helps assess your sleep duration, quality, and deep sleep ratio.

- Wear the band while sleeping for accurate tracking.
- View detailed sleep reports, including sleep stages (deep, light, REM), awakenings, and breathing quality, in the HUAWEI Health app.
- Receive personalized recommendations to improve your sleep quality.



Figure 5: Detailed pro-level sleep analysis provided by the HUAWEI Band 10.

Emotional Wellness Assistant

The emotional well-being assistant helps monitor your mental state and provides timely tips. It also features perceptive pet-themed dials that reflect your current mood.

- Access stress management features through the HUAWEI Health app.
- Utilize breathing exercises to help reduce stress.
- Customize watch faces to reflect your mood or preferences.



Figure 6: The emotional wellbeing assistant with pet-themed watch faces.

Water Resistance

The HUAWEI Band 10 features 50m water resistance, making it suitable for swimming in pools or shallow waters. It is not suitable for hot showers, saunas, or diving.

- Rinse the band with clean water and dry it thoroughly after use in saltwater or chlorinated water.
- Avoid exposing the band to high-pressure water or strong impacts.

Maintenance

Proper maintenance ensures the longevity and optimal performance of your HUAWEI Band 10.

- **Cleaning:** Regularly clean the band and the device body with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Drying:** Ensure the band and charging ports are completely dry before charging to prevent corrosion.
- **Storage:** Store the band in a cool, dry place when not in use. Avoid extreme temperatures.

- **Strap Care:** The fluoroelastomer straps are skin-friendly. Clean them regularly to prevent skin irritation, especially after intense workouts.
- **Software Updates:** Keep your band's firmware updated through the HUAWEI Health app to ensure you have the latest features and bug fixes.



Figure 7: Rear view of the HUAWEI Band 10, highlighting sensors and charging contacts.

Troubleshooting

If you encounter issues with your HUAWEI Band 10, try the following solutions:

- **Band Not Turning On:** Ensure the band is fully charged. Connect it to the charging cable and a power source for at least 10 minutes.
- **Cannot Pair with Phone:**
  - Ensure Bluetooth is enabled on your phone and the band is discoverable.
  - Restart both your phone and the band.
  - Clear the Bluetooth cache on your phone (Android).
  - Try pairing in a different environment to avoid interference.
- **Inaccurate Data (Heart Rate, Sleep, Steps):**
  - Ensure the band is worn snugly but comfortably on your wrist, about one finger's width above your wrist bone.
  - Clean the sensor on the back of the band.
  - Update the band's firmware via the HUAWEI Health app.
- **Notifications Not Received:**
  - Ensure the band is connected to your phone via Bluetooth.
  - Check notification permissions for the HUAWEI Health app in your phone's settings.
  - Verify that app notifications are enabled within the HUAWEI Health app for specific applications.
- **Battery Drains Quickly:**
  - Reduce screen brightness or set a shorter screen-on time.
  - Disable unnecessary features like continuous heart rate monitoring if not needed 24/7.
  - Ensure no apps are constantly running in the background on the band.

If the issue persists, refer to the official HUAWEI support website or contact customer service.

Specifications

Feature	Specification
Model Number	Nora-B29F
Dimensions	Ultra-thin at 9mm
Weight	Approx. 15g (without strap)
Display Size	1.47 Inches
Battery Life (Typical Use)	Up to 8 days
Battery Life (Heavy Use)	Up to 14 days
Charging Time	Approx. 45 minutes for full charge
Water Resistance	5 ATM (50 meters)
Connectivity	Bluetooth

Feature	Specification
Operating System	HarmonyOS
Sensors	9-axis IMU sensor (Accelerometer, Gyroscope, Magnetometer), Optical heart rate sensor
Health Monitoring	Heart Rate, SpO2, Sleep, Stress, Women's Health
Sports Modes	100+
Compatibility	iOS, Android

Warranty and Support

For warranty information, please refer to the warranty card included with your product or visit the official HUAWEI website for your region. HUAWEI provides customer support for product inquiries, technical assistance, and warranty claims.

Manufacturer Contact Information:

Huawei Technologies Canada Co., Ltd.
19 Allstate Parkway, Markham, ON L3R 5A4
Official Support Website

Please have your product model number (Nora-B29F) and purchase details ready when contacting support.

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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

Answered questions about this manual

How do I use the EEG or health monitoring features on the HUAWEI Band 10 (Nora-B29F)?

Based on the user manual for the HUAWEI Band 10 (Model: Nora-B29F), the device does not explicitly list an "EEG" (Electroencephalogram) function. However, it provides several advanced health and wellness monitoring features that track...

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