

[Manuals.plus](#) /

› [XIAOMI](#) /

› [Xiaomi Redmi Watch 5 Lite Smart Watch Instruction Manual](#)

## XIAOMI Redmi Watch 5 Lite

# Xiaomi Redmi Watch 5 Lite Smart Watch Instruction Manual

Model: Redmi Watch 5 Lite (Lite-Light Gold)

Brand: XIAOMI

### INTRODUCTION

The Xiaomi Redmi Watch 5 Lite is a versatile smart watch designed for daily wear and active lifestyles. It features a large 1.96-inch AMOLED display, extensive sports tracking capabilities, and smart notification functions. This manual provides essential information for setting up, operating, and maintaining your device.



Image: Xiaomi Redmi Watch 5 Lite in black and light gold variants.

### WHAT'S IN THE BOX

Your Xiaomi Redmi Watch 5 Lite package includes the following items:

- Xiaomi Redmi Watch 5 Lite (Lite-Light Gold)
- Charging Cable
- User Manual

Your browser does not support the video tag.

Video: Unboxing and initial overview of the Xiaomi Redmi Watch 5 Lite, showing the watch, charger, and basic features.

## SETUP

### 1. Charging the Device

Before first use, fully charge your Xiaomi Redmi Watch 5 Lite. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.



Image: Close-up of the watch's rear with the magnetic charging cable connected.

## 2. Power On/Off

- **Power On:** Press and hold the side button until the Xiaomi logo appears.
- **Power Off:** From the watch face, swipe down to access quick settings, then tap the settings icon. Navigate to 'System' > 'Power Off'. Alternatively, press and hold the side button and select 'Power Off'.

## 3. Pairing with Your Phone

To unlock the full potential of your smart watch, pair it with the Mi Fitness app on your smartphone.

1. Download the **Mi Fitness** app from your phone's app store (compatible with Android 8.0+ and iOS 12.0+).
2. Open the Mi Fitness app and log in or create a Xiaomi account.
3. On the watch, you will see a QR code. In the app, select 'Add device' and scan the QR code displayed on your watch.
4. Follow the on-screen prompts on both your phone and watch to complete the pairing process.

Your browser does not support the video tag.

Video: Demonstration of the Xiaomi Redmi Watch 5 Lite's features, including pairing and app navigation.

## OPERATING THE SMART WATCH

### Display and Navigation

The Redmi Watch 5 Lite features a large 1.96-inch AMOLED display with a resolution of 410 x 502 pixels, offering vivid colors and clear details. Navigation is primarily touch-based:

- **Swipe Up:** View notifications.
- **Swipe Down:** Access quick settings (e.g., Do Not Disturb, flashlight, brightness).
- **Swipe Left/Right:** Cycle through widgets (e.g., heart rate, weather, activity summary).
- **Press Side Button:** Return to the watch face or open the app list.

### Customization

Personalize your watch with over 200 bright watch face designs available through the Mi Fitness app.

# 200+ Watch Faces for You to Choose

1.92" Amoled Display



Image: The watch displaying multiple customizable watch faces.

## HEALTH MONITORING

The smart watch offers comprehensive health tracking features:

- **Heart Rate Monitor:** Continuously tracks your heart rate.
- **Blood Oxygen Monitor (SpO2):** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Monitors your sleep patterns and quality.
- **Stress Monitoring:** Helps you understand and manage your stress levels.
- **Breathing Exercises:** Guided breathing sessions for relaxation.

## SPORTS MODES

With over 150 workout modes, the Redmi Watch 5 Lite supports a wide range of physical activities. It provides accurate tracking for outdoor activities by utilizing your connected phone's GPS.



# 150+

*Workout Modes for a Scientific Training*



Image: Visual representation of the 150+ workout modes, including skiing, swimming, and cycling.

# Built-in Five-system Gnss Positioning

A receiver-independent built-in five-system GNSS chip supports satellite positioning, for more convenient workouts without the need to bring your smartphone along.

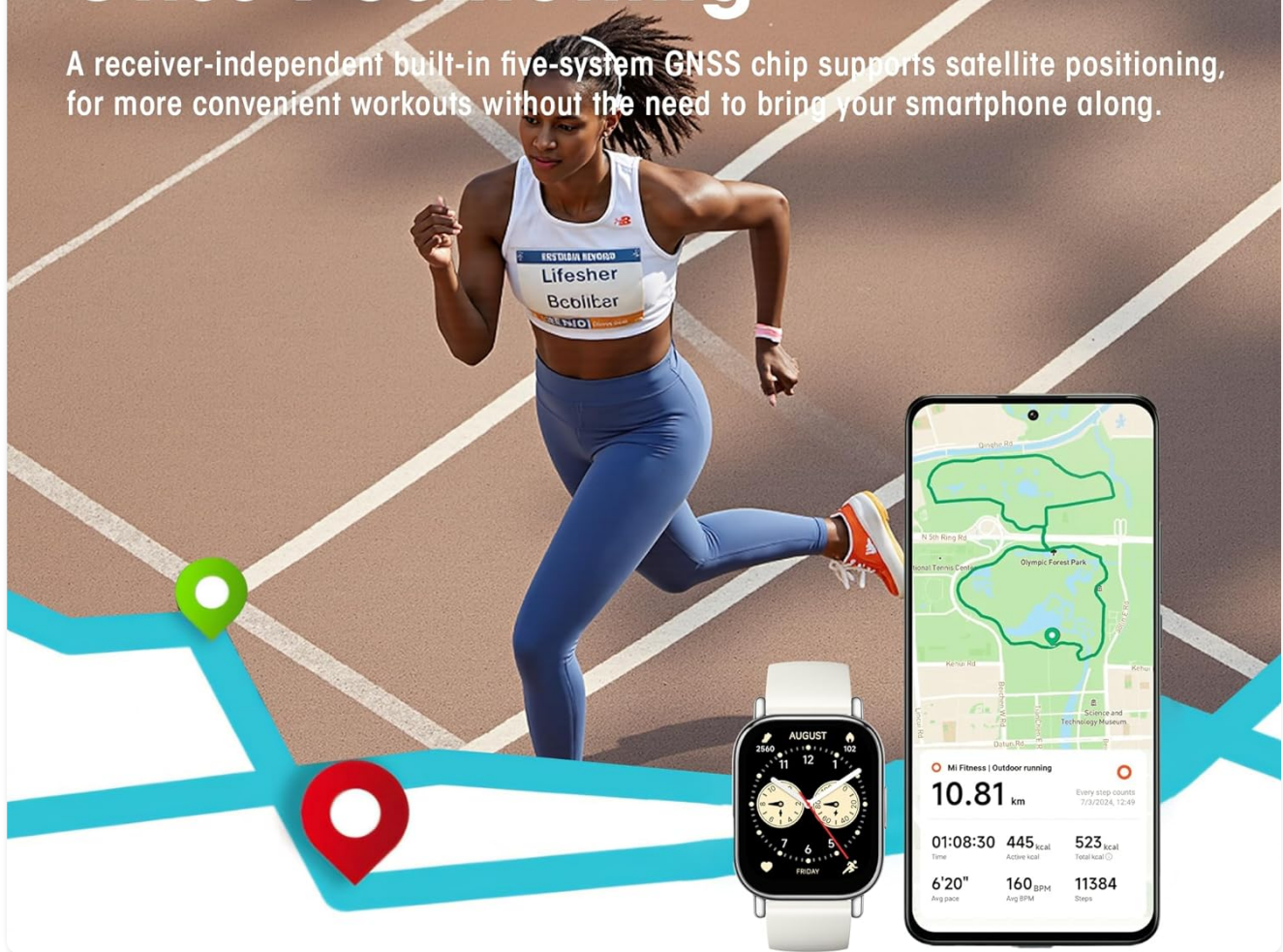


Image: The watch tracking outdoor running with GPS data displayed on a connected smartphone.

## SMART FEATURES

- **Smart Notifications:** Receive call, message, and app alerts directly on your wrist.
- **Bluetooth Calling:** Features dual microphone technology for clear phone calls.
- **Music Control:** Control music playback on your phone from your watch.
- **Flashlight:** A convenient built-in flashlight function.
- **Find Phone:** Locate your misplaced phone by ringing it from your watch.
- **Voice Assistant:** Supports Amazon Alexa, though availability may vary by region.

# Dual-mic Noise Reduction And Bluetooth® Calling

With the Bluetooth calling function\*, dual-mic noise cancellation and 80cm\* directional audio pickup, it supports an extended call range with wider coverage for clearer and more flexible communication.



Image: The watch showing an incoming call notification and different color bands.

## BATTERY LIFE

The Xiaomi Redmi Watch 5 Lite is equipped with a 470 mAh battery, providing extended usage times:

- **Typical Usage Mode:** Up to 18 days
- **Heavy Usage Mode:** Up to 12 days
- **Always-On Display (AOD) Mode:** Up to 7 days

# Long Battery Life



**18Days**  
Typical usage mode



**12Days**  
Heavy usage mode



**7Days**  
AOD mode



Image: Battery life indicators for typical, heavy, and AOD usage.

## WATER RESISTANCE

The watch features 5ATM water resistance, making it suitable for swimming in pools and shallow-water activities. It is designed to withstand splashes and rain, but direct impacts from swift currents during water sports should be avoided. It is not suitable for hot showers, saunas, or diving.

# 5 Atm Water Resistance

It makes the watch suitable for swimming in the pool,  
so you can have fun in the water



Image: The watch being used near water, highlighting its 5ATM water resistance.

## SPECIFICATIONS

Feature	Specification
Model Name	Redmi Watch 5 Lite
Display Type	LCD (1.96-inch AMOLED)
Resolution	410 x 502
Operating System	Xiaomi HyperOS
Memory Storage Capacity	32 GB

<b>Feature</b>	<b>Specification</b>
Battery Capacity	470 Amp Hours
Connectivity Technology	Bluetooth
GPS	No (uses connected phone's GPS for tracking)
Water Resistance Level	5ATM (50 Meters)
Supported Application	Alarm, Fitness Tracker, Messages, Phone, Weather
Metrics Measured	Heart Rate Monitor, Blood Oxygen Monitor
Compatible Phone Models	Android 8.0 and above Devices, iOS 12.0 and above Devices



48.1 mm

10.6 mm

39.2 mm

29.2g  
(without inbox strap)

Image: Detailed dimensions and weight of the Xiaomi Redmi Watch 5 Lite.

## MAINTENANCE

- **Cleaning:** Regularly clean your watch and strap with a soft, damp cloth. Avoid harsh chemicals.
- **Drying:** Ensure the watch is completely dry after exposure to water or sweat to prevent skin irritation and maintain device longevity.

- **Storage:** Store the watch in a cool, dry place when not in use.

## TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. If it still doesn't turn on, try restarting it by pressing and holding the side button for 10-15 seconds.
- **Pairing issues:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again. Check the Mi Fitness app for any specific pairing instructions or updates.
- **Inaccurate data:** Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Keep the sensor clean.
- **Notifications not received:** Check app permissions in your phone settings to ensure the Mi Fitness app has access to notifications. Also, verify notification settings within the Mi Fitness app.

## WARRANTY AND SUPPORT

For any questions or suggestions regarding your Xiaomi Redmi Watch 5 Lite, please contact customer support. We aim to reply within 24 hours and provide assistance to resolve any issues you may encounter. Refer to the official Xiaomi website or your purchase documentation for detailed warranty information.

Your browser does not support the video tag.

Video: Overview of the Xiaomi Redmi 5 Active Smart Watch, highlighting its features and ease of use.