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> Paukila P40 Smart Watch User Manual: Fitness Tracker with Heart Rate, Blood Pressure, Sleep Monitor

Paukila P40

Paukila P40 Smart Watch User Manual

Model: P40-B-FX

1. INTRODUCTION

Thank you for choosing the Paukila P40 Smart Watch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure proper use and to fully utilize all features. The Paukila P40 Smart Watch is designed to be a comprehensive fitness and health tracker, offering features such as heart rate, blood pressure, and sleep monitoring, along with various sports modes and smart notifications. It features a 1.65-inch LCD display and is compatible with both Android and iPhone devices via the GloryFit app.



Image 1.1: Front view of the Paukila P40 Smart Watch, displaying time, date, heart rate, and activity metrics.

2. WHAT'S IN THE BOX

Upon opening your Paukila P40 Smart Watch package, you should find the following items:

- P40 Smart Watch (with pre-attached watch band)
- Charging Cable
- User Manual (this document)

3. SETUP GUIDE

3.1. Charging the Device

1. Connect the magnetic end of the charging cable to the charging contacts on the back of the watch.
2. Connect the USB end of the cable to a standard USB power adapter (5V/1A recommended) or a computer's USB port.
3. The watch screen will display a charging indicator. A full charge typically takes approximately 1.5 hours.

A full charge provides up to 5-7 days of typical use or 7 days of standby time.



Image 3.1: Illustration of the Paukila P40 Smart Watch being charged with its magnetic charging cable, highlighting battery life and charging time.

3.2. Downloading and Installing the App

The Paukila P40 Smart Watch requires the **GloryFit** app for full functionality and data synchronization.

1. Scan the QR code provided in the quick start guide (if applicable) or search for "GloryFit" in your smartphone's app store (Apple App Store for iOS, Google Play Store for Android).
2. Download and install the app.
3. Open the GloryFit app and follow the on-screen instructions to create an account and set up your personal

profile.

3.3. Pairing with Your Smartphone

Ensure your phone's Bluetooth is enabled before proceeding.

1. Open the GloryFit app on your smartphone.
2. Navigate to the "Device" or "My Device" section within the app.
3. Tap "Add Device" or a similar option to search for your watch.
4. Select "P40" or the device name that appears in the search results.
5. Confirm the pairing request on both your watch and your smartphone.
6. Once successfully paired, the watch's time will automatically synchronize with your phone.

4. OPERATING INSTRUCTIONS

4.1. Basic Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and screens. Tap to select an option.
- **Side Button:** Press to wake the screen, return to the home screen, or go back to the previous menu. A long press may activate specific functions (refer to app settings for customization).

4.2. Health Monitoring

The P40 Smart Watch provides continuous monitoring of several health metrics. **Note: The health data are for reference only and cannot be used for professional diagnosis.**

- **Heart Rate:** Access the heart rate interface on the watch to measure your current heart rate. The app provides historical data and trends.
- **Blood Pressure:** Navigate to the blood pressure interface for a reading.
- **Blood Oxygen (SpO2):** Select the blood oxygen function to measure your SpO2 level.
- **Sleep Tracking:** Wear the watch to bed, and it will automatically track your sleep patterns (deep sleep, light sleep, awake time). View detailed analysis in the GloryFit app.

SLEEP MONITORING AND ANALYSIS



Image 4.1: The Paukila P40 Smart Watch displaying sleep data, with an accompanying smartphone app interface showing detailed sleep analysis.

COMPREHENSIVE MONITORING

Know Your Wellness Better



Sleep Monitor



Heart Rate



Blood Pressure



Blood Oxygen

Image 4.2: Visual representation of the Paukila P40 Smart Watch's comprehensive health monitoring capabilities, including sleep, heart rate, blood pressure, and blood oxygen tracking.

4.3. Activity and Sports Modes

The P40 Smart Watch supports 24 sports modes to track your workouts.

1. Swipe on the watch face to find the "Sports" or "Workout" menu.
2. Select your desired sport (e.g., running, cycling, swimming).
3. Tap to start the activity. The watch will record distance, pace, calories, and heart rate.
4. For outdoor activities, the watch can use your smartphone's GPS to provide a workout route map in the app.
5. Tap to pause or long-press to end the activity.

MULTIPLE SPORTS

Activity tracker help you achieve your fitness goals, a great fitness partner for you!



98 kcal
Calories



6.31 km
Distance



89 bpm
Heart Rate



Image 4.3: The Paukila P40 Smart Watch tracking various sports activities, showing metrics like calories, distance, and heart rate, with examples of users engaged in cycling and running.

4.4. Notifications

Receive call and message notifications directly on your watch when connected to your phone.

- Ensure notification permissions are granted to the GloryFit app in your phone's settings.
- Enable specific app notifications (e.g., Facebook, WhatsApp, Instagram, YouTube) within the GloryFit app.
- Incoming calls will display the caller ID. Messages will show a preview of the text.

INCOMING CALLS & MESSAGES NOTIFICATIONS



Image 4.4: The Paukila P40 Smart Watch showing an incoming message notification, with icons of various social media and messaging apps.

4.5. Practical Tools

The P40 Smart Watch includes several useful functions:

- **Weather Forecast:** View current weather conditions and forecasts.
- **Alarm Clock:** Set alarms via the app to vibrate on your wrist.
- **Remote Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Music Control:** Control music playback on your phone (play, pause, skip tracks).
- **Find Your Phone/Watch:** Use the app to locate your watch, or use the watch to make your phone ring.
- **Sedentary Reminder:** Get alerts to move if you've been inactive for too long.
- **Stopwatch:** A built-in stopwatch function.

MAKE YOUR LIFE SIMPLER AND SMARTER

Multiple Practical Functions

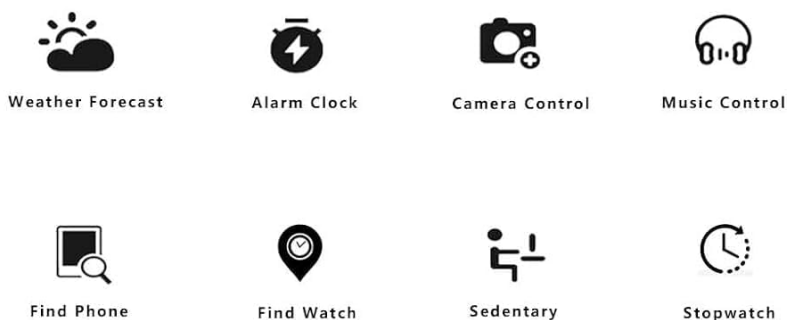


Image 4.5: A user working on a laptop with the Paukila P40 Smart Watch visible, illustrating various practical functions like weather, alarm, camera control, music control, find phone, find watch, sedentary reminder, and stopwatch.

4.6. Watch Faces

The GloryFit app offers over 150 watch dials. You can also personalize the dial with your own photos.

1. Open the GloryFit app.
2. Navigate to the "Dial Settings" or "Watch Face" section.
3. Browse available watch faces or select an option to customize with your own image.
4. Synchronize the selected watch face to your device.

5. MAINTENANCE

5.1. Cleaning Your Watch

- Regularly clean your watch and band with a soft, dry cloth.
- If necessary, use a slightly damp cloth with mild soap for the band, then rinse and dry thoroughly.

- Avoid using harsh chemicals or abrasive materials, as these can damage the watch.

5.2. Water Resistance (IP68)

The P40 Smart Watch has an IP68 waterproof rating, meaning it can withstand daily domestic water scenarios such as washing hands, sweating, or rain.

- It is suitable for swimming in shallow water.
- **Do not use the watch in hot water, saunas, or seawater.**
- Avoid prolonged submersion or high-pressure water exposure.
- If the watch gets wet, wipe it dry before charging or using the touchscreen.



Image 5.1: A hand wearing the Paukila P40 Smart Watch submerged in water, demonstrating its IP68 waterproof capability.

5.3. Band Replacement

The P40 Smart Watch is compatible with easily replaceable 20mm bands. To replace the band, locate the quick-release pins on the underside of the band and slide them to detach. Attach a new 20mm band by reversing the process.

6. TROUBLESHOOTING

If you encounter issues with your Paukila P40 Smart Watch, please refer to the following common solutions:

Issue	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
Unable to pair with phone	<ol style="list-style-type: none">1. Ensure Bluetooth is enabled on your phone.2. Make sure the watch is within range of your phone.3. Restart both your phone and the watch.4. Try unpairing and re-pairing through the GloryFit app.5. Check if the GloryFit app has necessary permissions (location, Bluetooth) enabled in your phone's settings.
Notifications not appearing	<ol style="list-style-type: none">1. Verify the watch is successfully paired and connected to the GloryFit app.2. Ensure notification permissions are granted to the GloryFit app in your phone's settings.3. Enable specific app notifications within the GloryFit app.4. Check if "Do Not Disturb" mode is active on either your phone or watch.
Inaccurate health readings	<ol style="list-style-type: none">1. Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.2. Keep your arm still during measurements.3. Note that health data is for reference only and not for medical diagnosis.
Short battery life	<ol style="list-style-type: none">1. Reduce screen brightness.2. Limit frequent use of power-intensive features like continuous heart rate monitoring.3. Ensure the watch is fully charged (1.5 hours).

If these steps do not resolve your issue, please contact customer support.

7. SPECIFICATIONS

Feature	Specification
Model Number	P40-B-FX
Screen Size	1.65 Inches LCD
Item Weight	1.16 ounces (33 Grams)
Battery Capacity	180 Milliamp Hours
Charging Time	Approx. 1.5 hours
Battery Life	5-7 days (typical use), 7 days (standby)
Memory Storage Capacity	128 MB
Operating System Compatibility	Android/iOS
Connectivity Technology	Bluetooth

Feature	Specification
Waterproof Rating	IP68
GPS	Via Smartphone
Special Features	Activity Tracker, Calls and Messages Notification, Music/Camera Control, Sleep Tracker, Heart Rate Monitor, Weather Forecast, Calorie Burned, Step, Distance, Sedentary Reminder, Time Display, Alarm Clock, Stopwatch, Do Not Disturb, Raise to light, Find Watch/Phone

8. WARRANTY AND SUPPORT

8.1. Warranty Information

Specific warranty details for the Paukila P40 Smart Watch may vary by region and retailer. Please refer to the documentation included with your purchase or contact the seller for precise warranty terms and conditions.

8.2. Customer Support

If you have any questions, require assistance, or encounter issues not covered in this manual, please do not hesitate to contact Paukila customer support. We are committed to providing timely assistance and will respond to inquiries within 24 hours.

For support, please refer to the contact information provided on the product packaging or the official Paukila website.