

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [SUNKTA](#) /

› [SUNKTA SML3 Smart Watch Instruction Manual](#)

SUNKTA SML3

SUNKTA SML3 Smart Watch Instruction Manual

Model: SML3

[Introduction](#)

[What's in the](#)

[Box](#)

[Setup](#)

[Operating the Smart](#)

[Watch](#)

[Health Monitoring](#)

[Sports Modes](#)

[Battery &](#)

[Waterproofing](#)

[Maintenance](#)

[Troubleshooting](#)

[Specifications](#)

[Warranty &](#)

[Support](#)

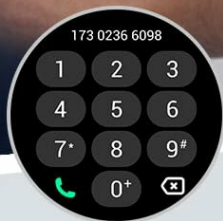
1. INTRODUCTION

This manual provides comprehensive instructions for the SUNKTA SML3 Smart Watch. Please read this guide thoroughly to ensure proper usage, optimal performance, and longevity of your device. The SUNKTA SML3 is designed to enhance your daily life with advanced features for communication, health monitoring, and fitness tracking.

Bluetooth Call & Message Notification



f Facebook
Teacher Li: Your
takeaway has arrived...



Dial Pad



Call Logs



Contacts



SOS Emergency Contact



Image: The SUNKTA SML3 Smart Watch with its black silicone band displayed on a wrist.

2. WHAT'S IN THE BOX

Upon unboxing your SUNKTA SML3 Smart Watch, please verify that all components are present:

- SUNKTA SML3 Smart Watch (with Black Silicone+Leather strap pre-installed)
- Additional Straps (e.g., metal, silicone, leather - specific to your variant)
- Magnetic Charging Cable
- Strap Adjustment Tool (for metal straps)
- User Manual (this document)

Your browser does not support the video tag.

Video: An unboxing video of the SUNKTA SML3 Smart Watch, showing the watch and its accessories.

3. SETUP

3.1 Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch. Connect the USB end of the cable to a compatible power source. A full charge typically takes approximately 2 hours.



Image: The SUNKTA SML3 Smart Watch connected to its magnetic charging cable.

3.2 App Installation

To unlock the full potential of your smartwatch, download the "GloryFit" app. Search for "GloryFit" on Google Play Store (for Android) or Apple App Store (for iOS), or scan the QR code provided in the user manual.

Your browser does not support the video tag.

Video: A tutorial demonstrating how to install the FitCloudPro app on a smartphone.

3.3 Device Pairing

Open the "GloryFit" app on your smartphone. Navigate to the "Devices" screen and click the "+ Bind Device" button. Select "SML3" from the list of available devices to pair. Ensure your phone's Bluetooth is enabled and keep the smartwatch near your phone during the pairing process.

Your browser does not support the video tag.

Video: A step-by-step guide on how to connect the SML3 Smart Watch to a smartphone via Bluetooth.

3.4 Strap Adjustment and Replacement

The SUNKTA SML3 Smart Watch comes with multiple straps (e.g., silicone, leather, steel). To change straps, locate the quick-release pins on the underside of the strap where it connects to the watch body. Slide the pin to detach the strap. To

attach a new strap, align the pins with the holes on the watch body and slide the pin into place until it clicks securely. For metal straps, a provided tool can be used to add or remove links for a customized fit.

4. OPERATING THE SMART WATCH

4.1 Display and Navigation

The SML3 features a 1.43" AMOLED HD touchscreen with a 466*466 resolution, offering vibrant colors and a responsive interface. It supports an 'Always-On Display' feature for continuous time visibility. Navigate the watch by swiping across the screen or using the physical buttons on the side.



Image: Close-up of the SUNKTA SML3 Smart Watch's 1.43" AMOLED display, highlighting its vibrant colors and clarity.

4.2 Bluetooth Calling & AI Voice Assistant

With its built-in microphone and speaker, the smartwatch allows you to make, answer, and end phone calls directly from your wrist. It can store up to 100 contacts. The watch also supports an AI voice assistant for hands-free commands.



Image: The SUNKTA SML3 Smart Watch displaying a call interface, illustrating its Bluetooth calling capability.

4.3 Message Notifications

Receive notifications from various apps (WhatsApp, Facebook, Twitter, Instagram, Skype, WeChat, email, messaging, etc.) directly on your smartwatch. The watch will vibrate to alert you of incoming messages.



Image: The SUNKTA SML3 Smart Watch showing various app notification icons, indicating its message alert feature.

4.4 Music Control

Control music playback on your connected smartphone directly from your smartwatch. You can play, pause, skip tracks, and adjust volume.

4.5 Watch Faces and Customization

Personalize your smartwatch with over 200 online UI options available through the GloryFit app. You can also synchronize

your favorite photos to use as watch faces.

Your browser does not support the video tag.

Video: A demonstration of the various watch faces available for the SUNKTA SML3 Smart Watch.

5. HEALTH MONITORING

The SUNKTA SML3 Smart Watch is equipped with advanced sensors for continuous health tracking.

- **Heart Rate Monitoring:** Records 24-hour heart rate data. Activate continuous tracking and set alerts for maximum/minimum heart rates in the GloryFit App.
- **Sleep Tracking:** Intelligently tracks sleep time and wake-up time, analyzing sleep quality across REM, light, and deep sleep stages.
- **Blood Oxygen (SpO2):** Monitors blood oxygen levels.
- **Stress Monitoring:** Includes sensors for monitoring emotional stress.
- **Breathing Exercises:** Guided breathing exercises are available to help manage stress.



Image: The SUNKTA SML3 Smart Watch displaying heart rate, blood oxygen, and sleep monitoring data.

6. SPORTS MODES

The smartwatch offers over 110 sports modes, covering a wide range of daily physical activities. It records total workout time, calorie expenditure, exercise heart rate, steps, and distance to help you achieve your fitness goals.



Image: The SUNKTA SML3 Smart Watch showing various sports mode icons, indicating its extensive fitness tracking capabilities.

7. BATTERY LIFE & WATERPROOFING

- **Battery:** Equipped with a 400mAh battery, providing 3-5 days of normal use and up to 20 days in low-power standby mode.
- **Waterproofing:** The watch is IP68 waterproof, made of 316 stainless steel, protecting it from sweat, dust, and scratches. It is suitable for swimming and use in rainy conditions.



Image: The SUNKTA SML3 Smart Watch submerged in water, demonstrating its IP68 waterproof rating.

8. MAINTENANCE

To ensure the longevity and optimal performance of your SUNKTA SML3 Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used. Avoid harsh chemicals or abrasive materials.
- **Water Exposure:** While IP68 waterproof, avoid prolonged submersion in hot water or exposure to high-pressure water jets. After swimming or exposure to saltwater, rinse the watch with fresh water and dry thoroughly.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use.
- **Charging:** Use only the provided magnetic charging cable. Ensure the charging contacts are clean and dry before charging.

9. TROUBLESHOOTING

If you encounter any issues with your SUNKTA SML3 Smart Watch, refer to the following common solutions:

- **Connection Issues:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then attempt to re-pair via the GloryFit app.
- **Battery Draining Quickly:** Adjust screen brightness, reduce screen-on time, or disable continuous heart rate monitoring if not needed. Ensure 'Always-On Display' is used efficiently.
- **Notifications Not Received:** Check app permissions in your phone settings to ensure GloryFit has access to notifications. Verify notification settings within the GloryFit app itself.
- **Inaccurate Health Data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch regularly.

For further assistance, please contact customer support as detailed in the Warranty & Support section.

10. SPECIFICATIONS

Model Number	SML3
Screen Size	1.43 Inches AMOLED
Resolution	466 x 466 pixels
Battery Capacity	400 Milliamp Hours
Battery Life	3-5 days (normal use), up to 20 days (standby)
Water Resistance	IP68
Product Dimensions	3.94 x 1.97 x 0.98 inches
Item Weight	6.4 ounces
Compatibility	Android 5.0+, iOS 9.0+, HarmonyOS 2.0+

11. WARRANTY & SUPPORT

SUNKTA provides a **24-month warranty** for your SML3 Smart Watch. If you encounter any issues regarding watch accessories, quality, operation, or charging, please contact our customer service team.

Our dedicated **24-hour online customer service** is available to provide a solution within 24 hours. Please refer to the GloryFit app for contact information or visit the official SUNKTA website.

Your browser does not support the video tag.

Video: A promotional video showcasing the SUNKTA SML3 Smart Watch for men.