

Samsung Watch8

Samsung Galaxy Watch 8 (2025) 44mm Bluetooth Smartwatch User Manual

Model: Watch8 (SM-L330NZSQXAA) | Brand: Samsung

1. INTRODUCTION

The Samsung Galaxy Watch 8 is a 44mm Bluetooth smartwatch designed for daily wear and advanced health monitoring. It features a lightweight design, an improved user interface, and integrates with Samsung's health ecosystem to provide comprehensive insights into your well-being.



Figure 1: Samsung Galaxy Watch 8 (2025) 44mm Bluetooth Smartwatch.

This manual provides essential information for setting up, operating, maintaining, and troubleshooting your new smartwatch.

2. WHAT'S IN THE BOX

Upon unboxing your Samsung Galaxy Watch 8, you should find the following items:

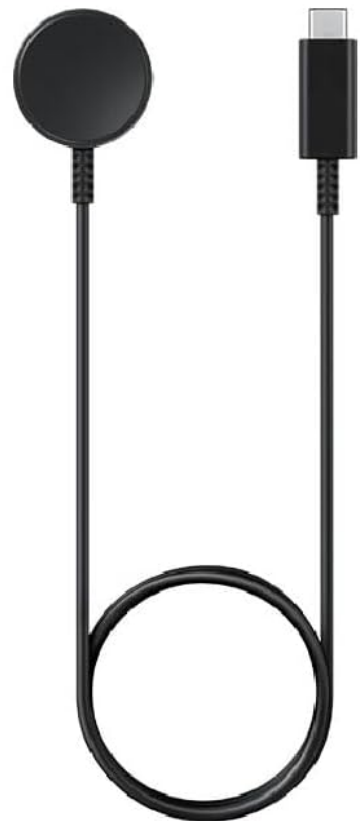
- Watch Body (Samsung Galaxy Watch 8)
- Watch Band
- Charging Cable

- User Manual (this document)

What's in the box



Galaxy Watch8



Wireless Charger

Figure 2: Included items with the Galaxy Watch 8.

3. INITIAL SETUP

1. **Charge the Watch:** Before initial use, fully charge your Galaxy Watch 8 using the provided charging cable. Connect the magnetic charger to the back of the watch and plug the USB-C end into a compatible power adapter.

2. **Power On:** Press and hold the Home button (bottom right button) until the Samsung logo appears.

3. **Pair with Smartphone:**

- Ensure your compatible Samsung Galaxy smartphone has the Samsung Health app installed and updated.
- Open the Samsung Health app on your smartphone and follow the on-screen instructions to pair your Galaxy Watch 8 via Bluetooth.
- Accept all necessary permissions for health monitoring and device connectivity.

4. **Complete Setup:** Follow the remaining prompts on both your watch and smartphone to complete the setup process, including Wi-Fi/LTE (if applicable) and Samsung/Google account sign-in.

4. OPERATING YOUR WATCH

4.1. Basic Navigation

- **Touchscreen:** Swipe left/right to navigate between tiles, swipe up/down for notifications or quick settings.
- **Home Button:** Press to return to the watch face. Double-press for recent apps. Press and hold for power options or Bixby/Google Assistant.
- **Back Button:** Press to go back to the previous screen.

4.2. Health and Fitness Tracking

The Galaxy Watch 8 offers advanced health and fitness features to help you monitor your well-being.

- **Sleep Coaching & Bedtime Guidance:** Track your sleep patterns and receive personalized coaching. To enable Bedtime Guidance, wear your watch for 3 consecutive nights and set an optimal wake-up time in the Samsung Health app.



Figure 3: Sleep Coaching feature on Galaxy Watch 8.

- **Running Coach:** Receive real-time feedback and training programs for various running goals (e.g., 5Ks, marathons). This feature is available for outdoor running only and requires at least 12 minutes of running with GPS on and initial setup.

Motivate every mile



Available for outdoor running only; requires at least 12 minutes of running with GPS on and initial setup. Galaxy AI features track data and require compatible Samsung Galaxy phone, Samsung Health app and Samsung account.

Figure 4: Running Coach in action.

- **Heart Rate Tracking:** Continuously monitor your heart rate throughout the day.
- **Vascular Load Monitoring:** Track your stress levels and identify factors affecting them, such as diet and sleep. This function is not intended for medical diagnosis.

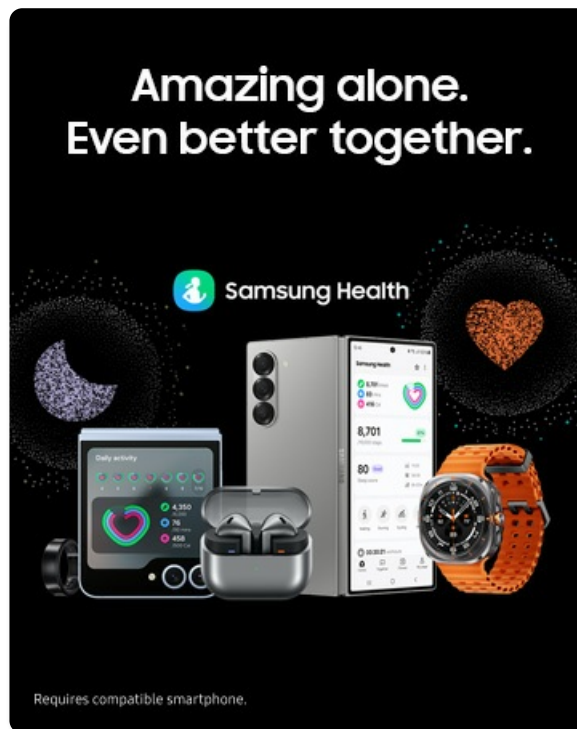


Figure 5: Vascular Load monitoring.

- **Energy Score with Galaxy AI:** Get daily insights into your overall health based on sleep, activity, and heart rate data from the previous day.

Your browser does not support the video tag.

Video 1: Demonstrating the Galaxy Watch 8 Energy Score feature. This video shows how the watch calculates and displays your daily energy score based on various health metrics.

4.3. Smart Features

- **Personal AI Assistant (Gemini):** Utilize the integrated AI assistant for hands-free task management, reminders, and scheduling directly from your wrist.

A personal AI assistant, right on your wrist



Gemini mobile app available on select devices, languages, and countries. Requires compatible Wear OS watch to be connected to a compatible device. Check responses for accuracy. Internet connection and setup may be required. Features may differ depending on subscription and account. Results for illustrative purposes and may vary. Google and Gemini are trademarks of Google LLC.

Figure 6: Personal AI Assistant on Galaxy Watch 8.

- **Notifications & Updates:** The improved interface provides clear and concise updates for sports scores, news, weather, and notifications at a glance.

See what you need, at a glance



Must be signed into your Samsung and Google accounts, and be connected to the internet directly (by Wi-Fi or LTE model) or via a compatible Samsung Galaxy AI phone.

Figure 7: Glanceable information on Galaxy Watch 8.

- **Connectivity:** Connects via Bluetooth to your smartphone. Supports Wi-Fi and LTE models for direct internet connection.

5. MAINTENANCE

- **Cleaning:** Regularly clean your watch and band with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The Galaxy Watch 8 is water resistant. However, avoid prolonged exposure to salt water or chemicals. Rinse with fresh water and dry thoroughly after exposure.
- **Software Updates:** Keep your watch's software updated through the Samsung Health app on your smartphone to ensure optimal performance and access to new features.

6. BATTERY LIFE AND CHARGING

The Galaxy Watch 8 features an improved battery for extended use.

- **Battery Capacity:** 435 Milliamp Hours (typical).
- **Estimated Battery Life:**
 - Approximately 30 hours with Always-On Display (AOD) enabled.
 - Up to 40 hours with AOD disabled.
- **Charging:** Use the provided magnetic charging cable. The watch charges quickly.

Power that outlasts your day



Based on typical use; results may vary.

Figure 8: Power through your day with Galaxy Watch 8.

7. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.

- **Pairing issues:** Ensure Bluetooth is enabled on your smartphone and the Samsung Health app is updated. Restart both devices and try pairing again.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist. Clean the sensors regularly. Consult the Samsung Health app for calibration instructions if applicable.
- **Short battery life:** Disable Always-On Display, reduce screen brightness, limit background app refresh, and turn off unnecessary notifications.

8. SPECIFICATIONS

Feature	Detail
Model Number	SM-L330NZSQXAA
Product Dimensions	7.4 x 2.72 x 1.73 inches
Item Weight	1.19 ounces (33.8 Grams)
Display Size	1.47 Inches
Scanner Resolution	390 x 390
Operating System	Wear OS powered by Samsung
Connectivity	Bluetooth, 802.11a/b/g/n/ac Wireless
GPS	Built-in GPS
Memory Storage Capacity	32 GB
Battery Capacity	435 Milliamp Hours
Special Features	Activity Tracker, Lightweight
Manufacturer	SAMSUNG

9. WARRANTY AND SUPPORT

The Samsung Galaxy Watch 8 (2025) comes with a 2-year manufacturer's warranty for US versions. For detailed warranty information, service, and support, please refer to the official Samsung website or contact Samsung customer service.

Online resources and FAQs can be found on the [Samsung Store](#).

