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SARUNN ER 762833974537

SARUNN ER Smart Ring User Manual

Model: 762833974537

1. INTRODUCTION

Thank you for choosing the SARUNN ER Smart Ring. This device is designed to help you monitor various health metrics including sleep quality, step count, heart rate, blood oxygen, and blood pressure. It offers a subscription-free experience and is compatible with both iPhone and Android devices. This manual provides detailed instructions on how to set up, operate, and maintain your smart ring to ensure optimal performance.

Multifunctional Smart Ring

Blood Oxygen Monitoring/Heart Rate Monitoring/Sleep Monitoring
/Step Counting/Long Battery Life /Easy To wear/Ip68 Waterproof/
Multi-Sports Mode/Built To Last



Image: The SARUNN ER Smart Ring in various colors, highlighting its multifunctional capabilities such as blood oxygen, heart rate, sleep, and step monitoring, along with IP68 waterproofing and long battery life.

2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- SARUNN ER Smart Ring
- Charging Case/Cable
- User Manual (this document)

3. PRODUCT OVERVIEW

The SARUNN ER Smart Ring is a compact and discreet health tracker. It features a durable stainless steel body housing advanced sensors for health monitoring. The ring is designed to be worn comfortably on your finger, continuously collecting data throughout the day and night.



Image: A detailed view of the smart ring's internal circuitry, its compact charging case, and the user interface of the accompanying mobile application showing various health metrics like steps, sleep, heart rate, blood pressure, and SpO2.

4. GETTING STARTED (SETUP)

4.1. Charging the Ring

Before first use, fully charge your SARUNN ER Smart Ring. Place the ring into its charging case, ensuring the charging contacts align. Connect the charging case to a USB power source. A full charge typically takes approximately 30 minutes and provides 5-7 days of battery life.

SMART RING



Equipped with Excellent Performance

Image: This image illustrates the ring's fast charging capability, its long battery life, IP68 waterproof rating, and its construction from stainless steel.

4.2. App Installation and Pairing

1. **Download the App:** Search for the official SARUNN ER companion app on the Apple App Store (for iPhone) or Google Play Store (for Android).
2. **Create Account:** Open the app and follow the on-screen instructions to create a new user account or log in if you already have one.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair the Ring:** Within the app, navigate to the device pairing section. Select your SARUNN ER Smart Ring from the list of available devices. Follow any additional prompts to complete the pairing process.

4.3. Ring Sizing

Accurate sizing is crucial for comfortable wear and precise data collection. The SARUNN ER Smart Ring is available in multiple sizes. To determine your correct ring size, follow these steps:

1. **Step 1:** When measuring, please choose a thin line without elasticity and wrap it around your finger.

2. **Step 2:** After straightening the thin line, use a ruler to measure its length and purchase it according to the following specifications.

Ring Size Chart

Ring Size	Circumference (mm/inch)	Inner Diameter (mm/inch)
#7	54.3mm / 2.14inch	17.3mm / 0.68inch
#8	56.9mm / 2.24inch	18.1mm / 0.71inch
#9	59.5mm / 2.34inch	18.9mm / 0.74inch
#10	62.1mm / 2.44inch	19.8mm / 0.78inch
#11	64.6mm / 2.54inch	20.6mm / 0.81inch

Multiple Sizes of Rings



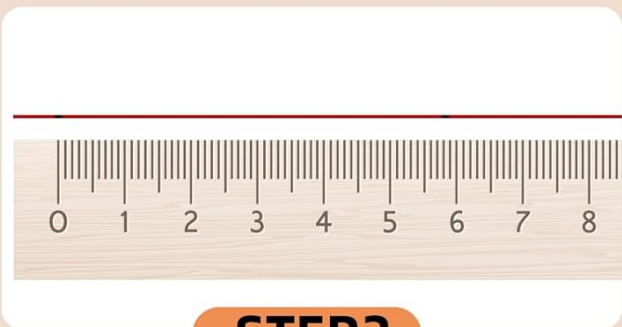
Multiple Sizes of Rings

Follow the measurement method to measure the ring size that suits you



STEP 1

When measuring, please choose a thin line without elasticity and wrap it around your finger



STEP 2

After straightening the thin line, use a ruler to measure its length and purchase it according to the following specifications

Image: A visual guide demonstrating the two-step process for measuring finger circumference using a string and ruler to determine the appropriate smart ring size, accompanied by a size chart.

5. OPERATING INSTRUCTIONS

5.1. Wearing the Ring

For optimal accuracy, wear the smart ring on your index or middle finger. Ensure it fits snugly but comfortably, allowing for proper sensor contact with your skin. Avoid wearing it too loosely, as this can affect data accuracy.

5.2. Monitoring Health Metrics

The SARUNN ER Smart Ring continuously monitors various health parameters:

- **Sleep Monitoring:** The ring automatically tracks your sleep quality when you fall asleep and generates reports to help you develop good sleep habits. It differentiates between deep sleep, light sleep, and REM stages, and tracks awake times.



Image: This image illustrates the smart ring's smooth sleep analysis feature, showing a user sleeping and the corresponding detailed sleep data displayed on the mobile application, including sleep stages and duration.

- **Heart Rate (HR):** Tracks your heart rate throughout the day and during activities.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Blood Pressure (BP):** Provides estimates of your blood pressure.

- **Step Counting & Activity Tracking:** The ring tracks your daily steps and supports multiple movement modes for all-day activity tracking to help you stay healthy.



Image: This image highlights the smart ring's multiple movement modes and all-day activity tracking capabilities, showing various sports activities and the app's interface displaying step count and activity history.

5.3. Using the App

The companion app is your central hub for all health data. It allows you to:

- View daily, weekly, and monthly summaries of your health metrics.
- Set personal goals for steps, sleep, and other activities.
- Access historical data and trends.
- Receive reminders and notifications (e.g., for activity, messages).
- Synchronize data automatically when the ring is within Bluetooth range of your paired device.

6. MAINTENANCE

6.1. Cleaning

To maintain hygiene and sensor accuracy, regularly clean your smart ring. Use a soft, damp cloth to wipe the ring's surface. Avoid using harsh chemicals or abrasive materials, as these can damage the finish or sensors.

6.2. Water Resistance

The SARUNN ER Smart Ring is IP68 waterproof, meaning it is protected against continuous immersion in water up to a certain depth and duration. This makes it suitable for daily activities like hand washing, showering, and swimming. However, it is not recommended for diving or high-pressure water activities. Always ensure the ring is dry before placing it back into the charging case.

7. TROUBLESHOOTING

If you encounter issues with your SARUNN ER Smart Ring, please refer to the following common solutions:

- **Ring Not Connecting/Disconnecting:**

- Ensure Bluetooth is enabled on your phone and the ring is charged.
- Restart your phone and the app.
- Try unpairing and re-pairing the ring through the app's settings.
- Ensure the ring is within Bluetooth range of your device.

- **Inaccurate Readings (Sleep, HR, etc.):**

- Verify the ring is worn snugly on your finger, with sensors making good contact with your skin.
- Ensure your skin is clean and dry where the sensors touch.
- Update the app to the latest version.

- **Ring Not Charging:**

- Check that the charging contacts on both the ring and the charging case are clean and free of debris.
- Ensure the charging cable is securely connected to a working USB power source.
- Try a different USB port or power adapter.

- **App Not Syncing Data:**

- Open the app and ensure the ring is connected via Bluetooth.
- Manually initiate a sync from within the app if available.
- Check your phone's internet connection for cloud synchronization.

8. SPECIFICATIONS

Feature	Detail
Model Number	762833974537
Dimensions (Package)	3.62 x 3.58 x 1.22 inches
Item Weight	3.52 ounces
Battery	1 A battery (included)

Feature	Detail
Wireless Communication	Bluetooth
Water Resistance	IP68
Material	Stainless Steel (Ring Body)
Supported Metrics	Heart Rate, Sleep Duration, Blood Oxygen, Blood Pressure
Supported Application Features	Blood Pressure Monitor, Calendar, Fitness Tracker, Heart Rate Monitor, Messages, Pedometer, Phone, Reminders, Sleep Monitor, Weather
Supported OS	iPhone, Android

9. WARRANTY AND SUPPORT

The SARUNN ER Smart Ring comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical support, troubleshooting assistance, or warranty claims, please contact SARUNN ER customer service through the contact information provided on our official website or within the companion app.

For the latest updates, FAQs, and additional resources, please visit the official SARUNN ER website.