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> YD LIFE Smart Ring User Manual

YD LIFE Smart Ring

YD LIFE Smart Ring User Manual

Model: Smart Ring

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your YD LIFE Smart Ring. Please read it thoroughly before using the device and retain it for future reference. The YD LIFE Smart Ring is designed to assist in monitoring various health and fitness metrics.

2. PRODUCT OVERVIEW

The YD LIFE Smart Ring is a wearable device crafted from aerospace-grade titanium, offering a lightweight and durable design. It features comprehensive health monitoring capabilities, including:

- **Sleep Tracking:** Monitors sleep stages (deep, REM, light, wakefulness), breathing patterns, blood oxygen saturation, heart rate variability, and body temperature.
- **Heart Rate Monitoring:** Provides continuous heart rate tracking.
- **Blood Oxygen Monitoring:** Tracks blood oxygen saturation levels.
- **Stress Monitoring:** Detects and tracks stress levels.
- **Women's Health:** Includes menstrual cycle tracking.
- **Activity Tracking:** Logs steps, distance, calorie burn, and supports multiple exercise modes.
- **Meditation Courses:** Offers guided meditation sessions and relaxation techniques.
- **Remote Photography:** Allows remote control of a smartphone camera.
- **Waterproof:** 5ATM water resistance, suitable for swimming and daily water exposure.
- **Extended Battery Life:** Features a magnetic charging case for extended usage.



The YD LIFE Smart Ring and its charging case, designed as a personal health companion.

3. WHAT'S IN THE BOX

Upon opening your YD LIFE Smart Ring package, you should find the following items:

- Smart Ring
- Wireless Charging Dock
- USB to Type-C Cable
- Magnetic Charging Cable
- User Manual (this document)

Size	US 7	US 8	US 9	US 10	US 11	US 12	US 13
Dia	17.6	18.5	19.5	20.1	20.8	21.5	22.3
Cir	55.6	58.4	61.6	63.5	65.7	67.9	70.4

Method One:

1. Take a non-elastic string or strip of paper.
2. Wrap it around the finger, mark the point where the ends overlap.
3. Measure the distance between two marks

Method Two:

1. Purchase a ring sizer.
2. Directly read the size from the ring sizer and use it for your purchase.

The complete package contents of the YD LIFE Smart Ring.

4. SIZING GUIDE

Accurate sizing is crucial for comfort and optimal performance. Please follow these steps to determine your correct ring size before use:

1. Step 1: Measure Your Finger

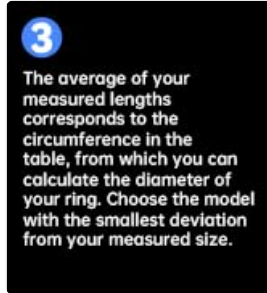
Take a thin strip of paper or a non-elastic string and wrap it around your finger, specifically at the root and your knuckle. Mark the intersection point of the paper strip or string with a pen.



Wrap a paper strip around your finger and mark the overlap.

2. Step 2: Measure the Length

Measure the length between the two markings on the paper strip or string using a ruler or measuring tape. This measurement represents the circumference of your finger.



Measure the length of the marked strip.

3. Step 3: Consult the Size Chart

Refer to the table below to find the Smart Ring size that corresponds to your measured circumference. Choose the model with the smallest deviation from your measured size.

Smart Ring Size Chart

Size	Inner Diameter	Circumference
8#	18.5mm	58.4mm
9#	19.5mm	61.1mm
10#	20.1mm	63.5mm
11#	21mm	65.7mm

Compare your measurement to the provided size chart.

4. Step 4: Confirm Your Size

Ensure you have selected the most appropriate size for your comfort and accurate data collection.

A reminder to ensure the correct size is chosen for optimal use.

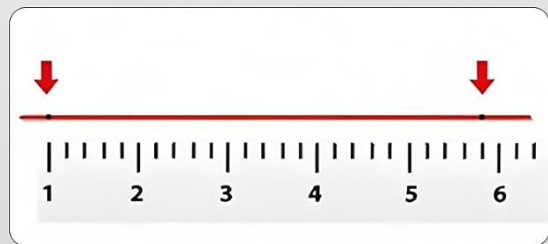
Size Before You Buy

Model	Inner diameter	Circumference
8#	18.5mm	58.4mm
9#	19.5mm	61.1mm
10#	20.1mm	63.5mm
11#	21mm	65.7mm



STEP1:

Take a non-elastic rope to wrap it around your finger, and mark.



STEP2:

Straighten the rope, measure its length with ruler.

Visual guide for measuring your finger to select the correct Smart Ring size.

5. SETUP INSTRUCTIONS

5.1. Download the Companion App

The YD LIFE Smart Ring requires the 'Da Rings' application for full functionality. Download the app from your device's app store (App Store for iOS, Google Play for Android) or scan the QR code below.



Download the 'Da Rings' app by scanning the QR code or searching in your app store. [Download Link](#)

5.2. Charging the Smart Ring

Before initial use, ensure your Smart Ring is fully charged. Place the ring on the magnetic charging cable or in the wireless charging dock. The LED indicator on the ring will blink to confirm it is charging and ready for pairing.

WRELSEE CHARGING CASE



The Smart Ring charging in its wireless charging case.



Place the ring on the charging cable; the LED will blink to indicate pairing readiness.

5.3. Pairing with Your Smartphone

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the 'Da Rings' app.
3. Accept any permission requests from the app (e.g., Bluetooth access, health data).
4. The app will search for nearby devices. Once your Smart Ring's signal is found, select it from the list to complete the connection.



Ensure Bluetooth is enabled on your phone for pairing.



Open the app, accept permissions, and select your ring to connect.

6. OPERATING INSTRUCTIONS

The YD LIFE Smart Ring continuously collects data. Most interactions and data viewing occur within the 'Da Rings' app.

6.1. Sleep Monitoring

The Smart Ring automatically tracks your sleep patterns. Wear the ring to bed, and the app will provide detailed analysis of your sleep stages, quality score, and other relevant metrics.

Outstanding 24 Hours Sleep Monitoring



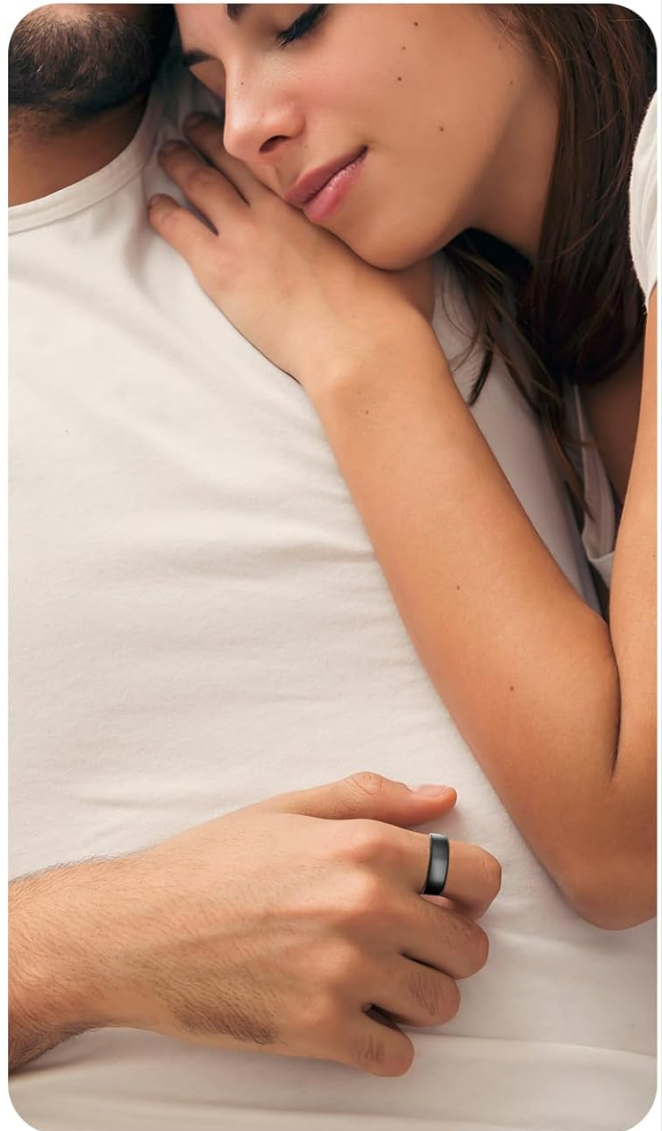
Sleep Cycle Monitoring



Sleep Health Monitoring



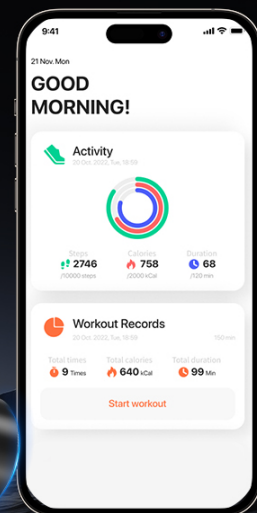
Temperature Measurement



The app displays detailed sleep cycle, health, and temperature data.

FREE APP
No Subscription Fees

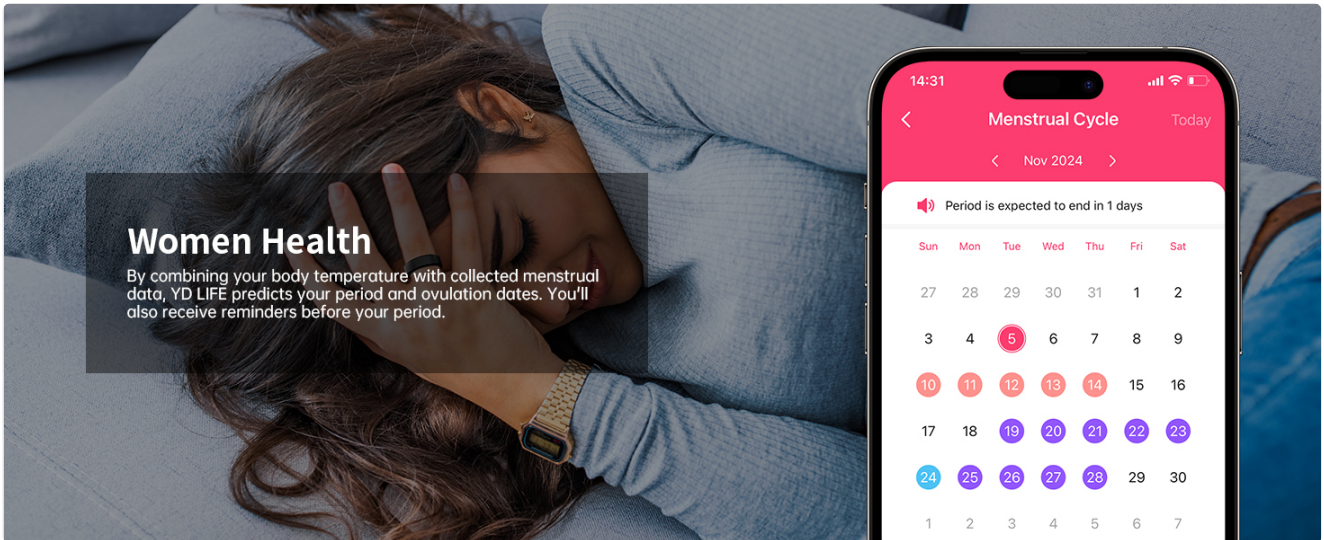
YD LIFE offers personalized wellness guidance base on thorough scientific data analysis.



The Smart Ring provides in-depth insights into your sleep patterns.

6.2. Heart Rate Monitoring

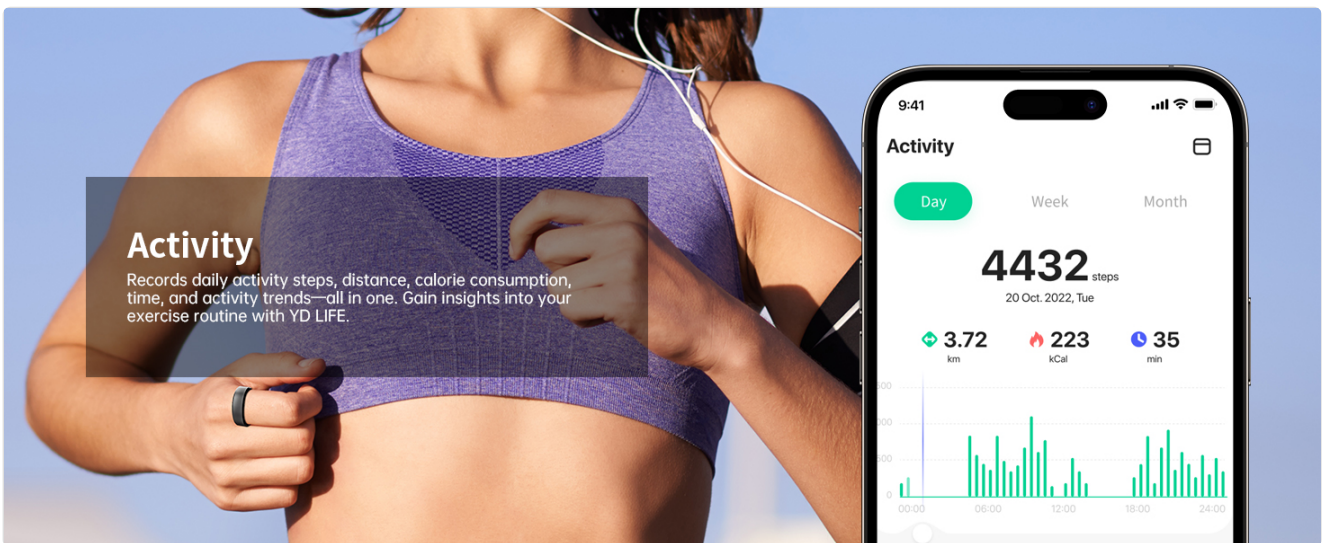
The ring continuously monitors your heart rate throughout the day and night. View your heart rate data, including resting heart rate and heart rate zones during activity, in the app.



24-hour continuous heart rate monitoring is displayed in the app.

6.3. Blood Oxygen Monitoring

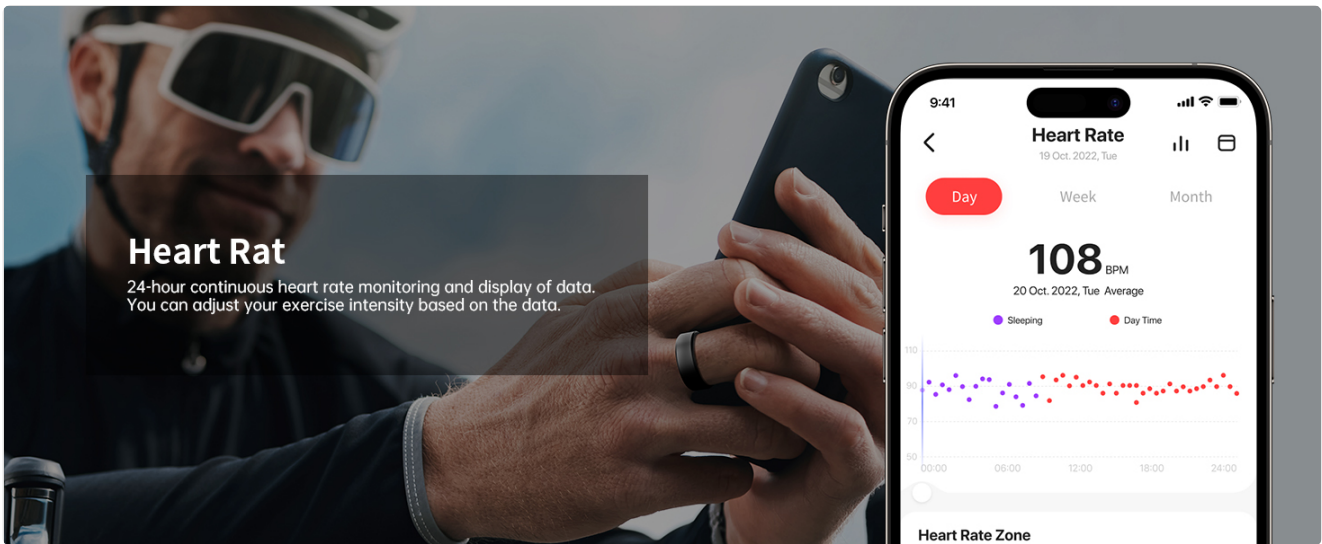
The Smart Ring tracks your blood oxygen saturation levels. Access this data in the app to monitor trends and identify any significant fluctuations.



The app provides continuous blood oxygen level monitoring.

6.4. Stress Monitoring

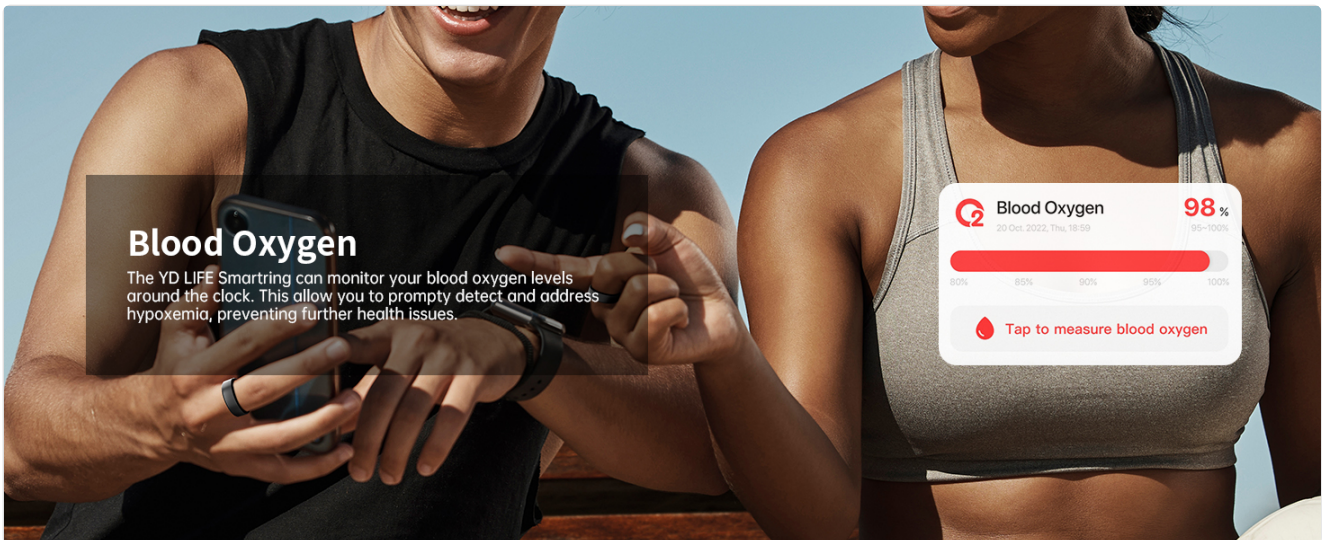
The ring helps you stay mindful of your stress levels by detecting and tracking stress moments. The app provides insights to help identify stress triggers and recovery strategies.



The app tracks stress levels and provides historical data.

6.5. Women's Health Tracking

For female users, the Smart Ring offers built-in menstrual cycle tracking. By combining body temperature data with collected menstrual data, the app predicts periods and ovulation dates, and provides reminders.



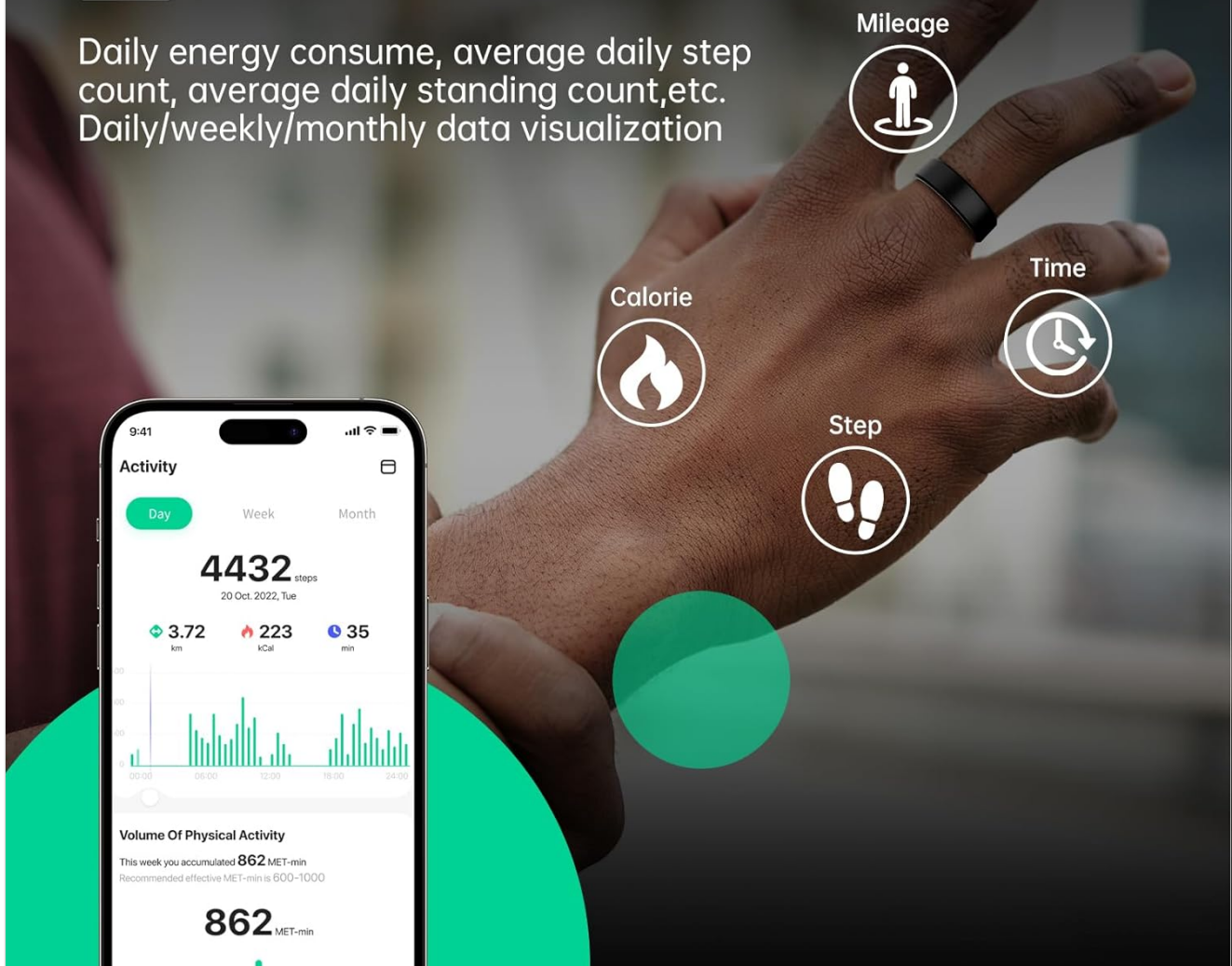
The app provides menstrual cycle tracking and predictions for women's health.

6.6. Activity Tracking

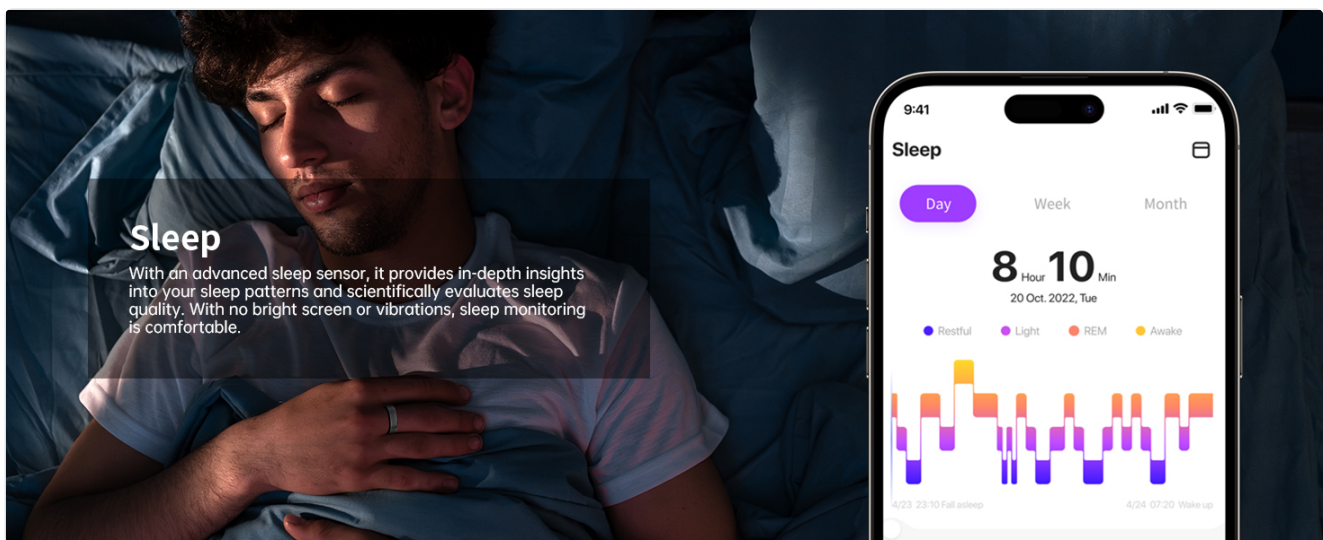
The Smart Ring records your daily activity, including steps, distance, and calorie burn. It supports various exercise modes (indoor/outdoor running, walking, cycling) to provide a comprehensive overview of your physical activity.

Full Day Activity Tracking

Daily energy consume, average daily step count, average daily standing count, etc. Daily/weekly/monthly data visualization



The app provides a visual representation of your daily activity data.



Records daily activity steps, distance, calorie consumption, and activity trends.

6.7. Meditation Courses

Access guided meditation sessions, white noise soundscapes, relaxation techniques, and sleep guidance through the app. These courses are designed to help reduce stress, improve sleep, and enhance overall well-being.

Meditation - Helps you find a better life

Provides meditation guidance, white noise music, relaxation guidance and sleep guidance.

Heart rate values: 120, 65, 60

Meditation sessions: Just like me (5min), Easing Depression (5min), Emotional Stability (5min), Relaxation (5min), Sleep, Awaken Your Senses (5min)

The app offers various meditation courses for mental and physical relaxation.

Remote Photography

Using the potograph function of APP to take picture via shaking the finger with the ring

Smart ring and smartphone interface showing a photo of three people in a field.

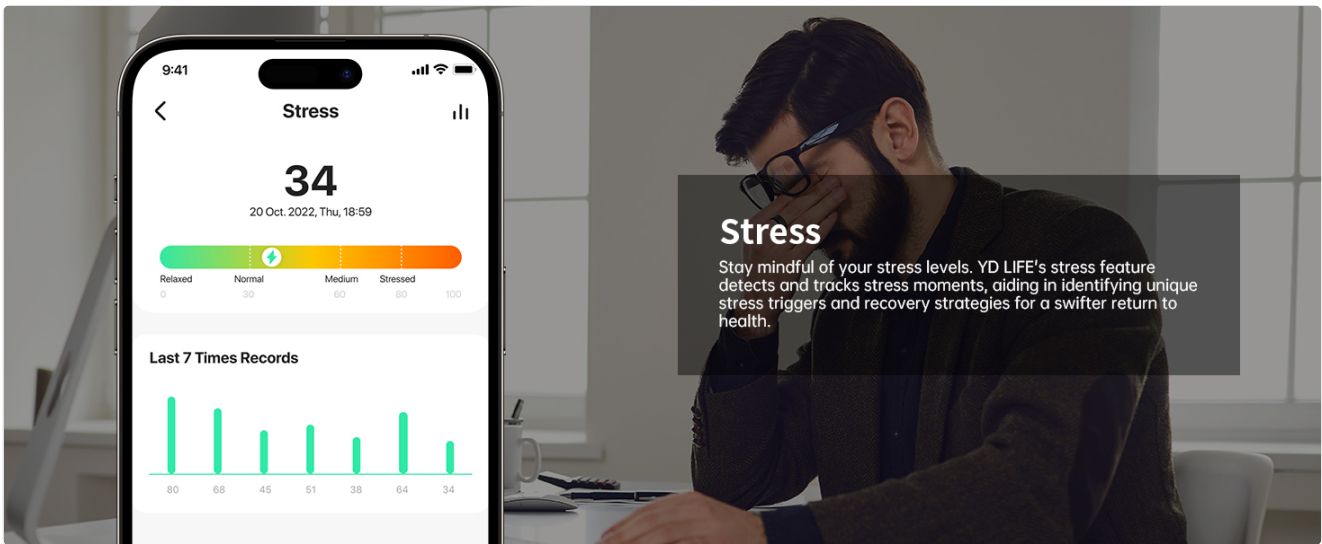
Scientifically designed courses to promote physical relaxation and a positive lifestyle.

6.8. Remote Photography

Utilize the remote photography function within the app to control your smartphone camera. This feature allows you to take pictures by shaking your finger while wearing the ring, simplifying group photos or selfies.



The remote photography feature allows for hands-free photo capture.



Use the app's photography function by shaking your finger with the ring.

7. MAINTENANCE

7.1. Cleaning

To clean your Smart Ring, gently wipe it with a soft, damp cloth. Avoid using abrasive cleaners or harsh chemicals, as these can damage the device's finish and internal components.

7.2. Water Resistance

The YD LIFE Smart Ring is 5ATM waterproof, meaning it can withstand water pressure equivalent to a depth of 50 meters. This makes it suitable for swimming, showering, and daily exposure to water. However, it is not recommended for diving or high-pressure water activities.



Swim



Sweat



Rain



Hand Washing



Bathing

5ATM WATERPROOF

Water Resistance Up To 50M

The Smart Ring is 5ATM waterproof, suitable for various water activities.

Light as a Whisper on Your Finger



2.8mm
Thickness



3g Lightweight
Design



The ring is dust and water resistant, designed to withstand various environments.

8. TROUBLESHOOTING

- **Ring Not Connecting:** Ensure Bluetooth is enabled on your phone, the ring is charged, and you are within range. Try restarting both the ring (by placing it on the charger) and your phone.
- **Inaccurate Data:** Ensure the ring is worn correctly and snugly on your finger. Environmental factors or improper fit can affect sensor readings.
- **App Issues:** Check for app updates in your device's app store. If problems persist, try reinstalling the app.
- **Charging Problems:** Verify that the charging cable and dock are clean and properly connected. Ensure the power source is functional.

9. SPECIFICATIONS

Feature	Detail
Model Name	Smart Ring
Brand	YD LIFE
Item Weight	2.82 ounces (approx. 3g for the ring itself)
Package Dimensions	3.94 x 3.15 x 1.97 inches
Operating System	Android, iOS
Connectivity Technology	Bluetooth
Special Features	AI Sleep Tracking, Activity Tracker, Meditation Courses, Multisport Tracker, Remote Control Photography
Water Resistance	5ATM (up to 50m)
Battery Cell Composition	Lithium Ion
GPS	GPS Via Smartphone
Manufacturer	IEDOU TECHNOLOGY SHENZHEN CO.,LTD

10. OFFICIAL PRODUCT VIDEO

Watch this video for a visual overview of the YD LIFE Smart Ring's features and design.

Your browser does not support the video tag.

Video showcasing the YD LIFE Smart Ring's features, including its design, health monitoring capabilities, and waterproof nature.

11. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided with your purchase or contact the manufacturer directly. For technical support or further assistance, please reach out to YD LIFE customer service through their official channels.

