

## XIAOMI Smart Band 10

# Xiaomi Smart Band 10 User Manual

Model: BHR07Y5GL

## 1. INTRODUCTION

This manual provides essential information for the proper use and maintenance of your Xiaomi Smart Band 10. Please read it carefully before using the device to ensure optimal performance and safety. The Xiaomi Smart Band 10 is a versatile fitness tracker designed to monitor your activity, health, and provide smart notifications.

## 2. SAFETY INFORMATION

- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the device to strong impacts or drops.
- Consult a medical professional before starting any exercise program, especially if you have pre-existing health conditions.
- The device is water-resistant up to 5 ATM. However, it is not suitable for hot showers, saunas, or high-speed water sports. Leather, silk, magnetic, and metallic bands should not be worn in water.
- This device is not a medical device and should not be used for diagnostic or treatment purposes.

## 3. PACKAGE CONTENTS

The Xiaomi Smart Band 10 package typically includes:

- Xiaomi Smart Band 10 (main unit)
- Charging cable
- User Manual

Note: The standard band included is typically TPU in black, dusty pink, or fluororubber white. Other band types are sold separately.

## 4. SETUP

### 4.1 Charging the Device

Before first use, fully charge your Smart Band 10. Connect the charging cable to the charging contacts on the back of the band and to a USB power source.

**10.95mm Compact et fin**  
**15.95g Léger et confortable**

\*L'épaisseur de 10,95 mm n'inclut pas la protubérance du capteur PPG. 15,95 g correspond au poids de l'appareil sans le bracelet. Données issues des laboratoires internes de Xiaomi.



Image: The Xiaomi Smart Band 10 connected to its charging cable, displaying battery percentage and time. This image illustrates the charging process and typical battery life scenarios: 21 days for typical use, 9 days with Always-On Display (AOD), and 8 days for intensive use.

### 4.2 Pairing with a Smartphone

1. Download the **Mi Fitness** application from your smartphone's app store (available for iOS and Android).
2. Open the Mi Fitness app and log in or create a Xiaomi account.
3. Follow the on-screen instructions in the app to add your Xiaomi Smart Band 10. Ensure Bluetooth is enabled on your smartphone.
4. Confirm the pairing request on both your smartphone and the Smart Band.

## 5. OPERATING THE SMART BAND

### 5.1 Basic Navigation

The Smart Band 10 features a 1.72-inch AMOLED touchscreen. Swipe up, down, left, or right to navigate through menus and functions. Tap to select an option.

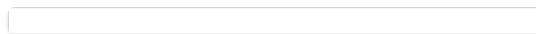


Image: Close-up of the Xiaomi Smart Band 10's 1.72-inch AMOLED display, highlighting its 73% screen-to-body ratio and 2.0mm bezel width. The screen shows the time, date, and battery level.

### 5.2 Display Features

- **AMOLED Display:** Enjoy vibrant colors and deep blacks on the 1.72-inch screen.
- **High Brightness:** Up to 1500 nits for clear visibility in various lighting conditions.
- **60Hz Refresh Rate:** Ensures smooth scrolling and animations.

### 5.3 Customization

Personalize your Smart Band with various watch faces available through the Mi Fitness app. You can also change the physical band to match your style.

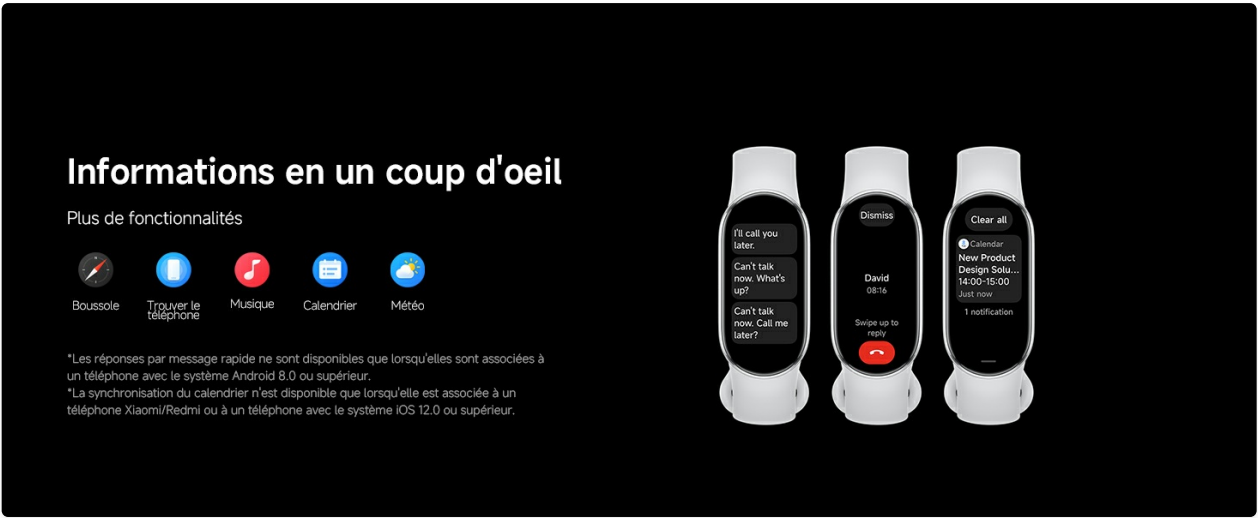


Image: A collection of Xiaomi Smart Band 10 units with different colored bands and watch faces, demonstrating customization options. The image emphasizes expressing personal style.

## 6. HEALTH MONITORING FEATURES

The Smart Band 10 offers comprehensive health tracking capabilities:

- **Heart Rate Monitoring:** Continuous, all-day heart rate tracking with alerts for abnormally high or low readings.
- **Blood Oxygen (SpO2) Monitoring:** All-day SpO2 tracking with vibration alerts for low blood oxygen levels.
- **Sleep Tracking:** Enhanced sleep monitoring provides personalized advice, sleep scores, and detailed reports on sleep trends and duration.
- **Stress Monitoring:** Tracks stress levels throughout the day and suggests relaxation exercises during prolonged periods of stress.
- **Female Health Tracking:** Allows users to track and predict their menstrual cycle.

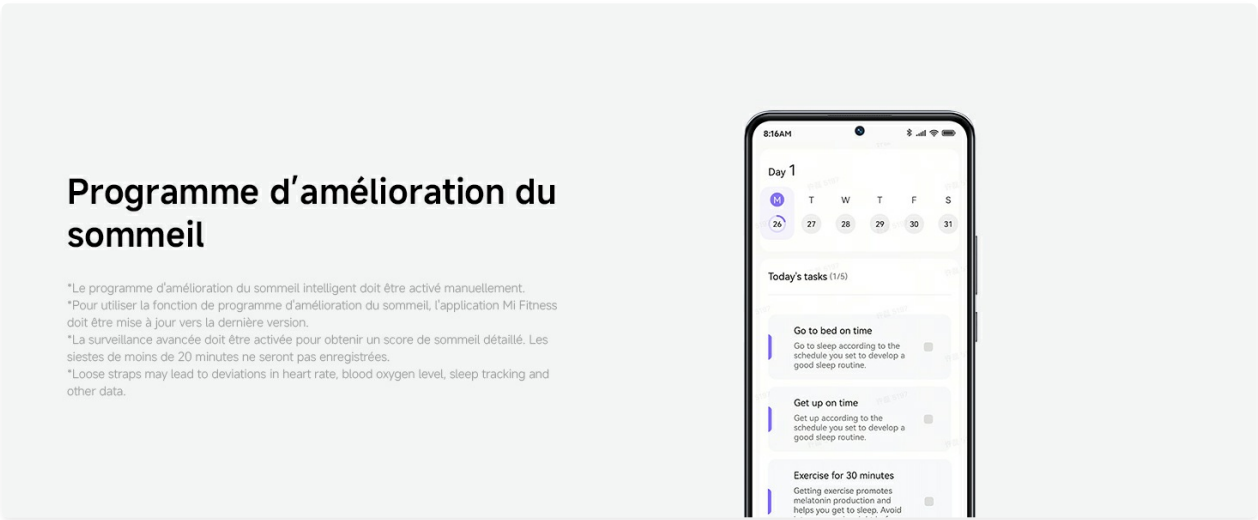


Image: Two displays of the Xiaomi Smart Band 10 showing heart rate monitoring (left) and blood oxygen saturation (SpO2) monitoring (right). This illustrates the device's health tracking capabilities.

## EXPERIENCE Expérience exceptionnelle

21 jours  
Utilisation typique

9 jours  
En mode AOD\*

8 jours  
En usage intensif



Image: A person sleeping while wearing the Xiaomi Smart Band 10, illustrating its enhanced sleep tracking feature. Logos for World Sleep Society, Asian Society of Sleep Medicine, and Chinese Sleep Research Society are shown, indicating collaboration or endorsement.

## 7. SPORTS MODES

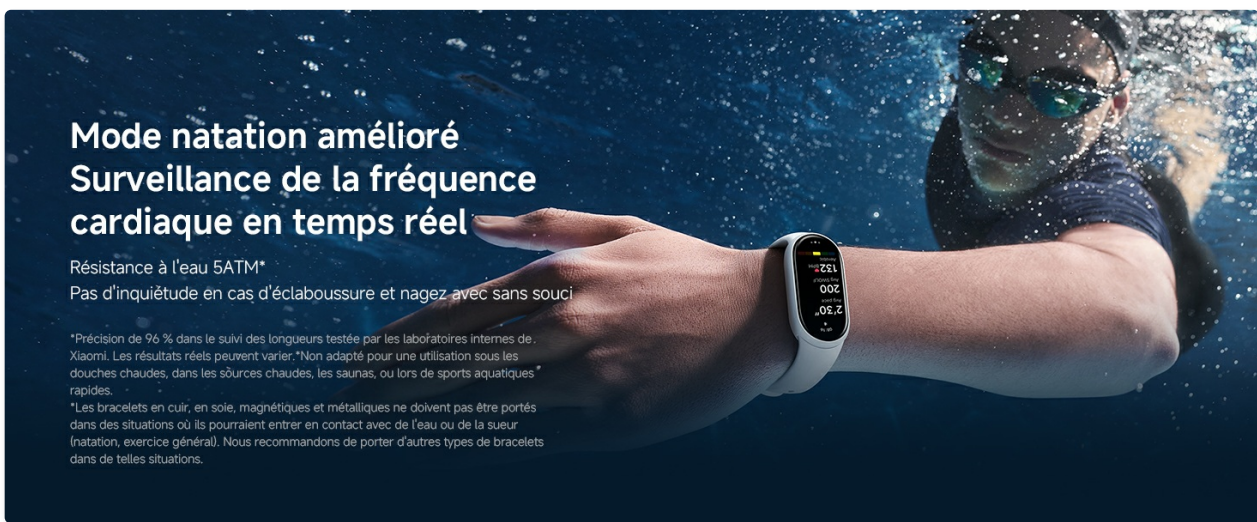
The Smart Band 10 supports over 150 sports modes, providing detailed tracking for a wide range of activities.

- **Advanced Swimming Mode:** With 5 ATM water resistance, you can track your swimming performance, including real-time heart rate monitoring underwater.
- **Nine-Axis Sensor:** Improved algorithms for more accurate sports data.
- **Heart Rate Broadcasting:** Provides professional guidance during cycling by broadcasting heart rate data to compatible devices.

Algorithmes améliorés pour  
le sport  
Capteur à neuf axes



Image: A person swimming while wearing the Xiaomi Smart Band 10, demonstrating the enhanced swimming mode with real-time heart rate monitoring underwater. The image highlights 5 ATM water resistance.



## Mode natation amélioré Surveillance de la fréquence cardiaque en temps réel

Résistance à l'eau 5ATM\*

Pas d'inquiétude en cas d'éclaboussure et nagez avec sans souci

\*Précision de 96 % dans le suivi des longueurs testée par les laboratoires internes de Xiaomi. Les résultats réels peuvent varier. \*Non adapté pour une utilisation sous les douches chaudes, dans les sources chaudes, les saunas, ou lors de sports aquatiques rapides.

\*Les bracelets en cuir, en soie, magnétiques et métalliques ne doivent pas être portés dans des situations où ils pourraient entrer en contact avec de l'eau ou de la sueur (natation, exercice général). Nous recommandons de porter d'autres types de bracelets dans de telles situations.

Image: A person cycling, wearing the Xiaomi Smart Band 10, which is broadcasting heart rate data to an external cycling computer. This illustrates the heart rate broadcasting feature for professional cycling advice.

## 8. SMART FEATURES

The Smart Band 10 integrates seamlessly with your smartphone to provide various smart functionalities:

- **Notifications:** Receive call, message, and app notifications directly on your wrist. Quick replies are available when paired with an Android 8.0 or higher phone.
- **Xiaomi Smart Hub:** Control other Xiaomi devices, check battery levels, adjust volume, and manage noise reduction for compatible earbuds.
- **Remote Camera Control:** Use your band as a remote shutter for your phone's camera.
- **Find Phone/Tablet:** Locate your paired smartphone or tablet by making it ring.
- **Additional Functions:** Includes a compass, music control, calendar synchronization (with Xiaomi/Redmi phones or iOS 12.0+), and weather updates.

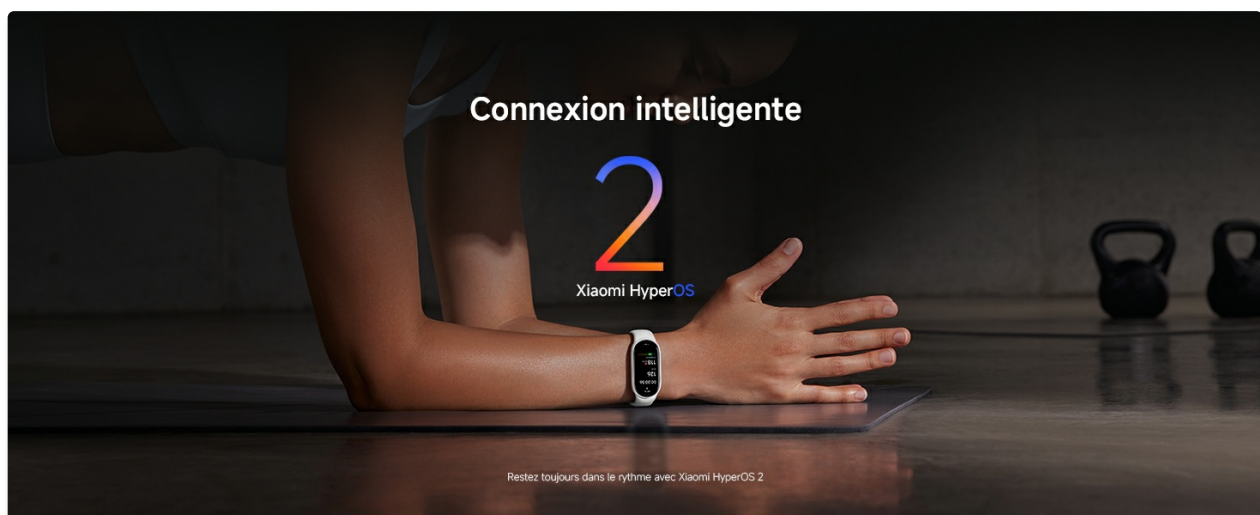


Image: Three screens of the Xiaomi Smart Band 10 demonstrating Xiaomi Smart Hub features: checking earbud battery/noise reduction, remote phone finding and camera control, and remote tablet finding and camera/slideshow control. This highlights the band's smart home integration capabilities.





Image: The Xiaomi Smart Band 10 displaying various notifications (call, message, calendar event) and icons for additional functionalities such as compass, find phone, music control, calendar, and weather. This illustrates the band's communication and utility features.

## 9. BATTERY AND CHARGING

The Xiaomi Smart Band 10 is equipped with a 233 mAh Lithium-polymer battery, offering impressive endurance:

- Up to **21 days** of battery life with typical usage.
- Up to **9 days** with Always-On Display (AOD) mode enabled.
- Up to **8 days** with intensive usage.

To charge, align the magnetic charging pins of the cable with the contacts on the back of the band. Connect the USB end of the cable to a power adapter or computer USB port.

## 10. MAINTENANCE

### 10.1 Cleaning

Regularly clean your Smart Band and strap to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the screen and strap. Avoid harsh chemicals or abrasive materials.

### 10.2 Water Resistance

The device has a 5 ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming in pools or shallow waters. However, it is not designed for:

- Hot showers or saunas (steam and high temperatures can affect seals).
- Diving or high-speed water sports.

Note: Leather, silk, magnetic, and metallic bands are not suitable for water exposure and should be replaced with a waterproof band for swimming or intense exercise where sweat or water contact is likely.

## 11. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 10 minutes.

- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on your phone and the Mi Fitness app is open. Try restarting both the band and your phone.
- **Inaccurate heart rate/sleep data:** Ensure the band is worn snugly but comfortably on your wrist, about one finger's width above your wrist bone. Clean the sensor area.
- **Notifications not appearing:** Check app permissions in your phone settings to ensure the Mi Fitness app has access to notifications. Verify notification settings within the Mi Fitness app.
- **Short battery life:** Reduce screen brightness, disable Always-On Display, limit continuous heart rate monitoring, and turn off unnecessary notifications.

## 12. SPECIFICATIONS


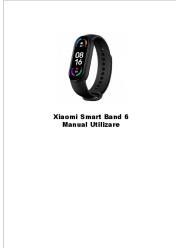



Feature	Detail
Model Number	BHR07Y5GL
Display Type	AMOLED
Screen Size	1.72 inches
Resolution	430x490
Battery Capacity	233 mAh
Battery Type	Lithium-polymer
Typical Battery Life	Up to 21 days
Connectivity	Bluetooth
Operating System	HyperOS 2.0
Water Resistance	5 ATM
Sensors	Nine-axis sensor (accelerometer, gyroscope)
Compatibility	iOS & Android smartphones
Dimensions	18.8 x 7.59 x 2.59 cm
Weight	44.2 grams
GPS	No built-in GPS

## 13. WARRANTY AND SUPPORT

Your Xiaomi Smart Band 10 is covered by a limited warranty. For detailed warranty terms and conditions, please refer to the warranty card included in your package or visit the official Xiaomi website. For technical support, product information, or service inquiries, please contact Xiaomi customer service through their official channels or visit their support page online.

Please retain your proof of purchase for warranty claims.

Related Documents - Smart Band 10

	<p><a href="#">Xiaomi Mi Smart Band 7 &amp; 6: Comprehensive User Guide</a></p> <p>Detailed guide covering the features, functions, and health tracking capabilities of the Xiaomi Mi Smart Band 7 and Mi Smart Band 6, including PAI, heart rate, sleep, and workout modes. Information provided by Mealthy.</p>
	<p><a href="#">Xiaomi Smart Band 6 User Manual: Setup, Features, and Specifications</a></p> <p>Comprehensive guide for the Xiaomi Smart Band 6, covering setup, wearing, connecting to the app, usage, charging, precautions, specifications, and warranty information.</p>
	<p><a href="#">Xiaomi Smart Band 9: Advanced Features, Specifications, and Accessories</a></p> <p>Explore the Xiaomi Smart Band 9, featuring a vibrant AMOLED display, advanced health monitoring (heart rate, SpO2), up to 21-day battery life, and a range of stylish, functional accessories including straps, a pendant, and a running clip.</p>
	<p><a href="#">Xiaomi Mi Smart Band 6 User Manual and Specifications</a></p> <p>Comprehensive guide to using the Xiaomi Mi Smart Band 6, including setup, usage, safety precautions, and technical specifications. Learn how to wear, connect, and utilize its features for fitness tracking.</p>
	<p><a href="#">Mi Smart Band 5 User Manual - Setup, Usage, and Specifications</a></p> <p>Comprehensive user manual for the Mi Smart Band 5, covering product overview, installation, wearing, connecting via Mi Fit app, daily usage, disassembly, charging, precautions, specifications, disposal, recycling, and safety certifications.</p>
	<p><a href="#">Xiaomi Smart Band 8 Pro User Manual - Setup, Features, and Safety Guide</a></p> <p>Explore the Xiaomi Smart Band 8 Pro with its official user manual. Learn about setup, specifications, health tracking features, water resistance, and safety precautions. Available in multiple languages.</p>