XIAOMI Mi Smart Band 10

Xiaomi Mi Smart Band 10 (2025) Ceramic Edition - User Manual

Model: Mi Smart Band 10 (BHR07Y5GL)

1. INTRODUCTION

This manual provides essential information for the setup, operation, and maintenance of your Xiaomi Mi Smart Band 10 (2025) Ceramic Edition. Please read it thoroughly to ensure optimal performance and longevity of your device.

2. WHAT'S IN THE BOX

Your Xiaomi Mi Smart Band 10 package includes the following items:

- Xiaomi Mi Smart Band 10 (2025) Ceramic Edition device
- Magnetic Charging Cable
- User Manual

3. DESIGN AND CUSTOMIZATION

The Xiaomi Mi Smart Band 10 Ceramic Edition features a sleek and premium design with a ceramic frame, complemented by a matching ceramic clasp and a white fluororubber strap. The device is lightweight and comfortable for extended wear.

Figure 1: Xiaomi Mi Smart Band 10 Ceramic Edition in Pearl White.

3.1. Materials and Colors

The Ceramic Edition boasts a pristine white sheen with a ceramic frame. Other versions of the Mi Smart Band 10 are available with an aluminum alloy body in Midnight Black, Glacier Silver, or Mystic Rose colors, paired with corresponding TPU straps.

Enhanced swimming mode
Real-time underwater heart rate monitoring

5ATM* water resistance Swim or splash worry-free

*96% lap counts monitoring accuracy tested by Xiaomi Internal Labs. Actual results may vary.
*Not suitable for use in hot showers, hot springs, saunas, or during fast-paced water sports.
*Leather, silk, magnetic and metal straps should not be worn in scenarios where they could come into contact with water or sweat (swimming, general exercise). We recommend wearing other types of straps in such scenarios.

Figure 2: A variety of quick-release straps are available, including silk, leather, metal, magnetic, and fluororubber options, allowing for personalized style.

3.2. Quick-Release Straps

The Mi Smart Band 10 features an all-new stylish quick-release strap design. This allows for easy interchangeability between various strap materials and styles, including silk knitted, leather, metal, magnetic, and fluororubber. A pearl-chain pendant option is also available for versatile elegance.

3.3. Dimensions and Weight

The device dimensions are 46.57 x 22.54 x 10.95 mm. The Ceramic Edition weighs 23 grams (without strap), while the standard aluminum version weighs 15.95 grams (without strap).

4. DISPLAY

The Xiaomi Mi Smart Band 10 features a large 1.72-inch AMOLED display with a resolution of 212 x 520 pixels. The vacuum filling sealing technology enables symmetrical 2.0mm ultra-thin bezels, expanding the screen-to-body ratio to 73%.

Xiaomi Smart Band 10 Ceramic Edition

Figure 3: The 1.72-inch AMOLED display offers brilliant clarity and smooth interaction with ultra-thin bezels.

4.1. Brightness and Visibility

The display achieves a remarkable 1500 nits HBM brightness, making every message readable even in direct sunlight. It also includes an ambient light sensor for automatic brightness adjustment.

4.2. Always-On Display (AOD) and Watch Faces

The AMOLED panel supports Always-On Display (AOD) functionality. You can choose from hundreds of watch faces available in the Mi Fitness app to customize the look of your band.

5. OPERATING THE SMART BAND

5.1. Initial Setup and Pairing

To begin, ensure your Smart Band is charged using the magnetic charging cable. Download the Mi Fitness app on your smartphone (Android 8.0 or iOS 14.0 and above). Follow the in-app instructions to pair your device and set up your profile.

5.2. Navigation and Controls

The Smart Band is primarily controlled via its touchscreen. Swipe left or right to switch between widgets, and swipe up or down to access the main menu and notifications. The device does not feature physical buttons.

Xiaomi Smart Hub*

Check remaining battery life, adjust volume and switch noise reduction mode.

Ring to find phone and remote camera control.

Ring to find pad, remote camera control and slides control.

*To use the Xiaomi Smart Hub, the Smart Band needs to be connected to a Xiaomi smartphone or pad supporting the latest version of Xiaomi HyperOS 2 and running the latest version of the Mi Fitness app.
*The function is initially compatible with Xiaomi Buds 5 Pro, Xiaomi Buds 5, Xiaomi Buds 4 Pro, Xiaomi OpenWear Stereo, Redmi Buds 6 Pro, Redmi Buds 6 and more. The availability of this feature on more earphone models is subject to the release schedule of corresponding smartphone OTA updates.
*To use remote camera control function of pad, Smart Band needs to be connected directly to a pad via Mi Fitness app. Other two functions can be achieved by logging in the same Xiaomi account on pad as on the smartphone connected with the smart band via Mi Fitness app.

Figure 4: Information at a glance, including compass, find phone, music controls, calendar, and weather updates.

6. KEY FEATURES

The Xiaomi Mi Smart Band 10 offers a wide array of features to support your health and daily activities:

- **Health Monitoring:** Heart rate, SpO2 (blood oxygen), stress levels, and comprehensive sleep monitoring.
- **Activity Tracking:** Multi-sport tracker with over 150 sports modes, including enhanced swimming mode with real-time underwater heart rate monitoring.
- **Daily Utilities:** Alarm clock, daily workout memory, time display, weather, calendar, music control, find phone, flashlight, focus mode, and a built-in compass.
- **Smart Hub Functionality:** Control your earphones, smartphone, and pad directly from the Smart Band (requires compatible Xiaomi devices).
- **Quick Replies:** Send quick text replies to phone calls (Android devices only).
- **Games:** Simple games are available for entertainment.

All-new stylish quick-release strap

*Comes with a Midnight Black, Glacier Silver or Mystic Rose TPU strap, or a Pearl White fluororubber strap as standard. Other straps must be purchased separately.
*Availability of straps displayed in this picture may vary by regions, some sold separately.
*Strap sales are subject to the release dates shown on the official website.
*Loose straps may lead to deviations in heart rate, blood oxygen level, sleep tracking and other data.

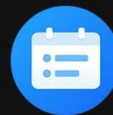Figure 5: Advanced sleep intelligence provides comprehensive insights into sleep stages and quality.

Figure 6: Enhanced swimming mode with real-time underwater heart rate monitoring and 5ATM water resistance.

6.1. Water Resistance

The Smart Band 10 is 5ATM water-resistant, making it suitable for swimming and showering. However, leather, silk, magnetic, and metal straps should not be worn in scenarios where they could come into contact with water or sweat (swimming, general exercise). Other types of straps are recommended for such activities.

6.2. GPS Functionality

The Xiaomi Mi Smart Band 10 does not have built-in GPS. For accurate route tracking during outdoor activities, it relies on your smartphone's GPS connection.

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Video 1: A brief overview of the Xiaomi Mi Smart Band 10's features and design, highlighting its functionality as a fitness tracker.

7. BATTERY LIFE

The Xiaomi Mi Smart Band 10 is equipped with a 233 Milliamp Hours Lithium Ion battery, offering impressive endurance:

- **Typical Usage:** Up to 21 days on a single charge.
- **Always-On Display (AOD) Mode:** Up to 9 days.
- **Heavy Usage:** Up to 8 days.

The device supports fast charging, allowing a full recharge in approximately 1 hour.

8. SPECIFICATIONS

Feature	Detail
Model Number	BHR07Y5GL
Screen Size	1.72 Inches
Display Type	AMOLED
Brightness	1500 nits HBM
Battery Capacity	233 Milliamp Hours
Battery Life (Typical)	Up to 21 days
Water Resistance	5ATM
Connectivity	Bluetooth (BT5.4)
Operating System	Android 8.0 or iOS 14.0 and above
Memory Storage	256 MB
GPS	No (relies on smartphone GPS)
Item Weight	0.04 Kilograms (without strap)