

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

Manuals.plus /

› [SARUNN ER](#) /

› SARUNN ER Smart Ring User Manual: Health Monitoring, Activity Tracking, and Sleep Analysis

SARUNN ER Smart Ring

SARUNN ER Smart Ring User Manual

Model: Smart Ring

1. INTRODUCTION

This manual provides essential instructions for the proper use and maintenance of your SARUNN ER Smart Ring. Please read this guide thoroughly before using the device to ensure optimal performance and longevity. The Smart Ring is designed to assist in monitoring various health metrics and activity levels.



Image 1.1: The SARUNN ER Smart Ring, its charging case, and a smartphone displaying the companion application interface.

2. WHAT'S IN THE BOX

Upon opening your SARUNN ER Smart Ring package, you should find the following items:

- 1 x SARUNN ER Smart Ring
- 1 x Charging Case
- 1 x USB Charging Cable
- 1 x User Manual (this document)

3. PRODUCT OVERVIEW

3.1 Key Features

- **Health Monitoring:** Continuous tracking of heart rate, blood oxygen, and sleep patterns.
- **Activity Tracking:** Records steps, distance, calories burned, and supports multiple sports modes.
- **Waterproof Design:** IP68 rating, suitable for daily wear and water activities up to 80 meters.

- **Long Battery Life:** Up to 5 days on a single charge, extended to over 30 days with the charging case.
- **Compatibility:** Works with both Android and iOS devices.
- **No Subscription Fees:** Full access to app features without additional costs.

SMART RING



Equipped with Excellent Performance

Image 3.1: Visual representation of the Smart Ring's IP68 waterproof rating, fast charging capability, extended battery life, stainless steel construction, and suitability for active use.

Smart Rings & Health Trackers

Multi-dimensional health management function to comprehensively improve your healthy living standard



Image 3.2: The Smart Ring offers multi-dimensional health management, including multisports tracking, heart rate, sleep quality, blood oxygen, pressure tests, step counting, long battery life, and a lightweight design.

4. SIZING AND FIT

Accurate sizing is crucial for comfortable wear and precise data collection. Please measure your finger circumference carefully before selecting a ring size.

4.1 How to Measure Your Finger

1. Choose a thin, non-elastic line (e.g., string or paper strip).
2. Wrap the line snugly around the base of the finger where you intend to wear the ring.
3. Mark the point where the line overlaps.
4. Straighten the line and measure its length with a ruler to determine the circumference.
5. Refer to the size chart below to find your corresponding ring size.

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 4.1: Step-by-step guide for measuring finger size and a chart indicating ring sizes based on circumference and inner diameter.

5. SETUP

5.1 Charging the Smart Ring

Before initial use, fully charge your Smart Ring. Place the ring into the charging case, ensuring proper alignment. Connect the USB charging cable to the charging case and a power source.

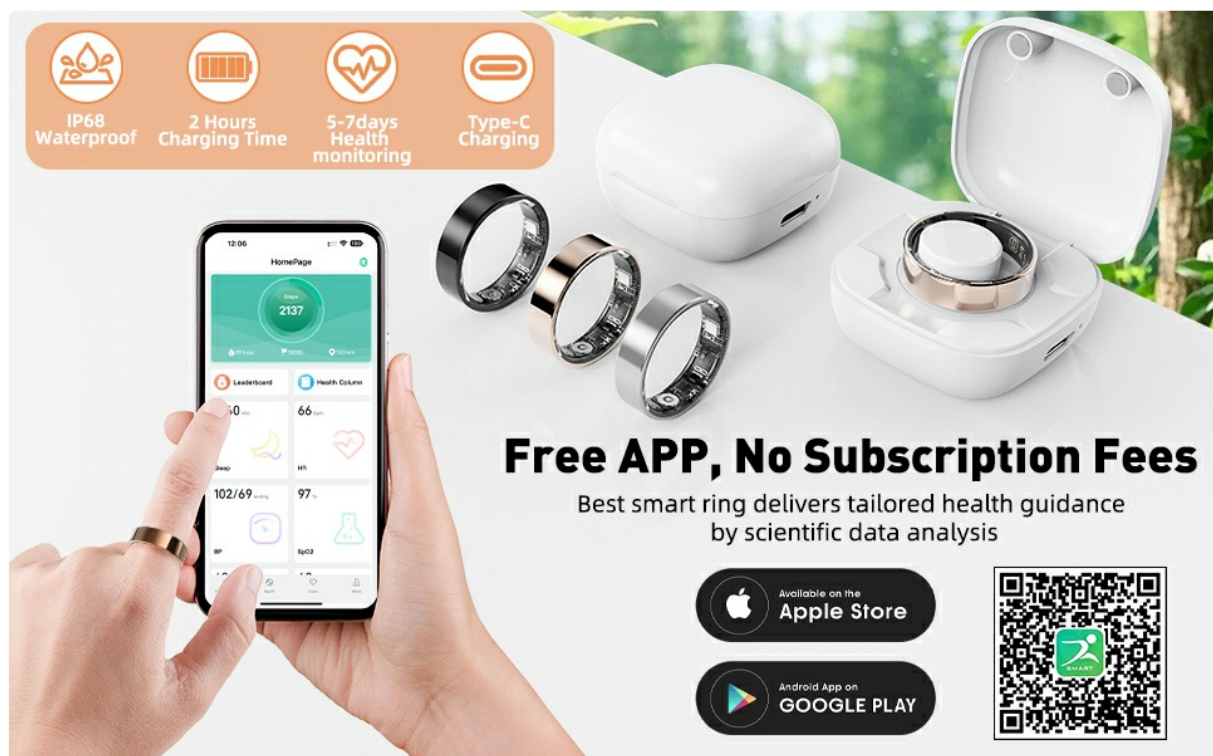
- A full charge typically takes approximately 30 minutes.
- The charging case itself holds additional charges, extending the ring's usage time significantly.

5.2 App Installation and Pairing

The SARUNN ER Smart Ring requires a companion application for full functionality and data viewing. The app is available for both iOS and Android devices.

1. **Download the App:** Scan the QR code provided in the packaging or visit the official download link: [SmartHealth App Download](#). Alternatively, search for "SmartHealth" in the Apple App Store or Google Play Store.
2. **Create an Account:** Follow the on-screen prompts 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:** Open the SmartHealth app, navigate to the device pairing section, and select your SARUNN ER Smart Ring from the list of available devices. Follow any additional pairing instructions within the app.



IP68 Waterproof 2 Hours Charging Time 5-7days Health monitoring Type-C Charging

Free APP, No Subscription Fees
Best smart ring delivers tailored health guidance by scientific data analysis

Available on the **Apple Store**

Android App on **GOOGLE PLAY**




Image 5.1: The SmartHealth application is free to use and provides comprehensive health data analysis. Download links for Apple App Store and Google Play are available.

6. OPERATING INSTRUCTIONS

Once paired, your Smart Ring will automatically begin collecting data. View and analyze your health and activity metrics through the SmartHealth application.

6.1 Health Monitoring

The ring continuously monitors vital health data:

- **Heart Rate:** Tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2):** Monitors blood oxygen levels.
- **Heart Rate Variability (HRV):** Provides insights into your body's stress and recovery.

Access detailed graphs and reports for these metrics within the SmartHealth app.



Image 6.1: The Smart Ring tracks heart rate and blood oxygen levels, providing detailed measurement graphs in the app.

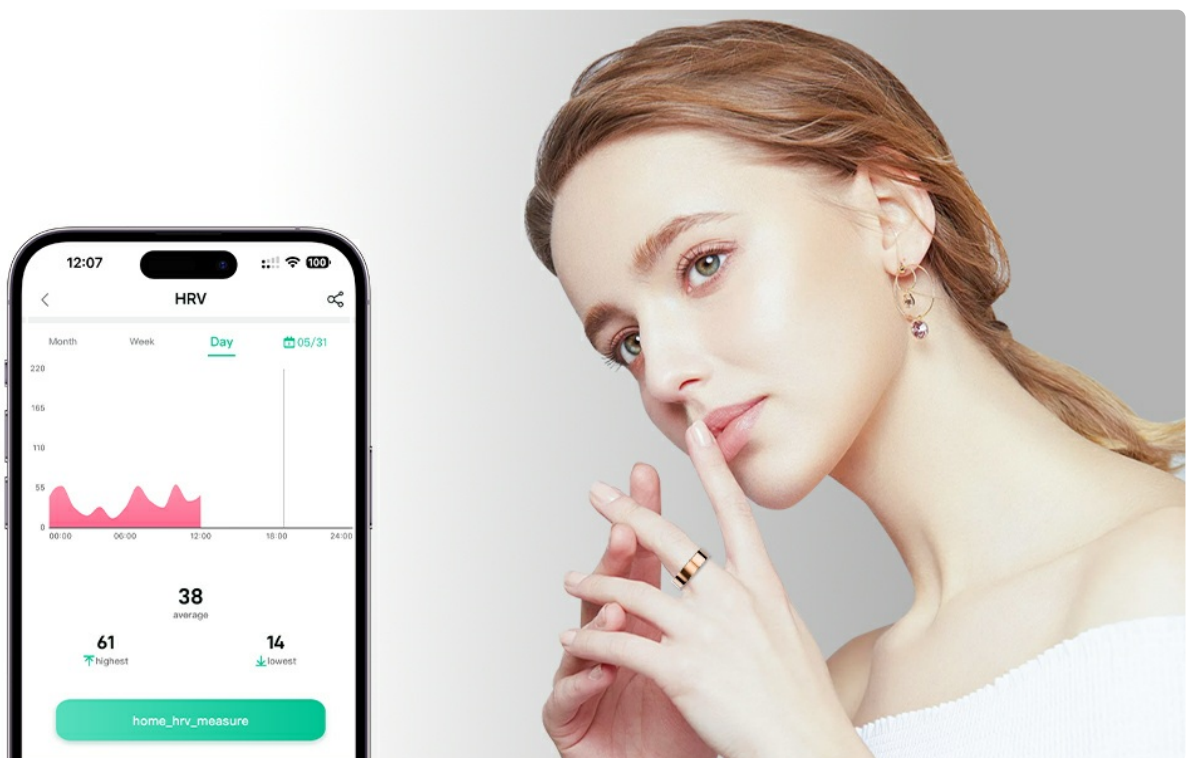


Image 6.2: The Smart Ring monitors Heart Rate Variability (HRV), with data accessible through the companion app.

6.2 Activity Tracking

The Smart Ring automatically tracks your daily activity and supports various sports modes:

- **Step Counting:** Records your daily steps.
- **Distance & Calories:** Calculates distance traveled and calories burned.
- **Multi-Sport Modes:** Includes modes for running, walking, hiking, cycling, yoga, dancing, ropeskipping, and more. Select the appropriate mode in the app to track specific workouts.

Multiple Movement Modes

All-Day Activity tracking to Keep Your Healthy



Image 6.3: The Smart Ring supports multiple movement modes for comprehensive all-day activity tracking.

6.3 Sleep Tracking

The Smart Ring monitors your sleep quality automatically when worn during sleep. It records:

- Durations of deep sleep, light sleep, and REM sleep.
- Wakeful states.

Review detailed sleep reports in the app to understand your sleep patterns and make adjustments for improved sleep quality.

Smooth Sleep Analysis

The ring automatically tracks your sleep quality when you fall asleep and generates reports to help you develop good sleep habits

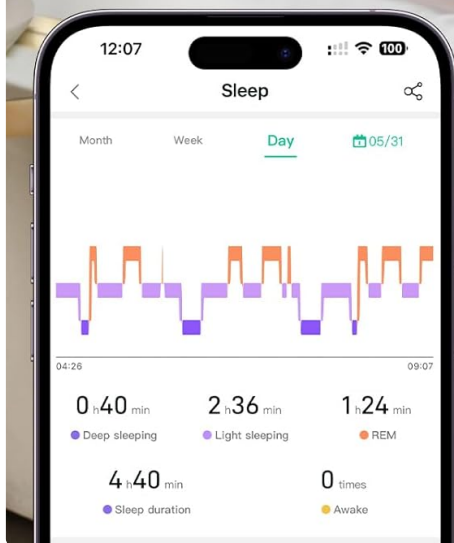


Image 6.4: The Smart Ring provides smooth sleep analysis, automatically tracking sleep quality and generating reports.

6.4 Waterproof Usage

The SARUNN ER Smart Ring has an IP68 waterproof rating, allowing it to be submerged in water up to 80 meters. This makes it suitable for:

- Daily wear, including hand washing and showering.
- Swimming and other water-based activities.

Ensure the ring is clean and dry after exposure to saltwater or chlorinated water to maintain its integrity.



Image 6.5: The Smart Ring is IP68 waterproof, making it suitable for swimming and other water activities.

7. MAINTENANCE

7.1 Cleaning

To ensure accurate readings and hygiene, clean your Smart Ring regularly:

- Wipe the ring with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the sensors or finish.
- Ensure the ring is completely dry before placing it back in the charging case or wearing it.

7.2 Storage

When not in use for extended periods, store the Smart Ring and its charging case in a cool, dry place away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

- **Ring not connecting to app:** Ensure Bluetooth is enabled on your phone, the ring is charged, and it is within range. Try restarting both the ring (by placing it in the charging case and removing it) and your phone.
- **Inaccurate readings:** Ensure the ring is worn snugly on your finger. Environmental factors or improper fit can affect sensor accuracy. Clean the sensors on the inside of the ring.
- **Battery not charging:** Check the USB cable and charging adapter. Ensure the ring is correctly seated in the charging case.
- **App issues:** Ensure the app is updated to the latest version. Try clearing the app's cache or reinstalling it.

If issues persist, please contact customer support for further assistance.

9. SPECIFICATIONS

Brand	SARUNN ER
Model Name	Smart Ring
Item Model Number	b69e4450-056a-4666-ad23-dddd0baad021
Operating System	iOS, Android
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Special Feature	Activity Tracker
Battery Cell Composition	Lithium Ion
Batteries	1 A battery required (included)
GPS	GPS Via Smartphone
Screen Size	0.1 Inches (Standing screen display size)
Shape	Round
Item Weight	3.52 ounces
Package Dimensions	3.03 x 3.03 x 1.73 inches
Manufacturer	SARUNN ER

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official SARUNN ER website. Keep your proof of purchase for warranty claims.