SUNKTA B0FN3866B3

SUNKTA Military Smart Watch User Manual
Model: B0FN3866B3

Brand: SUNKTA

1. INTRODUCTION

This instruction manual provides comprehensive guidance for the SUNKTA Military Smart Watch, Model B0FN3866B3. This device is engineered for durability and advanced functionality, offering a robust solution for daily wear and active lifestyles. It features a 1.39-inch HD full screen, Bluetooth 5.0 connectivity, and 5ATM waterproofing. Key functionalities include seamless call management, message notifications, and extensive sports mode tracking. The watch also integrates advanced health monitoring capabilities for heart rate, SpO2, and blood pressure, assisting users in maintaining a healthy lifestyle.

2. WHAT'S IN THE BOX

Upon unboxing your SUNKTA Military Smart Watch, please verify that all the following items are included:

- SUNKTA Military Smart Watch (Model B0FN3866B3)
- Magnetic Charging Cable
- Silicone Watch Strap (pre-attached or separate)
- Metal Watch Strap (additional accessory)
- Strap Adjustment Tool (for metal strap)
- User Manual / Quick Start Guide (includes QR code for app download)

Image: The SUNKTA Military Smart Watch, magnetic charging cable, and user manual.

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer's USB port. A full charge typically takes 1-2 hours.

3.2 App Installation and Pairing

1. **Download the Companion App:** Locate the QR code in your user manual or on the watch's packaging. Scan this QR code with your smartphone to download the recommended companion application (e.g., FitCloudPro) from your

device's app store (compatible with Android and iOS).

2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.

3. **Open the App:** Launch the installed application on your smartphone.

4. **Pair the Watch:** Follow the in-app instructions to search for and pair your SUNKTA Smart Watch. The watch will typically appear as 'K-52' or a similar device name. Confirm the pairing request on both your phone and the watch.

3.3 Watch Face Customization

The watch offers a variety of customizable watch faces. You can change them directly on the watch or through the companion app:

- **On the Watch:** Press the power button to activate the screen, then swipe left or right on the watch face to browse pre-installed options.
- **Via App:** Open the companion app, navigate to the 'Watch Face' or 'Dial Store' section. Here you can select from numerous designs and sync them to your watch. The app also allows for custom watch faces using your own images.

Image: Custom dial designs and user interface options for the smart watch.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

- **Swipe Up/Down:** Access quick settings or notifications.
- **Swipe Left/Right:** Navigate through main features like activity data, heart rate, weather, etc.
- **Press Side Buttons:** The watch features multiple side buttons for specific functions (e.g., 'SPORT', 'POWER', 'DOWN', 'BACK'). Refer to the watch's on-screen prompts for their exact functions.

4.2 Bluetooth Calls and Message Notifications

The watch is equipped with a Bluetooth 5.0 chip, enabling direct call management and message notifications:

- **Making/Receiving Calls:** Once paired, you can make and receive calls directly from your wrist. Access the 'Telephone' or 'Call records' menu on the watch.
- **Message Notifications:** Receive text messages and social media notifications directly on your watch screen. Ensure push notifications are enabled in the companion app settings.

Image: Bluetooth call and message notification features on the smart watch.

4.3 Health Monitoring

The watch provides continuous health monitoring features:

- **Heart Rate Monitoring:** Supports 24-hour heart rate monitoring. Access the 'Heart Rate' function on the watch to view real-time data.
- **Blood Pressure / Blood Oxygen (SpO2) Detection:** Real-time detection of blood pressure and blood oxygen levels.

- **Sleep Monitoring:** Records your sleep time and detects sleep status (deep sleep, light sleep, REM). Monitoring data can be saved for 30 days in the app.

Image: Health monitoring features, including sleep tracking, heart rate, and blood pressure.

4.4 Sports Modes

The watch offers over 100 sports modes to track various physical activities. Select your desired sport from the 'Workout' menu to record data such as distance, calories burned, and steps.

Image: Multiple sports modes and fitness tracking data on the smart watch.

4.5 Additional Features

Explore other useful functions available on your smart watch:

- **AI Voice Assistant:** Utilize voice commands for various tasks.
- **Alarm Clock & Calculator:** Convenient tools for daily use.
- **Breathing Exercises:** Guided breathing for relaxation.
- **Sedentary Reminder & Drink Water Reminder:** Prompts to encourage healthy habits.
- **Remote Camera & Music Control:** Control your phone's camera and music playback from your watch.
- **Weather Forecast:** Get real-time weather updates.

5. MAINTENANCE

5.1 Charging the Device

To charge your watch, use the provided magnetic charging cable. Ensure the charging pins align correctly with the contacts on the back of the watch. The watch has a 400mAh battery capacity, offering approximately 7-10 days of normal working time and up to 15-20 days of standby time on a single charge. Charging time is typically 1-2 hours.

5.2 Water Resistance

The SUNKTA Military Smart Watch is 5ATM waterproof, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming and showering, but it is not recommended for diving or high-pressure water activities.

5.3 General Care

- Clean the watch regularly with a soft, dry cloth.
- Avoid exposing the watch to extreme temperatures or harsh chemicals.
- Ensure the charging contacts are clean and dry before charging.

6. TROUBLESHOOTING

6.1 Connectivity Issues

- **Watch Not Connecting:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both your phone and the watch. Try unpairing and re-pairing the device through the companion app.
- **App Disconnecting:** Verify that the companion app (e.g., FitCloudPro) is not being put into 'deep sleep' or restricted by your phone's battery optimization settings. Adjust phone settings to allow the app to run in the background.

6.2 Inaccurate Health Readings

- Ensure the watch is worn snugly on your wrist, but not too tight, allowing the sensors to make proper contact with your skin.
- Avoid excessive movement during readings.
- Note that smart watch health features are for reference only and should not replace professional medical advice.

6.3 Short Battery Life

- Reduce screen brightness.
- Limit the number of active background features (e.g., continuous heart rate monitoring, frequent notifications).
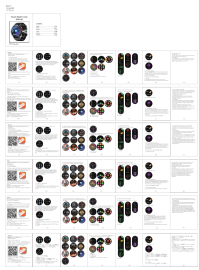- Ensure the watch is fully charged before use.

7. SPECIFICATIONS

Brand	SUNKTA
Model Number	B0FN3866B3
Screen Size	1.39 Inches
Display Type	HD Full Screen (360*360 pixels)
Water Resistance	5ATM

Battery Capacity	400 Milliamp Hours (mAh)
Battery Type	Lithium Polymer
Connectivity Technology	Bluetooth 5.0
Operating System	Android/iOS compatible
GPS	GPS Via Smartphone
Item Weight	7 ounces
Package Dimensions	8.03 x 3.82 x 0.94 inches

8. WARRANTY AND SUPPORT

Your SUNKTA Military Smart Watch comes with an international warranty card. For specific warranty details, please refer to the documentation included in your product packaging. For technical support, troubleshooting assistance, or any inquiries regarding your device, please contact SUNKTA customer service through the contact information provided in your warranty card or on the official SUNKTA website.

Related Documents - B0FN3866B3

[SUNKTA Smart Watch User Manual - FitCloudPro App Guide](#)
Comprehensive user manual for the SUNKTA BWK65/K62 Smart Watch, detailing setup, pairing with the FitCloudPro app, smartwatch functions, app features, notifications, and watch face customization. Compatible with Android and iOS.

[SUNKTA BW0223 Smart Watch User Manual](#)
Comprehensive user manual for the SUNKTA BW0223 Smart Watch, covering setup, features, usage, and specifications. Learn how to pair, charge, and utilize all smart functionalities.

[SMART BW1847 Smartwatch User Guide and Features](#)
Explore the features and functionalities of the SMART BW1847 smartwatch, including setup, app integration with FitCloudPro, Bluetooth connectivity, and troubleshooting tips for optimal user experience.