

SOUYIE H65

SOUYIE H65 2026 DA GPT Smart Watch User Manual

Model: H65 | Brand: SOUYIE

INTRODUCTION

This manual provides detailed instructions for the SOUYIE H65 2026 DA GPT Smart Watch. It covers setup, operation, health and fitness tracking, maintenance, and troubleshooting to ensure optimal use of your device. This smartwatch features a 1.19-inch AMOLED display, advanced health monitoring, and AI-driven smart functionalities.



Image: SOUYIE Smart Watch highlighting the blend of health and technology.

WHAT'S IN THE BOX

Verify that all items are present in the package:

- SOUYIE H65 Smart Watch
- User Manual
- Magnetic Charging Cable
- Regulator (for band adjustment)
- Additional Watch Band (if included with specific variant)

Panda Glass: Military-Grade Durability

Mohs Hardness 8 – 50% more scratch-resistant, Intuitive Touch Control , Supports 10+ gestures with <0.1s response delay.



Image: Contents of the SOUYIE Smart Watch package, including the watch, manual, charging cable, and regulator.

SETUP

1. Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB-A end into a compatible power source. A full charge typically takes 2 hours and provides up to 30 days of standby or 5 days of heavy use.

Full-Dimensional Motion Tracking: Precision Data, Every Effort Counts

8 Smart Sport Modes – Automatically detects running, cycling, rope skipping, and more— no manual switching required ,
Professional Performance Analytics – Data-driven training insights to break personal limits ,
From Daily to Elite – Covers all fitness needs.



Image: Illustration of the magnetic charging process for the SOUYIE Smart Watch.

2. Downloading the Companion App

To unlock all features, download the "OnWear Pro" app. Scan the QR code provided in the user manual or search for "OnWear Pro" in your device's app store (Google Play for Android, App Store for iOS).

3. Pairing the Smartwatch

1. Ensure your smartwatch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the "OnWear Pro" app and follow the on-screen instructions to add your device.
4. Select "H65" or the appropriate device name from the list of available devices.
5. Confirm the pairing request on both your smartphone and smartwatch.

Your browser does not support the video tag.

Video: Demonstration of the SOUYIE Smart Watch features and pairing process.

OPERATING INSTRUCTIONS

Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick widgets or different app screens.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the watch face or access the app menu.

Making and Receiving Calls

With Bluetooth connectivity, you can make and receive calls directly from your smartwatch using the integrated 3D noise-canceling microphone.

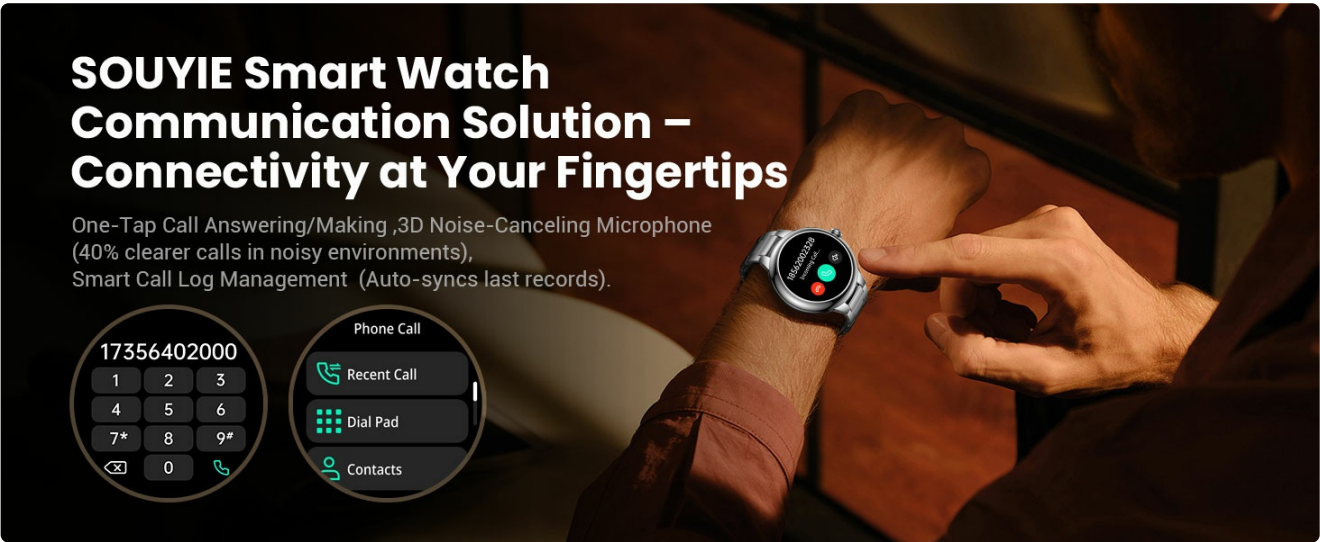


Image: The SOUYIE Smart Watch displaying call functionality and smart call log management.

Notifications

Receive instant notifications for calls, text messages, and app alerts directly on your wrist. Manage which app notifications appear through the companion app settings.



Image: The SOUYIE Smart Watch displaying various smart notifications from different applications.

Customizing Watch Faces

Personalize your smartwatch with AI-generated dials or choose from a vast library of stylish watch faces available in the "OnWear Pro" app. You can also create custom designs.

IP67 Protection: Triple Waterproof Defense

Nano-coating + Silicone Seal Dual Protection
– Waterproof performance improved by 50%



Handwashing



Sweatproof



Rainproof



Wash face



Image: Various customizable watch faces displayed on the SOUYIE Smart Watch.

AI Voice Control & Da GPT Integration

Utilize AI voice control for multi-language commands to manage calls, navigation, weather, and more. Da GPT integration allows you to preview schedules, check messages, and control music or camera directly from your wrist.

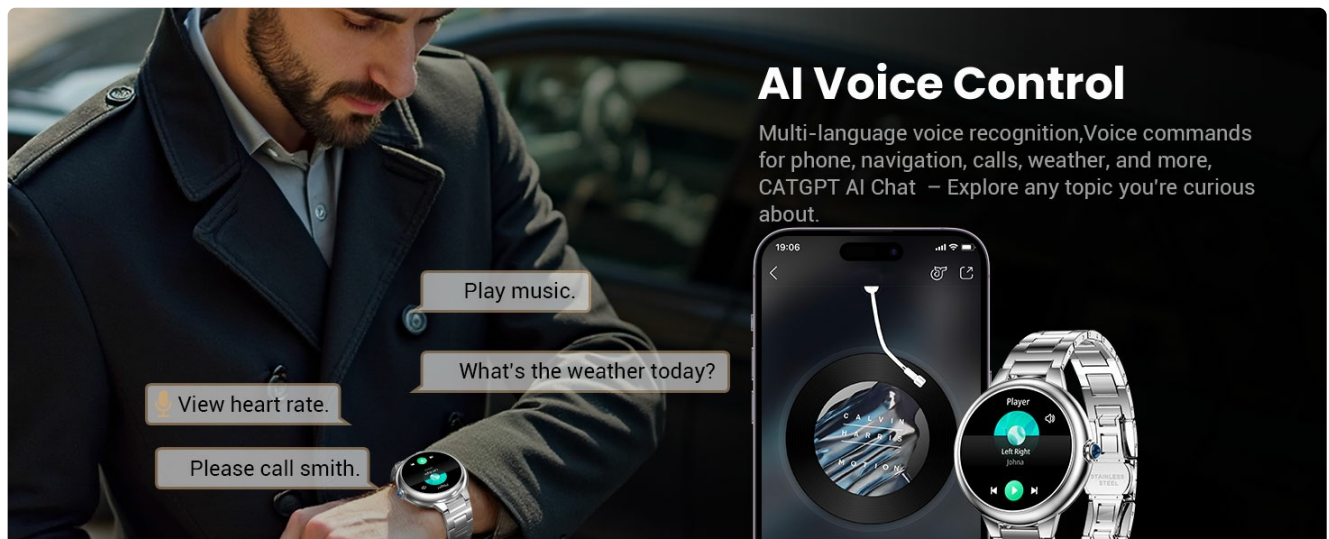


Image: Examples of AI voice commands for music, weather, and calls on the SOUYIE Smart Watch.

Other Smart Features

The smartwatch offers convenient tools such as weather updates, find my phone, flashlight, music playback control, camera remote, stopwatch, countdown timer, and adjustable settings for brightness and Do Not Disturb mode.

Scientific Sleep Analysis

Sleep Stage Detection – Identifies deep sleep, light sleep, and REM stages
Breathing Quality Score – Evaluates respiratory patterns during sleep
Sleep Apnea Risk Screening – Combines blood oxygen data to assess potential risks



Image: Icons representing various smart features like music, cloud, camera, stopwatch, and find phone on the SOUYIE Smart Watch.

HEALTH MONITORING

Heart Rate Monitoring

The TruSeen 5.5+ technology provides continuous 24/7 heart rate monitoring with ± 2 bpm accuracy. It also offers abnormal heart rate alerts for conditions like atrial fibrillation (AFib) and tachycardia, with emergency response recommendations.



Convenient Living

More daily essentials, right at your wrist

Quick Tools – Weather, Find Phone, Flashlight,
Smart Control – Music playback, Camera remote,
Dual Timer System – Stopwatch, Countdown timer,
Adaptive Settings – Brightness adjustment, Do Not Disturb.



Image: A man wearing the SOUYIE Smart Watch, with a graphic illustrating accurate heart rate monitoring.

Blood Pressure Monitoring

The smartwatch offers one-tap measurement for quick and easy blood pressure readings. Data automatically syncs to generate personalized reports. (Note: This is not a medical device; data is for reference only.)

Scientific Health Management: Break Free from Bad Habits, Embrace an Energetic Life

Smart Sedentary Alert – Gentle vibration reminders every 60 minutes, paired with guided standing stretches to relieve spinal pressure. **Precision Hydration Tracking** – Calculates personalized daily water intake based on weight, activity level, and environmental conditions, with timed reminders.



Image: A woman wearing the SOUYIE Smart Watch, with a graphic illustrating blood pressure monitoring.

Blood Oxygen (SpO2) Monitoring

The dual-ring SpO₂ sensor enables 10-second rapid oxygen detection with less than 2% error rate. It also provides high-altitude adaptation assessments, automatically triggering alerts above 3,000m elevation.

Breath Stress Test

Quantitative Assessment : Measures breathing frequency and HRV changes in just 3 minutes, generating a 0-100 stress index.
Real-Time Alerts : Detects abnormal breathing patterns (e.g., rapid breathing) and provides instant relaxation guidance.
Multi-Scenario Support : Enables workplace sedentary reminders, exercise load analysis, and other health management applications.



Image: A man wearing the SOUYIE Smart Watch, with a graphic illustrating blood oxygen detection.

Sleep Tracking and Analysis

The smartwatch tracks sleep stages (deep sleep, light sleep, REM) and provides respiration analysis to improve rest quality, enhancing sleep efficiency by up to 37% (lab data).

Product Contents:

Package ×1
User Manual ×1
Smartwatch ×1
Charging Cable ×1
Regulator ×1



Image: A woman sleeping while wearing the SOUYIE Smart Watch, with a graphic illustrating scientific sleep analysis.

Stress Monitoring and Breath Training

Perform a 3-minute HRV-based breathing stress test to get a 0–100 stress index and receive relaxation suggestions. Real-time alerts detect abnormal breathing patterns and provide instant relaxation guidance.

Accurate Heart Rate Monitoring

Powered by TruSeen 5.5+ Technology – 24/7 real-time monitoring with ± 2 bpm error rate
Abnormal Heart Rate Alerts – Detects conditions like atrial fibrillation (AFib) and tachycardia, with emergency response recommendations



Image: A man performing a breath stress test using the SOUYIE Smart Watch, showing stress index and relaxation suggestions.

Sedentary and Hydration Reminders

The smartwatch helps you develop better daily habits with smart sedentary alerts (gentle vibration reminders every 60 minutes) and precision hydration tracking (user-defined alerts based on weight, activity level, and environmental conditions).



Blood Pressure Monitoring

One-Tap Measurement – Quick and easy readings
Trend Reports – Data automatically syncs to generate personalized reports For Reference Only – Not a substitute for medical diagnosis. Seek immediate medical attention if abnormal readings occur.

Image: A woman using the SOUYIE Smart Watch for scientific health management, including sedentary and hydration reminders.

Female Health Tracking

The advanced health cycle tracking system delivers 92% prediction accuracy, providing data-based personal insights for menstrual cycle management.



Cycle Guardian – Smart Management for Your Biological Rhythm

Precise Cycle Tracking , AI-Powered Data Modeling , Personalized Cycle Calibration , Smart Symptom Alerts , Real-Time Health Monitoring , Optimized Menstrual Wellness.



Image: A woman wearing the SOUYIE Smart Watch, displaying the cycle tracking feature for biological rhythm management.

SPORTS & FITNESS TRACKING

Multi-Dimensional Motion Tracking

The smartwatch automatically detects 8 workout modes and provides running posture analysis, tracking cadence, stride, and landing pattern for accurate performance insights. After training, it generates a personalized performance curve using HRV data, offering tailored recommendations to help improve endurance and results.

Personalized Expression: Let Wrist Aesthetics Grow Freely, Smart Scene Adaptation – The Dial Knows You Better

Vast Dial Library – Thousands of stylish
watch faces AI-Generated Dials – Custom
designs powered by smart algorithms
DIY Customization – Create your own
unique watch face



Image: A man exercising while wearing the SOUYIE Smart Watch, with a graphic illustrating full-dimensional motion tracking.

Pro-Grade Sports Algorithm System

Powered by the SiChe 561 + VC30F-S dual-core processor, this fitness smartwatch automatically detects multiple exercise postures using a 16-bit gravity sensor. It intelligently switches between activity modes and provides motion frequency, load, and performance analysis. The military-grade LIS2DOCTR sensor ensures high-precision tracking, up to 30% more accurate than industry standards.



Multi-Dimensional Fitness Dashboard: Real-Time Step, Calorie & Distance Tracking

16-bit High-Precision Gravity Sensor with 0.01s Instant Response Smart Recognition of 8 Exercise Modes Comprehensive Analysis of Daily Activity & Workout Data Quantify Your Health Progress

Image: A man exercising while wearing the SOUYIE Smart Watch, displaying real-time step, calorie, and distance tracking.

MAINTENANCE

Water Resistance (IP67)

The smartwatch features IP67 waterproofing with a nano-coating finish and silicone seal dual protection, improving waterproof performance by 50%. It is suitable for handwashing, sweat, rain, and washing your face, but not recommended for swimming or showering.

H-Shaped Links: The Perfect Balance of Industrial Aesthetics



Material & Craftsmanship – The bracelet features H-shaped links crafted from stainless steel or precious metals , with alternating mirror-polished and satin-finished surfaces for a striking play of light and shadow ,



Image: The SOUYIE Smart Watch submerged in water, illustrating its IP67 waterproof protection.

Cleaning and Care

Regularly clean your smartwatch and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

Battery Life Optimization

To maximize battery life, adjust screen brightness, limit frequent notifications, and utilize the smart power-saving mode which automatically disables non-essential sensors.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Unable to pair with phone:**
 - a. Ensure Bluetooth is enabled on your phone.
 - b. Make sure the watch is within Bluetooth range of your phone.
 - c. Restart both your phone and the smartwatch.
 - d. Check the "OnWear Pro" app for any specific pairing instructions or updates.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Keep the sensor clean.
- **Notifications not appearing:** Check app permissions in your phone's settings and ensure notifications are enabled for the "OnWear Pro" app. Also, verify notification settings within the app itself.

SPECIFICATIONS

Model Number	H65
Display Size	1.19 Inches AMOLED
Operating System	Android, iOS
Connectivity	Bluetooth

Battery Capacity	250 Amp Hours
Water Resistance	IP67
Item Weight	7.8 ounces
Special Features	DA GPT, AI custom watch faces, Screen off clock, Bluetooth call, Activity tracker, Alarm clock, Blood pressure monitor, Calorie tracker, Camera, Heart rate monitor, Notifications, Oximeter (SpO2), Pedometer, Phone, Sleep monitor, Text messaging

WARRANTY & SUPPORT

Your SOUYIE H65 Smart Watch includes a **3-Year Quality Guarantee** from the date of purchase. Any non-human performance issues are fully covered with free repair or replacement. For customer support, please contact our 24/7 service team.

For further assistance, visit the official SOUYIE store: [SOUYIE Store](#)