

## Nilox Onair

# Nilox ONAIR Screenless Smart Band Fitness Instruction Manual

Model: ONAIR

## 1. INTRODUCTION

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Welcome to the Nilox ONAIR Screenless Smart Band Fitness. This device is designed for 24/7 health and activity monitoring, featuring a minimal design and long-lasting battery. This manual provides essential information for setting up, operating, and maintaining your smart band.

### What's in the Box:

- Nilox ONAIR Screenless Smart Band
- Charging Cable
- Watch Strap (2 included: Black and Grey)
- User Manual



Image: The NiloX ONAIR Smart Band packaging, showing the box contents including the band, charging cable, and user manual.

## 2. SETUP

### 2.1 Charging the Device

Before first use, fully charge your NiloX ONAIR Smart Band. Connect the charging cable to the device's charging contacts and plug the USB end into a power source (e.g., computer USB port or USB wall adapter). A full charge provides up to 25 days of battery life.



Image: The Nilox ONAIR Smart Band connected to its charging cable, illustrating how to properly charge the device.

## 2.2 Attaching the Strap

The Nilox ONAIR Smart Band comes with interchangeable straps. To attach a strap, align the pins on the strap with the holes on the device body and push until it clicks into place. Ensure both sides are securely fastened.



Image: The Nilox ONAIR Smart Band with a black fabric strap attached, ready for wear.

## 2.3 App Installation and Pairing

Download the **Nilox ONAIR App** from your smartphone's app store. Follow the on-screen instructions to

create an account and pair your device via Bluetooth. The app is essential for accessing all features and monitoring your data.

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Video: An overview of the Smart Band, Fitness Tracker, and its features, including app connectivity and data synchronization. This video demonstrates the unboxing and initial setup process, including how to connect the device to the companion app.

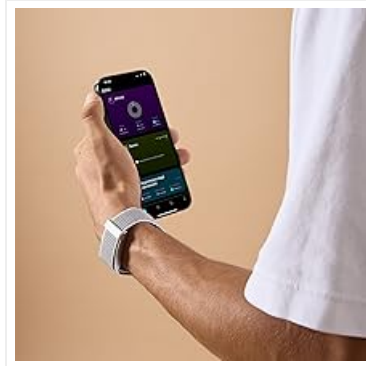


Image: A person interacting with the NiloX ONAIR app on a smartphone, demonstrating the synchronization of data from the smart band.

## 3. OPERATING YOUR NILOX ONAIR SMART BAND

### 3.1 Core Functions

- **24/7 Advanced Monitoring:** The device continuously tracks heart rate, HRV (Heart Rate Variability), SpO2 (Blood Oxygen), blood pressure, and body temperature.
- **Activity Tracking:** Access over 100 sports modes through the app to track your workouts.
- **Sleep Monitoring:** Automatically monitors your sleep patterns, including light and deep sleep.
- **Smart Coaching:** Utilizes the GOMORE Algorithm to provide intelligent analysis and personalized suggestions for improving well-being and sports performance.
- **Menstrual Cycle Monitoring:** Track your menstrual cycle by setting up a personalized calendar within the app.



Image: A screenshot of the NiloX ONAIR app dashboard, displaying various health metrics such as steps, heart rate, and sleep data.

### 3.2 Using the App

The NiloX ONAIR App is your central hub for all data and settings. It allows for real-time synchronization via

Bluetooth, access to detailed health reports, guided breathing exercises, and a personal diary to monitor progress. Ensure your device is connected to your smartphone for optimal data transfer.



Image: A person sleeping while wearing the Nilox ONAIR Smart Band, illustrating its sleep monitoring capability.



Image: A person playing football while wearing the Nilox ONAIR Smart Band, highlighting its use during sports activities.

## 4. MAINTENANCE

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### 4.1 Cleaning Your Device

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

### 4.2 Storage

When not in use, store the device in a cool, dry place away from direct sunlight and extreme temperatures.

## 5. TROUBLESHOOTING

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- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with app:**
  - a. Ensure Bluetooth is enabled on your smartphone.
  - b. Make sure the device is within range of your smartphone.
  - c. Restart both your smartphone and the smart band.
  - d. Check if the app has necessary permissions on your phone.
- **Inaccurate readings:**
  - a. Ensure the band is worn snugly on your wrist, but not too tight.

- b. Clean the sensors on the back of the device.
- c. Avoid excessive movement during measurements.

- **Short battery life:**

- a. Reduce the frequency of continuous monitoring settings in the app.
- b. Ensure the device is fully charged each time.

## 6. SPECIFICATIONS

<b>Brand</b>	Nilox
<b>Model Name</b>	Onair
<b>Memory Capacity</b>	64 MB
<b>Compatible Devices</b>	Smartphone
<b>Special Features</b>	Advanced health and activity monitoring, long-lasting battery, intelligent coaching
<b>Display</b>	Screenless
<b>Average Battery Life</b>	25 Days
<b>Battery Capacity</b>	180 mAh (Modifier unknown)
<b>Wireless Type</b>	Bluetooth
<b>Connectivity Technology</b>	Bluetooth
<b>Human Interface Input</b>	Touchscreen (via app)
<b>Item Weight</b>	210 g
<b>GPS</b>	No GPS
<b>Shape</b>	Rectangular
<b>Style</b>	Minimalist

## 7. WARRANTY INFORMATION

For warranty details, please refer to the specific warranty card included with your product or visit the official Nilox website. Keep your proof of purchase for any warranty claims.

## 8. SUPPORT

If you encounter any issues not covered in this manual or require further assistance, please contact Nilox customer support. You can find contact information on the official Nilox website or through the Nilox ONAIR App.

Visit the official Nilox store for more information: [Nilox Store](#)

