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## Gwenland SY01

# Gwenland Smart Ring SY01 User Manual

Model: SY01

## INTRODUCTION

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Welcome to the Gwenland Smart Ring SY01 user manual. This smart ring is designed to enhance your daily life by providing comprehensive health and fitness tracking. It features an intuitive LED display and touch controls, allowing you to access vital information directly from your finger. This manual will guide you through the setup, operation, maintenance, and troubleshooting of your new smart ring.

## 1. SETUP

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### 1.1 Sizing and Fit

Before using your Gwenland Smart Ring, ensure you have the correct size for optimal data collection and comfort. It is recommended to measure both your joint circumference and finger circumference. The Gwenland smart rings use unique sizing. Refer to the sizing chart below to find your comfortable and accurate fit.

# Multiple Sizes of Rings

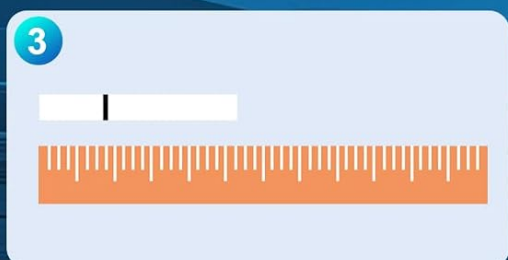
Purchase Gwenland Sizing Kit First



1. Take a non-elastic string or strip of paper.



2. Wrap it around the index finger, mark the point where the ends overlap.



3. Measure the distance between two marks.

**Tip:** Wearing on the index finger, middle finger or ring finger is recommended  
(Note: Too loose or tight will affect data collection).

| Size | Inner diameter<br>(mm/inch) |      | Perimeter<br>(mm/inch) |      |
|------|-----------------------------|------|------------------------|------|
| 8    | 18.2                        | 0.72 | 57.1                   | 2.25 |
| 9    | 19.0                        | 0.75 | 59.6                   | 2.35 |
| 10   | 19.9                        | 0.78 | 62.4                   | 2.46 |
| 11   | 20.7                        | 0.82 | 64.9                   | 2.56 |
| 12   | 21.5                        | 0.85 | 67.5                   | 2.66 |
| 13   | 22.3                        | 0.88 | 70.0                   | 2.76 |
| 14   | 23.0                        | 0.91 | 72.5                   | 2.85 |
| 15   | 23.8                        | 0.94 | 74.7                   | 2.94 |

**Image Description:** A visual guide demonstrating how to measure your finger for the correct ring size. It shows three steps: 1. Take a non-elastic string or strip of paper. 2. Wrap it around your index finger, mark the point where the ends overlap. 3. Measure the distance between the two marks. A table lists ring sizes (8-15) with corresponding inner diameter (mm/inch) and perimeter (mm/inch) measurements. A tip suggests wearing the ring on the index, middle, or ring finger, noting that too loose or too tight a fit will affect data collection.

**Tip:** Wearing the ring on the index, middle, or ring finger is recommended. A fit that is too loose or too tight will affect data collection accuracy.

## 1.2 App Download and Pairing

The Gwenland Smart Ring SY01 requires the **RWFit app** for full functionality and data synchronization. The app is compatible with iOS 10.0+ and Android 5.0+ devices.

1. Download the "RWFit" app from the Apple App Store (for iOS) or Google Play Store (for Android).
2. Ensure your smartphone's Bluetooth is enabled.
3. Open the RWFit app and follow the on-screen instructions to create an account or log in.
4. Within the app, search for and select your Smart Ring (device name: SY01) to pair.

5. **Troubleshooting Pairing:** If the Bluetooth connection cannot be established, ignore "SY01" in your mobile phone's Bluetooth settings and reconnect via the RWFit app. Always keep the app updated to the latest version.

## 2. OPERATING INSTRUCTIONS

### 2.1 Touch Display and Data Access

The Smart Ring features an LED display and intuitive touch controls for quick access to your data without needing your phone.



**Image Description:** An illustration showing the smart ring on a finger with various data points displayed around it, indicating how a single touch on the ring's display cycles through information. Data points include Time, Steps, Heart Rate, Blood Oxygen (SpO2), Sleep, and Battery Level. It highlights the "Touch Button" for power on/off and interface switching, and the "Display Screen" where information appears.

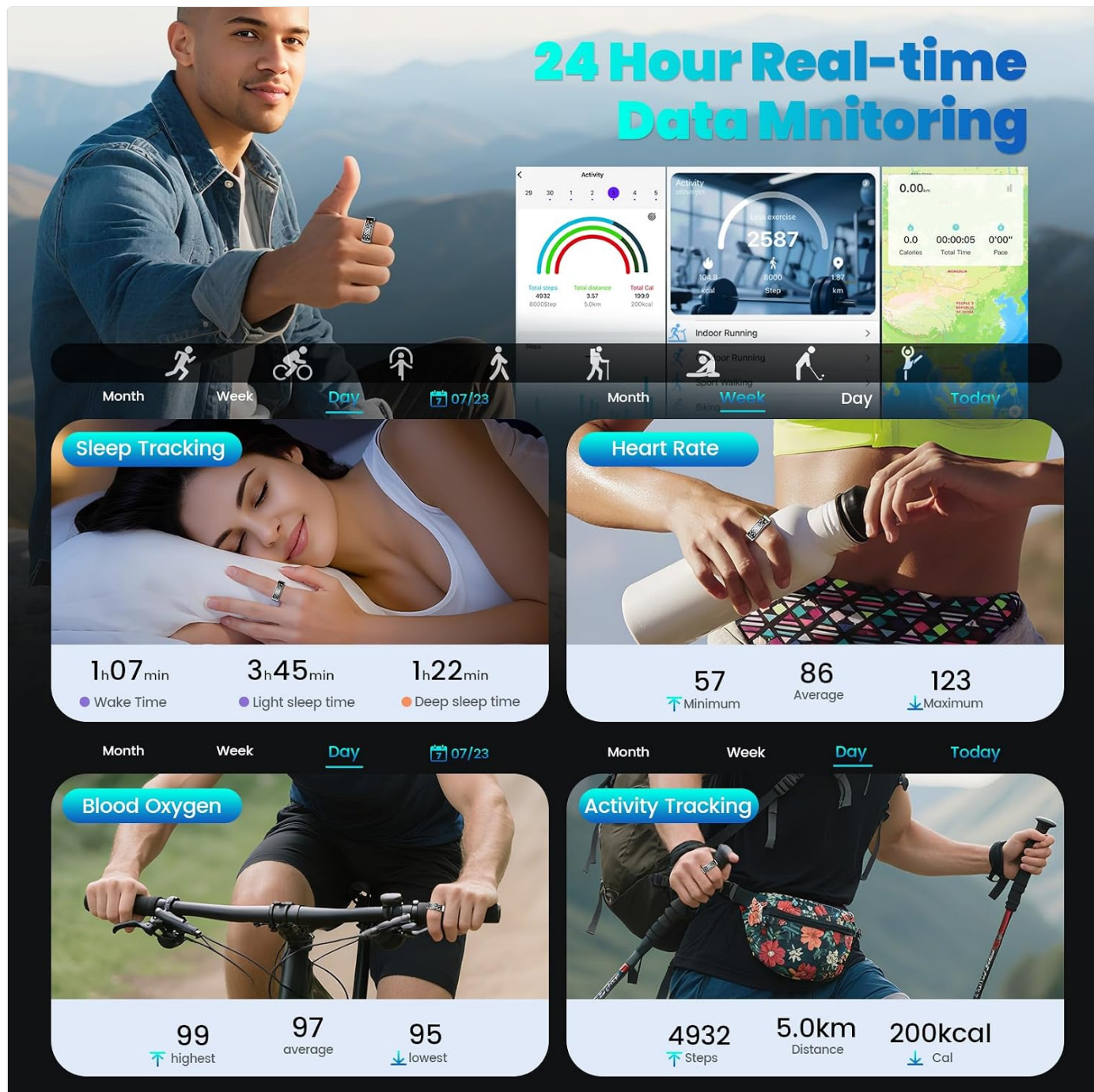
- **One tap:** Display time.
- **Two taps:** Display steps.
- **Three taps:** Display heart rate.

- **Four taps:** Display blood oxygen (SpO2).
- **Five taps:** Display sleep mode data.
- **Six taps:** Display battery status.

The display brightness can be adjusted via the app.

## 2.2 Health and Activity Monitoring

The Smart Ring continuously monitors various health and activity metrics throughout the day and night.



**Image Description:** A collage showing the smart ring's 24-hour real-time data monitoring capabilities. It displays screenshots from the companion app, illustrating sleep tracking (wake time, light sleep, deep sleep), heart rate monitoring (minimum, average, maximum), blood oxygen levels (highest, average, lowest), and activity tracking (steps, distance, calories). A person is shown sleeping, exercising, and cycling, all while wearing the smart ring.

- **Activity Tracking:** Accurately records daily activity data including steps taken, distance traveled, and calories burned.
- **Heart Rate Monitoring:** Provides real-time heart rate data.

- **Blood Oxygen Measurement (SpO2):** Monitors blood oxygen levels.
- **Sleep Quality Analysis:** Tracks sleep duration and phases (light, deep, wake time).
- **Stress Monitoring:** Monitors stress levels.
- **HRV Monitoring:** Tracks Heart Rate Variability.
- **Multiple Sport Modes:** Supports various activities such as walking, running, cycling, hiking, and mountaineering to make your workouts traceable and effective.

All collected data can be viewed and analyzed in detail through the RWFit app.

## 2.3 Hand Gesture Control

The Smart Ring supports hand gesture control for convenient interaction with your smartphone.



**Image Description:** An image illustrating the hand gesture control feature of the smart ring. A hand wearing the ring is shown interacting with multiple smartphones displaying different applications like TikTok, music player, and camera. Text indicates that with a wave of your finger, you can control your phone to take photos, switch videos, control music, and flip through e-books.

- **Remote Photography:** Control your phone's camera to take photos with a gesture.

- **Video Control:** Switch videos on platforms like TikTok.
- **Music Control:** Manage music playback.
- **E-book Navigation:** Flip through pages in e-books.

Ensure the ring is properly paired and the RWFit app is running in the background for gesture control functionality.

## 2.4 Water Resistance (IP68)

The Smart Ring is IP68 rated, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes.



**Image Description:** An image depicting the smart ring submerged in water, with bubbles around it, emphasizing its IP68 waterproof rating. Icons below the image indicate its suitability for swimming, sweating, rain, and hand washing.

This makes the ring suitable for activities such as swimming, showering, and hand washing. It is resistant to sweat, rain, and splashes, maintaining excellent performance during intensive activities.

### 3. MAINTENANCE

#### 3.1 Charging the Smart Ring

The Smart Ring comes with a portable 200mAh charging case, providing extended battery life.



**Image Description:** An illustration of the smart ring being charged wirelessly by its 200mAh charging case. The charging case is connected via a USB-C cable. Text indicates "Charge 1 Hour" for "7 Days Basic use with minimal notifications" and "5 Days Active tracking and frequent smart ring usage."

- Place the Smart Ring into the charging case. Ensure the charging contacts align.
- Connect the charging case to a power source using the provided magnetic charging cable or USB-C cable.
- A full charge takes approximately 1 hour.
- The charging case can fully recharge the ring at least five times, extending usage up to 20-30 days without frequent recharging.
- **Power Saving Tip:** To conserve battery when not in use, ensure the smart ring is in shutdown mode.

### 3.2 Cleaning

To maintain the ring's appearance and functionality, clean it regularly:

- Wipe the ring with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the ring's finish and sensors.
- Ensure the charging contacts are clean and dry before charging.

## 4. TROUBLESHOOTING

### 4.1 Common Issues and Solutions

| Issue                        | Possible Cause                                                           | Solution                                                                                                                                                                                                                                                                                              |
|------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cannot connect via Bluetooth | Incorrect pairing procedure, app not updated, Bluetooth interference.    | <ul style="list-style-type: none"><li>• Ensure Bluetooth is enabled on your phone.</li><li>• Forget "SY01" in your phone's Bluetooth settings, then reconnect through the RWFit app.</li><li>• Update the RWFit app to the latest version.</li><li>• Restart your phone and the smart ring.</li></ul> |
| Inaccurate data readings     | Improper fit, dirty sensors, ring not worn correctly.                    | <ul style="list-style-type: none"><li>• Ensure the ring fits snugly but comfortably on your finger (index, middle, or ring finger recommended).</li><li>• Clean the sensors on the inside of the ring.</li><li>• Ensure the ring is worn with the sensors in contact with your skin.</li></ul>        |
| Ring not charging            | Misaligned contacts, faulty cable/charger, dirty contacts.               | <ul style="list-style-type: none"><li>• Ensure the ring is correctly seated in the charging case and contacts align.</li><li>• Try a different charging cable or power adapter.</li><li>• Clean the charging contacts on both the ring and the case.</li></ul>                                        |
| Short battery life           | Frequent use of display, constant notifications, ring not fully charged. | <ul style="list-style-type: none"><li>• Reduce display interactions if not needed.</li><li>• Ensure the ring is fully charged before use.</li><li>• Place the ring in shutdown mode when not in active use to save power.</li></ul>                                                                   |

## 5. SPECIFICATIONS

| Feature                        | Detail                                    |
|--------------------------------|-------------------------------------------|
| Brand                          | Gwenland                                  |
| Model Name                     | SY01                                      |
| Manufacturer                   | Dongguan sanyi Zhijie Technology Co., LTD |
| Operating System Compatibility | Android 5.0+ and iOS 10.0+                |
| Compatible Devices             | Smartphone                                |

| Feature              | Detail                                                                                                                                                                                                                                                                                                                                                         |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Special Features     | Blood oxygen measurement, heart rate monitoring, health monitoring, fitness tracking, sleep quality analysis, stress monitoring, HRV, IP68 waterproof, LED display and high-quality touch display, mini-game, suitable for both hands, adjustable display brightness, long battery life, remote photography, gesture control, no app costs, wireless charging. |
| Included Components  | 1 x magnetic charging cable, 1 x USB-C charging cable, 1 x charging case, 1 x smart ring, 2 x Manuals                                                                                                                                                                                                                                                          |
| Display Type         | LED                                                                                                                                                                                                                                                                                                                                                            |
| Average Battery Life | 5 Days (up to 20-30 days with charging case)                                                                                                                                                                                                                                                                                                                   |
| Battery Capacity     | 200 Milliampere-hour (charging case)                                                                                                                                                                                                                                                                                                                           |
| Battery Composition  | Lithium-polymer                                                                                                                                                                                                                                                                                                                                                |
| Wireless Type        | Bluetooth                                                                                                                                                                                                                                                                                                                                                      |
| Input Device         | Touchscreen                                                                                                                                                                                                                                                                                                                                                    |
| Water Resistance     | IP68                                                                                                                                                                                                                                                                                                                                                           |
| Weight               | 3.2 g (ring only)                                                                                                                                                                                                                                                                                                                                              |

## 6. WARRANTY INFORMATION

Specific warranty details are typically provided with your product packaging or can be obtained from the retailer or manufacturer's official website. Please refer to the documentation included with your Gwenland Smart Ring SY01 for precise warranty terms and conditions. Generally, products come with a limited warranty covering manufacturing defects. For warranty claims, retain your proof of purchase.

## 7. SUPPORT

For further assistance, technical support, or inquiries regarding your Gwenland Smart Ring SY01, please contact the manufacturer or retailer where you purchased the product.

- **Manufacturer:** Dongguan sanyi Zhijie Technology Co., LTD
- **App Support:** Refer to the RWFit app for in-app support options or FAQs.
- **Online Resources:** Check the official Gwenland website for updated manuals, FAQs, and support contact information.

Always ensure your RWFit app is updated to the latest version for optimal performance and access to the newest features and bug fixes.

### ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

**Name**

Anonymous

**Email**

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

**Question**

Example: How do I reset this device or fix this error?

**Details**

Model number, symptoms, what you tried, or the section of the manual you are using.

**Submit question**