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› Gwenland Smart Ring SY01 User Manual

Gwenland SY01

Gwenland Smart Ring SY01 User Manual

Model: SY01

INTRODUCTION

This manual provides detailed instructions for the Gwenland Smart Ring SY01, a versatile health and fitness tracker designed for both men and women. It features an LED screen for quick data access, automatic health monitoring (heart rate, SpO2, HRV, sleep), comprehensive activity tracking, and a long-lasting battery with a portable charging case. The ring is IP68 waterproof and compatible with iOS and Android devices.

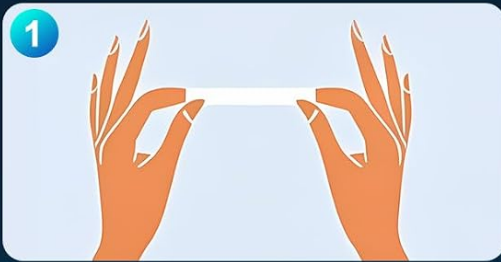
1. SETUP

1.1. Determining Your Ring Size

Before purchasing the Gwenland smart ring, it is highly recommended to consult the size chart and measure both your knuckle and finger circumference. Considering both measurements will help avoid unnecessary returns or exchanges. Gwenland smart rings use unique sizes. By purchasing a ring sizing kit, you can find the precise and comfortable fit.

Multiple Sizes of Rings

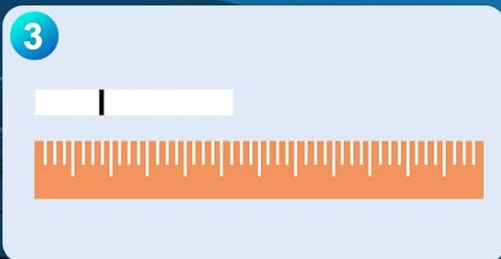
Purchase Gwenland Sizing Kit First



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 (mm/inch)		Perimeter (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 showing how to measure finger size using a strip of paper and a ruler to determine the correct ring size. It includes a table with inner diameter and perimeter measurements for sizes 8 through 15. A tip recommends wearing the ring on the index, middle, or ring finger, noting that too loose or too tight a fit will affect data collection.

1.2. Initial Charging

The smart ring comes with a 200mAh portable charging case. A 1-hour charge provides up to 5 days of active tracking and frequent usage. With the charging case, the ring can be fully recharged at least five times, extending usage up to 20-30 days without frequent recharges. To conserve energy when not in use, place the smart ring in sleep mode.

200mAh Charging Case

Charge 1 Hour

7 Days

Basic use with minimal notifications

5 Days

Active tracking and frequent smart ring usage



Illustration of the Gwenland Smart Ring being charged wirelessly in its 200mAh charging case, connected via a USB-C cable. The image highlights 'Charge 1 Hour', '7 Days Basic use', and '5 Days Active tracking'.

1.3. App Connection

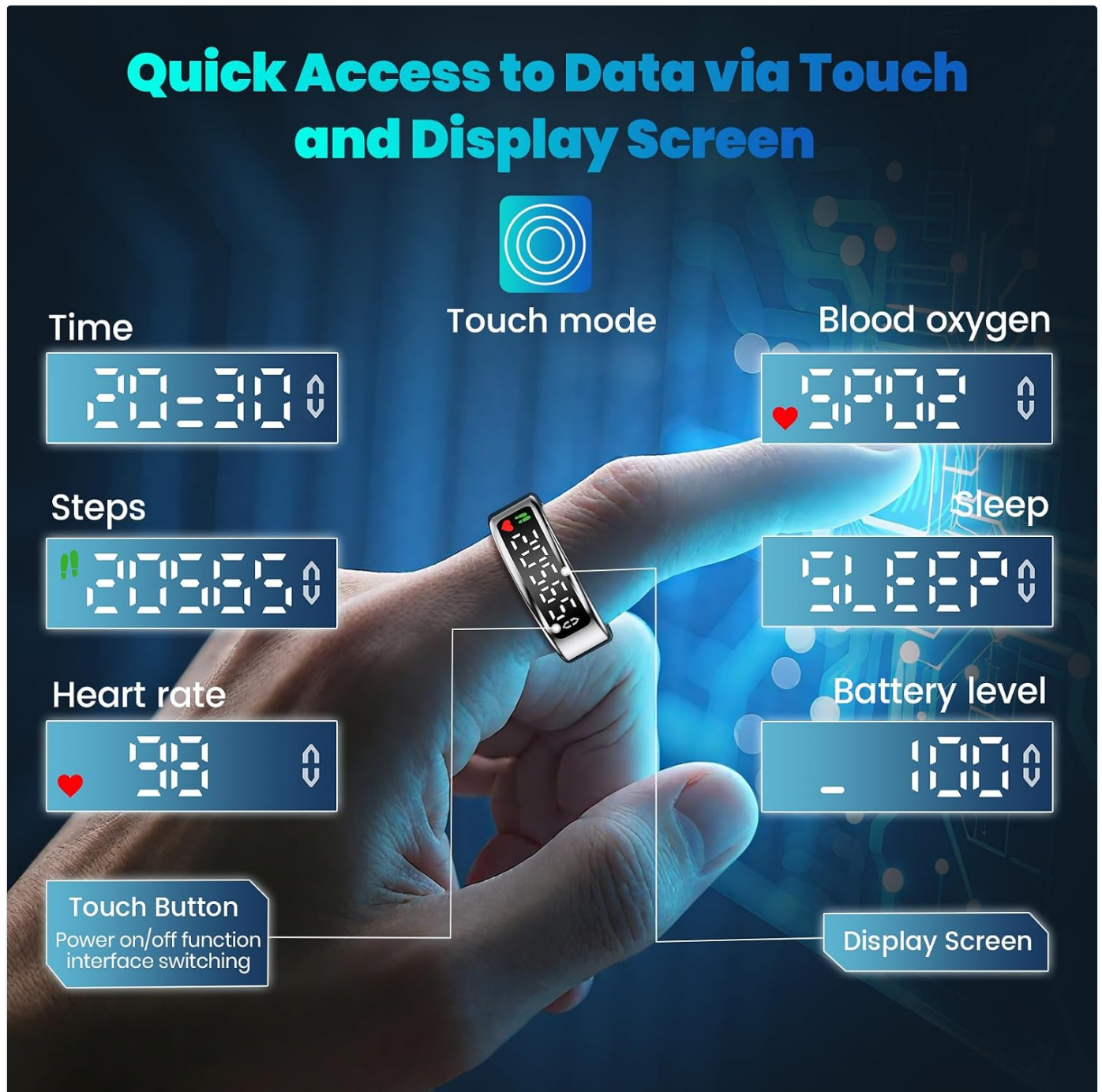
The Gwenland Smart Ring SY01 is compatible with iOS 10.0+ and Android 5.0+ operating systems. To connect your smart ring, download the official Gwenland application from your device's app store. Enable Bluetooth on your smartphone and follow the in-app instructions to pair your ring. The application allows you to view detailed health data, activity logs, and customize settings.

2. OPERATING THE SMART RING

2.1. Quick Data Access via LED Screen

The smart ring features a high-resolution LED screen and intuitive touch control. A simple tap on the ring allows you to access essential information such as time, step count, heart rate, blood oxygen saturation (SpO2), and sleep quality without needing your

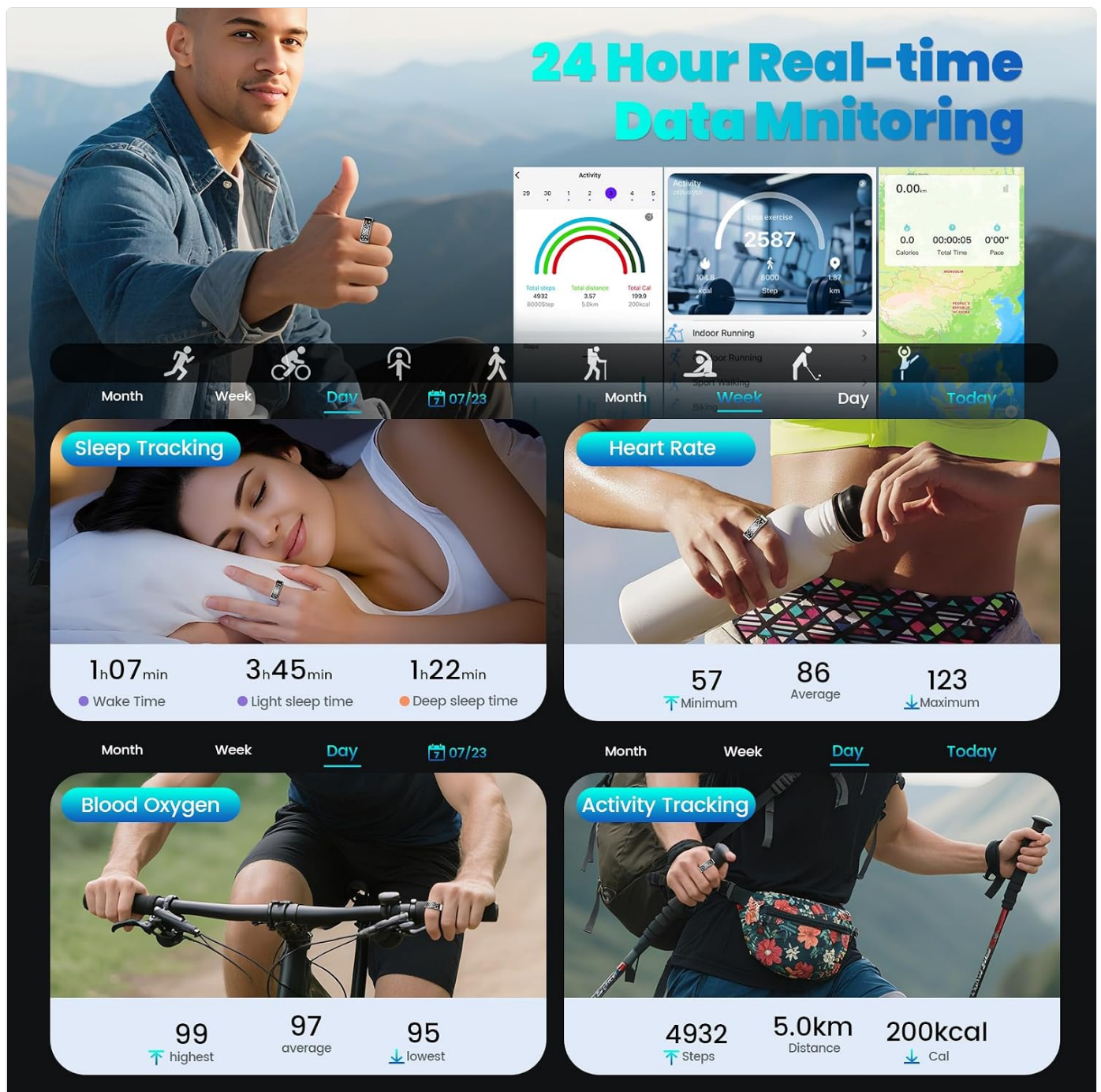
phone. The display can be adjusted for wear on either the left or right hand.



A close-up image of the Gwenland Smart Ring on a finger, displaying various data points on its LED screen. The image shows 'Time', 'Steps', 'Heart rate', 'Blood oxygen (SpO2)', 'Sleep', and 'Battery level', along with a 'Touch Button' for power on/off and interface switching.

2.2. Health Monitoring

The smart ring automatically tracks and measures your activity, heart rate, sleep quality (including duration and phases), step count, blood pressure, heart rate variability (HRV), and oxygen saturation (SpO2). This comprehensive monitoring helps you easily identify health trends.



A collage of images demonstrating the smart ring's 24-hour real-time data monitoring capabilities. It shows a person exercising, and screenshots of an app displaying sleep tracking (wake time, light sleep, deep sleep), heart rate (minimum, average, maximum), blood oxygen levels (highest, average, lowest), and activity tracking (steps, distance, calories burned).

2.3. Activity Tracking

As a full-fledged fitness ring, this smart ring accurately records all your daily activity data, including steps, distance traveled, calories burned, and real-time heart rate. It supports multiple sports activities such as walking, running, hiking, and climbing, making every workout traceable and effective.

2.4. Gesture Control

With a simple wave of your finger, you can control your phone to take photos, switch videos, control music playback, and flip through e-books. This feature enhances convenience and interaction with your smartphone.

Hand Gesture Control

With just a wave of your finger, you can control your phone to take photos and switch videos, control music, and flip through e-books.



TikTok



Music



Photo



An image illustrating the hand gesture control feature, showing a finger wearing the smart ring interacting with three smartphones displaying music, TikTok, and photo applications. Text indicates control over 'Music', 'TikTok', and 'Photo' functions.

2.5. Water Resistance

The Gwenland Smart Ring SY01 boasts an IP68 water resistance rating, meaning it is protected against dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. This makes it suitable for activities like swimming, sweating, rain exposure, and hand washing.

IP68 Class Waterproof



An image depicting the smart ring being worn underwater, surrounded by bubbles, with icons for 'Swim', 'Sweat', 'Rain', and 'Hand Washing' to illustrate its IP68 waterproof capabilities.

3. MAINTENANCE

3.1. Charging Practices

Ensure the charging contacts on both the ring and the charging case are clean and dry before placing the ring in the case. Charge the device regularly to maintain optimal battery performance.

3.2. Cleaning the Smart Ring

To clean the smart ring, gently wipe it with a soft, damp cloth. Avoid using abrasive materials or harsh chemicals, as these can damage the device's finish or internal components. Ensure the ring is completely dry before wearing or charging.

3.3. Water Resistance Guidelines

While the ring is IP68 waterproof, it is recommended to avoid prolonged exposure to hot water, steam, or high-pressure water jets, as these can compromise the seal over time. Always dry the ring thoroughly after exposure to water.

4. TROUBLESHOOTING

4.1. Display Not Working / Device Not Turning On

If the LED display does not activate or the ring does not turn on, ensure it is fully charged. Place the ring in its charging case and verify that the charging indicator lights up. If the issue persists after charging, try resetting the device by holding the touch button for an extended period (refer to the app for specific reset instructions). If the problem continues, contact customer support.

4.2. Inaccurate Data (Steps, Sleep, Heart Rate)

For accurate data collection, ensure the ring fits snugly but comfortably on your finger (index, middle, or ring finger recommended). A loose fit can lead to inaccurate readings. Ensure the ring's sensors are clean. If discrepancies persist, compare data with other reliable devices and recalibrate through the app if available. Environmental factors and individual physiology can also influence readings.

4.3. Connectivity Issues (Bluetooth)

If the ring fails to connect to the app via Bluetooth, ensure Bluetooth is enabled on your smartphone and the ring is within range. Restart both the ring (if possible) and your smartphone. Reinstalling the app and attempting to pair again can also resolve connectivity problems. Ensure the app has necessary permissions on your phone.

4.4. Short Battery Life

Battery life can vary based on usage intensity and settings. Ensure the ring is fully charged. If you experience significantly shorter battery life than expected, check for any background processes or high-frequency monitoring settings that might be draining power. Placing the ring in sleep mode when not in active use can conserve energy.

5. SPECIFICATIONS

Feature	Detail
Brand	Gwenland
Model Name	SY01
Color	Silver
Operating System Compatibility	iOS 10.0+ and Android 5.0+
Connectivity Technology	Bluetooth

Special Features	Oxygen saturation measurement, Heart rate monitoring, Health tracking, Fitness tracking, Sleep quality analysis, Pressure monitoring, Pressure rate measurement, Heart Rate Variability (HRV), IP68 Waterproof, High-quality LED & Touch screen, Ambidextrous wear, Ring brightness adjustment, Long battery life, Remote photo capture, Gesture control, Free app, Wireless charging
Compatible Devices	Smartphone
Battery Composition	Lithium-polymer
Rechargeable Battery	Yes
GPS	Via smartphone
Shape	Round
Manufacturer	Dongguan sanyi Zhijie Technology Co., LTD
Release Date on Amazon.com.be	November 24, 2025

6. WARRANTY AND SUPPORT

The product includes a return policy of 30 days from the date of purchase. For technical support or warranty claims, please contact Gwenland customer service through the retailer where the product was purchased. Keep your proof of purchase for any warranty-related inquiries.

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

Answered questions about this manual

Why does my Gwenland Smart Ring SY01 disconnect from my phone, and why is it only syncing steps and sleep data without updating the battery status?

If your Gwenland Smart Ring SY01 is syncing steps and sleep but failing to update other data like battery status or real-time health metrics, it is likely experiencing a partial Bluetooth synchronization error or...

[Read full answer](#)