

## Cillso B0GQGYDJS7

# Cillso Smartwatch User Manual

Model: B0GQGYDJS7

## INTRODUCTION

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Thank you for choosing the Cillso Smartwatch. This manual provides detailed instructions on how to set up, operate, and maintain your device. This smartwatch features a 1.95-inch HD display, Bluetooth calling capabilities, IP68 water resistance, comprehensive health monitoring including SpO2 and sleep tracking, over 100 sports modes, and integrated Alexa for voice control. Please read this manual carefully to ensure optimal performance and longevity of your smartwatch.

## SETUP

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### 1. Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the provided charging cable to the charging port on the back of the watch and to a standard USB power adapter (not included). A full charge typically takes approximately **2 hours**. The watch has a **300mAh battery**, providing **5-7 days of normal use** and up to **30 days of standby time**.

# 110+ SPORT MODES



Image: The smartwatch display indicating a 1.95-inch screen, 2 hours charging time, 5-7 days normal use, 30 days standby time, and a 300mAh battery capacity.

## 2. App Installation and Pairing

- 1. Download the App:** Scan the QR code in the quick start guide or search for the companion app (e.g., 'GloryFit' as suggested by watch dial image) in your smartphone's app store (Android or iOS).
- 2. Register/Log In:** Follow the on-screen instructions to create an account or log in.
- 3. Pair the Smartwatch:** Ensure Bluetooth is enabled on your smartphone. Open the app, navigate to the device section, and select 'Add Device'. Choose your Cillso Smartwatch from the list of available devices. Confirm the pairing request on both your phone and the smartwatch.

## OPERATING INSTRUCTIONS

### 1. Basic Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select items.
- **Side Button:** Press the side button to return to the home screen or to wake up the display.

### 2. Bluetooth Calling

The smartwatch supports **Bluetooth 5.3 calling**, allowing you to make and receive calls directly from your wrist when connected to your smartphone. It features a **built-in microphone** and supports **call records** and up to **100 contacts**.

- **Answering Calls:** When an incoming call notification appears, tap the green phone icon to answer.
- **Rejecting Calls:** Tap the red phone icon to reject an incoming call.
- **Making Calls:** Access the dial pad or contact list on your smartwatch to initiate a call.



Image: The smartwatch displaying an incoming call, along with icons for built-in mic, Hi-Fi Spectra, call records, and 100 contacts. Examples of dial pad and contact list are also shown.

### 3. Health Monitoring

The smartwatch provides continuous health monitoring features to help you track your well-being.

- **Heart Rate Monitoring:** The watch continuously monitors your heart rate throughout the day. View your heart rate data on the watch or in the app.
- **Blood Oxygen (SpO2) Monitoring:** Measure your blood oxygen saturation levels.
- **Sleep Monitoring:** Tracks your sleep patterns, including deep sleep, light sleep, and wake times, to provide insights into your sleep quality.

# Personalized Watch Dials

The GloryFit app features 200+ stylish watch faces – choose from our collection or upload your favorite photos



Wide Color Gamut



AM LED



Color Accuracy



Image: Visual representation of heart rate, blood oxygen (SpO2), and sleep monitoring graphs and data on the smartwatch and a person sleeping while wearing the watch.

## 4. Sports Modes

The smartwatch supports **over 100 sports modes** to accurately track your workouts. Common modes include running, basketball, climbing, skipping, swimming, and badminton. It tracks metrics such as steps, distance, calories burned, and exercise duration.

# All-day Health Monitoring



Image: A person cycling with the smartwatch, illustrating various sports modes like running, basketball, climbing, skipping, swimming, and badminton. Also shows tracking for steps, distance, and calories.

## 5. Alexa Integration

With **Alexa integrated**, you can use voice commands to control music playback, check weather, set alarms, and more directly from your smartwatch.

## 6. Personalized Watch Dials

Customize your smartwatch with over **200 stylish watch faces** available through the companion app. You can also upload your favorite photos to create personalized watch dials. The display features wide color gamut, AM LED technology, and color accuracy.

# Multifunctional



## Music Control

Play, pause, skip tracks and adjust volume - all from your wrist, no phone needed

## Camera Control

Frame, focus, and snap photos or start/stop video recording— all without touching your phone



## Alarm Clock

Set it to wake you up at the optimal time - ensuring you start each day energized



Image: The smartwatch showcasing multiple personalized watch dial options, highlighting wide color gamut, AM LED, and color accuracy features.

## 7. Multifunctional Features

- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your connected smartphone.
- **Camera Control:** Remotely control your smartphone's camera to frame, focus, and snap photos or start/stop video recording.
- **Alarm Clock:** Set alarms to wake you up or remind you of important events.
- **Other Features:** Includes weather forecasts, stopwatch, timer, and more.

# Bluetooth 5.3 Calling

Accept or reject calls at the touch of a button and stay connected wherever you are so you don't miss any important information

-  Built-in Mic
-  Hi-Fi Spectro
-  Call Records
-  100 Contacts

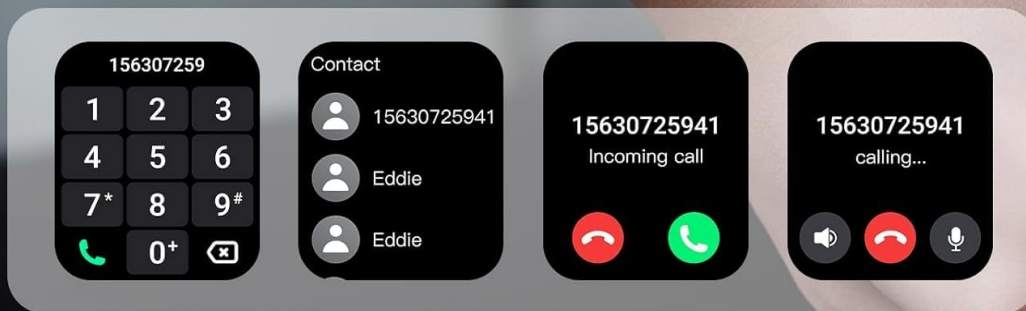


Image: The smartwatch displaying interfaces for music control, remote camera control, and alarm clock settings, along with icons for other features like temperature, weather, and microphone.

## MAINTENANCE

### 1. Cleaning

Wipe the smartwatch regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and then dry thoroughly. Avoid using harsh chemicals or abrasive materials.

### 2. Water Resistance (IP68)

The Cillso Smartwatch is **IP68 water-resistant**, meaning it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, hand washing, and light rain. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seal.

### 3. Battery Care

- Avoid extreme temperatures, which can degrade battery life.
- Charge the device fully before long periods of inactivity.
- Use only the provided charging cable.

## TROUBLESHOOTING

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- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again through the app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly.
- **Notifications not received:** Check app permissions on your phone to ensure the companion app has access to notifications. Verify that notifications are enabled within the app settings.
- **Alexa not responding:** Ensure the watch is connected to your phone and has an active internet connection. Check Alexa settings within the companion app.

## SPECIFICATIONS

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<b>Model Number</b>	B0GQGYDJS7
<b>Brand</b>	Cillso
<b>Screen Size</b>	1.95 Inches
<b>Connectivity Technology</b>	Bluetooth 5.3
<b>Water Resistance Rating</b>	IP68
<b>Battery Capacity</b>	300 mAh (Lithium-polymer)
<b>Charging Time</b>	Approx. 2 hours
<b>Normal Use Battery Life</b>	7-10 days
<b>Standby Time</b>	Up to 30 days
<b>Memory Storage Capacity</b>	1 GB
<b>Human Interface Input</b>	Microphone, Touchscreen
<b>Included Components</b>	Charging cable

## WARRANTY AND SUPPORT

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Warranty information for your Cillso Smartwatch is typically provided with your purchase documentation. Please refer to those materials for details regarding warranty coverage and terms. For technical support, product inquiries, or assistance with troubleshooting beyond this manual, please contact Cillso customer service through the contact information provided with your product or on the official Cillso website.