

- Manuals.plus /
- > [Xiaomi](#) /
 - > Xiaomi Redmi Watch 6 Lite Smartwatch User Manual

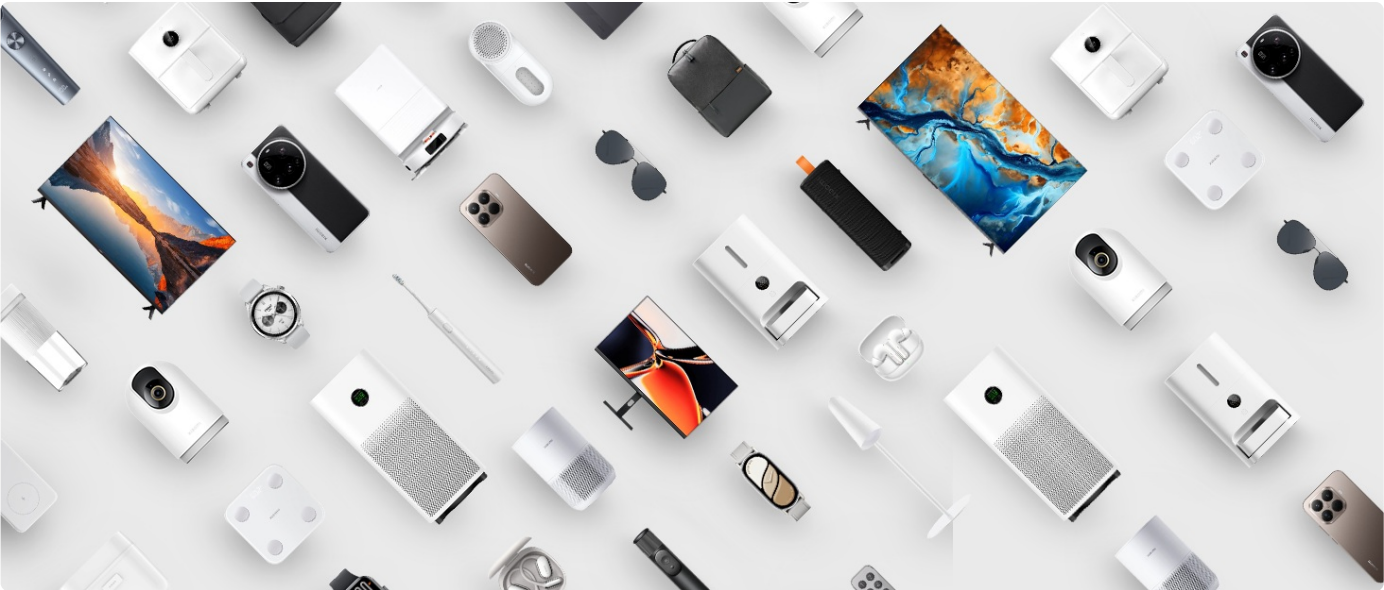
Xiaomi Redmi Watch 6 Lite

Xiaomi Redmi Watch 6 Lite Smartwatch User Manual

Model: Redmi Watch 6 Lite

1. INTRODUCTION

Thank you for choosing the Xiaomi Redmi Watch 6 Lite. This smartwatch is designed to enhance your daily life with advanced features for health monitoring, fitness tracking, and smart connectivity. This manual provides essential information for setting up, operating, and maintaining your device.



The Xiaomi Redmi Watch 6 Lite, featuring GPS for an active lifestyle.

2. SETUP

2.1. Initial Charging

Before first use, fully charge your Redmi Watch 6 Lite. Connect the charging cable to the watch's charging port and a USB power adapter. The watch display will indicate charging status.

2.2. Pairing with Your Smartphone

1. Download the **Mi Fitness** app from your smartphone's app store (available for iPhone and Android).
2. Open the Mi Fitness app and follow the on-screen instructions to create an account or log in.
3. Turn on your Redmi Watch 6 Lite by pressing and holding the side button.
4. In the Mi Fitness app, select "Add Device" and choose "Redmi Watch 6 Lite" from the list.
5. Confirm the pairing request on both your smartphone and the watch.

Once paired, your watch will synchronize data with the app, and you can customize settings.

3. OPERATING INSTRUCTIONS

3.1. Display and Navigation

The Redmi Watch 6 Lite features a 1.96-inch AMOLED display with up to 1500 nits brightness and 332 PPI, ensuring clear visibility even in bright sunlight. The display brightness adjusts automatically to ambient light conditions. The ultra-narrow bezel design maximizes screen space.



REDMI Watch 6 Lite

GPS搭載で毎日をもっとアクティブに

The 1.96-inch AMOLED display offers high precision and brightness with a 2.8mm ultra-narrow bezel.

- **Swipe Up/Down:** Scroll through notifications or quick settings.
- **Swipe Left/Right:** Access widgets like heart rate, weather, and activity data.
- **Press Side Button:** Return to the home screen or open the app list.
- **Always-On Display:** The watch supports an always-on display feature, allowing you to check time and information by simply raising your wrist.

150種類以上のスポーツモード

いつもの運動から、本格トレーニングまで

ランニング、ウォーキング、サイクリングから本格的なランニングトレーニングまで、幅広いアクティビティに対応。ワークアウトデータを記録するだけでなく、ウォームアップガイダンスも提供し、毎回の運動をサポートします。



Always-on display allows quick glance at time and information.

3.2. Customizing Watch Faces

Personalize your watch with a variety of watch faces available through the Mi Fitness app. You can change them daily to match your mood or outfit.

常時表示

見たいとき、手首を上げるだけ

いつでもサッと時刻や情報を確認。
環境に合わせて画面の明るさも自動で調整されるため、
屋外でも室内でも快適に見やすい表示を保ちます。



Choose from diverse watch faces to personalize your device.

3.3. Health Monitoring

The Redmi Watch 6 Lite offers comprehensive 24-hour health monitoring features:

- **Heart Rate Monitoring:** Tracks your heart rate continuously and provides alerts for abnormal readings.
- **Blood Oxygen Monitoring:** Monitors your blood oxygen levels throughout the day.
- **Sleep Monitoring:** Records your sleep duration and quality, helping you understand your sleep patterns.
- **Stress Monitoring:** Tracks your stress levels and provides insights into your mental well-being.
- **Breathing Exercises:** Guides you through deep breathing exercises to help you relax.
- **Female Health Management:** Tracks menstrual cycles and provides predictions.

毎日をもっと便利に、スマートに



24-hour comprehensive health support including sleep, blood oxygen, and heart rate monitoring.

24時間総合的に健康をサポート



Breathing exercises, stress monitoring, and female health management features.

3.4. Sports Modes and GPS

The watch supports over 150 sports modes, from daily activities to professional training. It features a built-in 5-system GNSS (GPS, GLONASS, Galileo, BeiDou) for accurate route tracking without needing your smartphone.

泳んでいる間も、しっかり記録

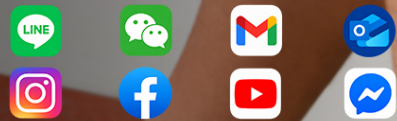
プールでも安心して使える5ATM防水設計。
泳いだ時間や距離を記録し、
水中心拍のチェックや
濡れた手での誤操作防止機能にも対応。

5-system GNSS for accurate route recording without a smartphone.

Bluetooth通話

手首を上げるだけで、すぐに通話が可能。

大事な連絡を見逃せない



Over 150 sports modes supported, from casual exercise to serious training.

3.5. Bluetooth Calls and Notifications

With Bluetooth connectivity, you can make and receive calls directly from your wrist. The watch also displays notifications from various apps, ensuring you don't miss important communications.

長時間バッテリー 毎日をしっかり支える

一度の充電で長く使えるから、出張や旅行中も充電を気にせず、やりたいことに集中できます。

18日間 ライトユース	12日間 通常使用	6日間 ヘビーユース
		
出張も安心	旅行にも最適	毎日をサポート



Bluetooth call functionality allows you to answer calls by raising your wrist. Receive notifications from various apps.

3.6. Other Smart Features

The Redmi Watch 6 Lite includes several convenient daily features:

- **Alarm:** Set alarms directly on your watch.
- **Find Phone:** Locate your paired smartphone.
- **Flashlight:** Use the watch screen as a small light source.
- **Stopwatch:** A precise stopwatch for timing activities.
- **Weather:** Get real-time weather updates.
- **Calendar:** View your schedule at a glance.
- **Music Control:** Control music playback on your smartphone.
- **Compass:** A digital compass for navigation.

多彩なウォッチフェイス

気分に合わせて、毎日着せ替え

その日の気分やコーデに合わせて、ウォッチフェイスを自由にチェンジ。毎日の手元をもっと自分らしく。



Daily convenience features including alarm, find phone, flashlight, stopwatch, weather, calendar, music, and compass.

4. MAINTENANCE

4.1. Cleaning Your Watch

Regularly clean your watch and strap to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the watch body and strap. Avoid using harsh chemicals or abrasive materials.

4.2. Water Resistance

The Redmi Watch 6 Lite has a 5ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming in pools or shallow waters. It also features a function to prevent accidental operation with wet hands. However, it is not suitable for hot showers, saunas, or diving.

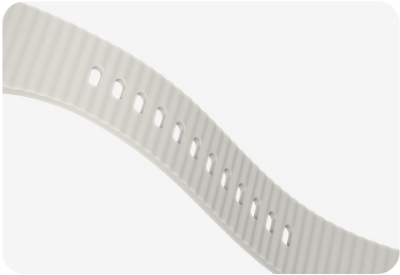
毎日にフィットする、快適デザイン

快適さも、使いやすさも。毎日にフィット。



ベゼルガードデザイン

ディスプレイを保護し、毎日使える安心設計



波形テクスチャストラップ

長時間つけても、軽やかで快適



クイックリリースストラップ

ワンタッチで、気分もスタイルもチェンジ

The watch records swimming time and distance, checks underwater heart rate, and prevents accidental operation with wet hands.

4.3. Strap Replacement

The watch features a quick-release TPU strap, allowing for easy replacement to change your style or for cleaning.

スリムでコンパクト、軽くてずっと快適

毎日つけるからこそ、腕に自然にフィットする心地よさを追求。薄型・軽量設計で、つけていることを忘れる快適さを実現しました。



軽くて快適

27.8gの軽量設計で、
長時間つけていても疲れにくい。



スリムでフィット

わずか9.9mmの薄型ボディで、
シャツの袖口にもスッキリ収まる。



Comfortable design with a bezel guard, wave texture strap, and quick-release strap for easy changes.

4.4. Battery Life

The Redmi Watch 6 Lite offers extended battery life:

- **Light Use:** Up to 18 days
- **Typical Use:** Up to 12 days

- **Heavy Use:** Up to 6 days

This allows you to focus on your activities without worrying about frequent charging, even during business trips or travel.



Long-lasting battery supports your daily activities.

5. TROUBLESHOOTING

5.1. Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the side button for 10-15 seconds to attempt a forced restart.

5.2. Pairing Issues

- Make sure Bluetooth is enabled on your smartphone.
- Ensure the watch is within range of your smartphone.
- Restart both your smartphone and the watch.
- Clear the cache of the Mi Fitness app or reinstall it.
- If previously paired, remove the watch from your phone's Bluetooth device list before attempting to pair again.

5.3. Inaccurate Data Readings

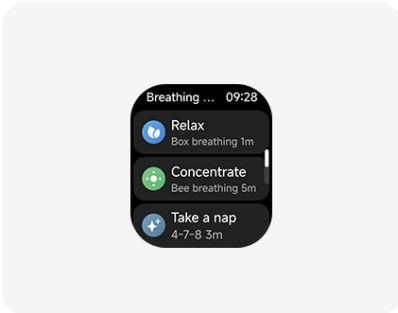
- Ensure the watch is worn snugly on your wrist, not too tight or too loose.
- Clean the sensors on the back of the watch.
- For GPS tracking, ensure you are in an open area with a clear view of the sky.

5.4. Notifications Not Appearing

- Check notification settings in the Mi Fitness app to ensure they are enabled for desired applications.
- Verify that your smartphone's notification settings allow the Mi Fitness app to send notifications.
- Ensure the watch is connected via Bluetooth to your smartphone.

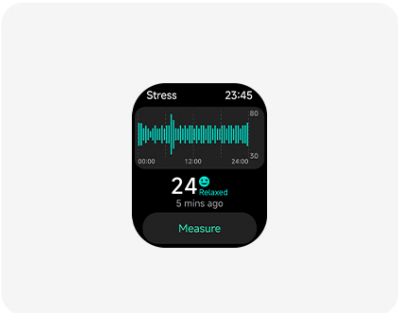
6. SPECIFICATIONS

Feature	Specification
Model Name	Redmi Watch 6 Lite
Display	1.96-inch AMOLED
Peak Brightness	1500 nits
Body Dimensions	44 x 39 x 10 mm
Weight	27.8 grams
Water Resistance	5ATM
Connectivity	Bluetooth
Satellite Positioning	GLONASS, GPS, Galileo, BeiDou
Battery Type	Lithium Ion
Internal Storage	32 MB
Strap Width	20 mm
Supported Languages	Japanese (and others)
Included Items	Main unit



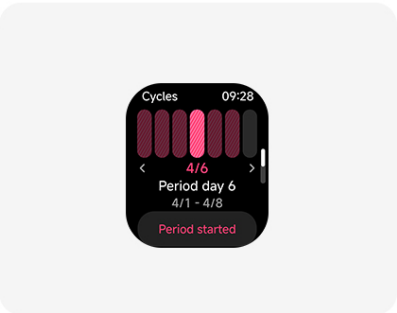
呼吸エクササイズ

ガイドに合わせてゆっくり深呼吸。
気分を整えて、心もリラックス。



終日ストレスモニタリング

ストレスレベルをモニタリングし、より詳細なステータス表示で状態を把握できます。



女性の健康管理

生理周期を記録・予測して、毎日の体調管理をもっとスマートに。

Comparison of Redmi Watch models, highlighting the Redmi Watch 6 Lite specifications.

7. WARRANTY AND SUPPORT

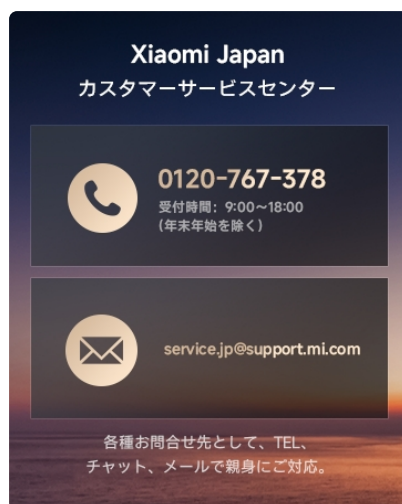
7.1. Warranty Information

The Xiaomi Redmi Watch 6 Lite comes with a **1-year manufacturer's warranty**. Please retain your proof of purchase for warranty claims.

7.2. Customer Support

For any inquiries or technical assistance, please contact Xiaomi Customer Service:

- **Phone:** 0120-767-378 (Reception hours: 9:00-18:00, excluding year-end and New Year holidays)
- **Email:** service.jp@support.mi.com

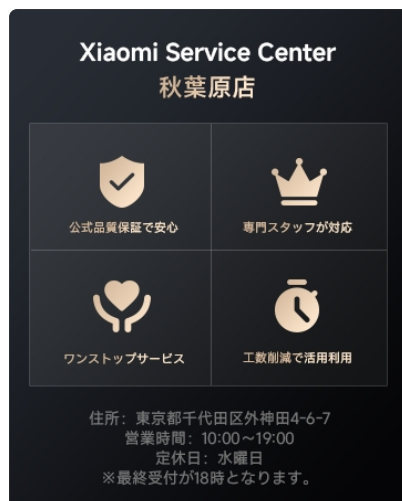


Xiaomi Japan Customer Service Center contact details.

7.3. Service Center

You can also visit the Xiaomi Service Center for assistance:

- **Address:** 4-6-7 Kanda Sakumacho, Chiyoda-ku, Tokyo
- **Business Hours:** 10:00-19:00
- **Closed:** Wednesdays
- **Last reception is at 18:00.*



Xiaomi Service Center in Akihabara offers official quality assurance, expert staff, one-stop service, and efficient support.

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

Open the live page

<https://manuals.plus/asin/B0H5KDLK7M>

More documents and user manuals: **<https://manuals.plus/>**