



FAQs How to set the time or switch language? User Manual

[Home](#) » [FAQs](#) » FAQs How to set the time or switch language? User Manual 

FAQs How to set the time or switch language? User Manual

Q1: How to set the time or switch language?

Answer: Please connect the watch's Bluetooth in the Dafit APP. After the pairing connection is successful, the watch will automatically update the time and language of the phone.

Q2: Unable to connect or search the Bluetooth of the watch

Answer: Please search the Bluetooth of the watch in the dafit APP first, do not directly connect the watch in the Bluetooth setting of the mobile phone, if it is connected in the Bluetooth setting, please disconnect and unbind first, and then go to the APP search. If you connect directly in the Bluetooth setting, it will affect the Bluetooth of the watch that cannot be searched in the APP.

Q3: Inaccurate pedometer/heart rate/blood pressure measurement values?

Answer: 1. The test values are different in different scenarios, such as step counting, the watch uses the three-axis gravity sensor combined with the algorithm to get the value. Regular users often compare the number of steps with a mobile phone, but considering that the mobile phone use scene is different from the watch scene, the watch is worn on the wrist, and the daily large movements such as raising the hand and walking are easily calculated as the number of steps, so there are scene differences between the two. No direct comparison.

2. Heart rate/blood pressure value is inaccurate. The heart rate and blood pressure measurement is based on the heart rate light on the back of the watch combined with the big data algorithm to get the value. At present, it cannot reach the medical level, so the test data is for reference only.

In addition, the measurement value is limited by the measurement environment. For example, the human body needs to be in a static state and wear the measurement correctly. Different scenarios will affect the test data.

Q4: Can't charge/can't turn on?

Answer: Do not leave electronic products for a long time. If they have not been used for a long time, please charge them for more than 30 minutes to see if they are turned on. In addition, do not use high-power plugs to charge the watch daily. Pay attention to waterproof and moisture-proof, do not wear swimming baths, etc.

Q5: The watch cannot receive information?

Answer: Please confirm whether the Bluetooth of the watch is correctly connected in the Dafit APP, and set the permission of the watch to receive notification in the APP. Also, please make sure new messages can be notified on main interface of your mobile phone too, if not, definitely the watch could not receive either.

Q6: The watch has no sleep monitor data?

Answer: The default time of sleep monitor is from 8pm to 10am. During this period, the activity changes are recorded according to the number of turns, arm movements, heart rate test values and other actions of the user after falling asleep, combined with big data algorithms to get the sleep value. Therefore, please wear the watch correctly to fall asleep. If the physical activity is too frequent during sleep, the sleep quality is very poor, and the watch is recognized as a non-sleep state. In addition, please fall asleep during the monitoring time.

Please feel free to contact us for any other unexpected issues which is not listed above. We will reply within 24hours. Thank you.

Support : Efolen_after-sales@163.com

Ask question:

https://www.amazon.com/gp/help/contact-seller/contact-seller.html?sellerID=A3A0GXG6UL5FMJ&marketplaceID=ATVPDKIKX0DER&ref_=v_sp_contact_seller

Contents

- [1 Documents / Resources](#)
- [2 Related Posts](#)

Documents / Resources

<p>FAQs How to set the time or switch language? [pdf] User Manual</p> <p>How to set the time or switch language, Unable to connect or search the Bluetooth of the watch , Inaccurate pedometer heart rate blood pressure measurement values, Can t charge can t turn on, The watch cannot receive information, The watch has no sleep monitor data</p>	
---	--