智能石英手表使用说明书

手机蓝牙连接系统要求：

Android4.3 及以上，ios7.0 及以上版本，支持蓝牙 4.0 的手机

主要功能：

1. 时钟显示，智能闹钟；

2. 运动计步，睡眠监测，卡路里计算及分析；

3. 来电，短信提醒，QQ，微信提醒；

4. 智能防丢，摇一摇拍照；

5. 地图记录运动轨迹，运动健康数据分享；

6. OTA 固件在线升级。

功能操作：

1. 下载安装手表 APP/APK 客户端软件

苹果手机到苹果市场搜索"天天手环"关键字，

下载并安装天天手环 APP ；Android 手机到 360 手机助手，百度助手等应用商店搜索"天天手环"关键字，下载并安装天天手环 APK，也可以通过扫描以下二维码下载并安装"天天手环"。

Android 国内使用 　　　IOS 国内使用

2. 手表连接手机

第一次使用"天天手环"APP 或 APK 时，请先仔细阅读向导帮助说明，在主界面点击左上角设置图标，选择搜索设备，程序会自动搜索附近的蓝牙设备，也可以通过轻轻往下滑动刷新界面，自动搜寻蓝牙设备，当出现"smart watch"时，点击开始蓝牙连接手表，连接成功后，手表表盘内的 LED 指示灯会闪烁，并且 APP/APK 会自动跳到主界面。

备注：在 APP/APK 中可以修改搜索蓝牙设备名称。

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3. 开始使用智能手表

手表连接手机成功后，手表开始记录你的运动和睡眠情况。

注意：晚上 6 点以后开始自动侦测睡眠数据，白天无记录睡眠数据，首次使用需连接 APP 对手表数据进行校准，自动同步时间，否则计步和睡眠数据不准。

4．同步数据

进入计步，睡眠主界面，下拉菜单，后台计步和睡眠数据会同步到手机 APP/APK 中，并显示到对应的位置；在手表连接状态，手表会定期自动同步计步和睡眠数据（睡眠数据要等到睡眠 3 小时以后同步上传），以确保数据实时更新到主界面。

5．更换电池

智能手表常开机状态，当手表二颗 LED 灯一直在闪烁或者 APP/APK 提示低电报警时，表示蓝牙主板电池供应电量不足（通常 3-6 个月更换一次），或者发现钟表指针停止不走动时，表示石英表电池已经耗尽（通常 2 年左右更换一次），请及时给手表更换电池，更换电池时，请使用同型号电池，并且尽量请专业人士或者到钟表维修商店让维修师傅给予更换，拆卸时请使用专业工

具往逆时针旋转打开手表后盖。本产品石英机芯和蓝牙主板电池分别采用 SR621SW 和 CR2032 钮扣电池。

注意：更换电池重新装配表壳时，注意主板上的弹簧要接触到底部后盖内嵌入的黄色蜂鸣片，如果装配接触不良会出现无声音的现象。

6．注意事项

1. 本产品采用 3 度 30 米防水胶圈，可以用于正常水温环境下洗手游泳等场合，但禁止长时间在水中浸泡，或者在热温水环境下使用。
2. 当蓝牙连接发现数据无变化时，请耐心等待同步数据完成，数据量同步需要一段时间上传。
3. 鉴于手表内存有限，手表通常只能保存 7 天的运动数据，请保证定期蓝牙连接手机，这样可以通过蓝牙同步数据上传到手机中保存。

Smart Watch Instructions Manual

Cellphone bluetooth connect system requirments：
Android4.3，ios7.0 or above，Support Bluetooth 4.0 mobile phone

Main functions：
7. Time display，Intelligent clock.
8. Movement records (pedometer, calories burned,sleep monitoring)
9. Messages,missed calls,WeiXin 、 QQ information remind.
10. Intelligent anti-lost，Remote camera．
11. Sport track record.
12. sport and health data sharing on the micro-blog,Twitter,Facebook.
13. OTA firmware upgrade online．

Function operation：
1. Download and install watch APP/APK client software
Apple mobile phones search "DayDay Band" in the Apple store, to download and install the watch APP ;Android mobile phones search "DayDay Band" in the google play store or 360 phone assistant, baidu phone assistant etc.in China. Also can

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scanning QR code as follows ,and then download and install client APP/APK software for watch .

Android APP 　　　　　IOS APP

2. Watch connects mobile phone.
Please firstly read the user guide and help information when you use "DayDay Band " APP/APK in the first time, And then click on the Settings icon the top left corner of the home page. select search equipment, The program will automatically search for nearby Bluetooth devices, can also through gently slide down to refresh the interface, It automatically search for Bluetooth devices, You click on it start to Bluetooth connect watch when you can see" smart watch " in the APP. The watch dial LED indicator light will be blinking after a successful connection,and APP/APK will automatically jump to the main

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interface.
3. Start to use smart watch
Watch began to record your sporting and sleeping status after watch connected to mobile phone.
Note:The watch will start automatically detecting sleep data after 6 pm, no sleep data during the day, step and sleep data would be inaccurated unless the first time to use the need to connect the APP to watch the data calibration, automatically synchronization time.
4. synchronization data
Enter the step and sleep menu interface,slide down menu,The step and sleep data will Sync to in the APP/APK of mobile phone.Aslo watch will automatically synchronize step and sleep data when watch is connected with Bluetooth(APP/APK show sleep data information after sleeping for 3 hours).
5.Change the battery.
Smart watches is often switched on, when watch two pieces of LED lamps has been in flicker or APP/APK indicated that low alarm,It shows bluetooth motherboard battery supplies electricity shortage (usually 3-6 months to replace), or found the hands of clock does not stop walking.It means that quartz watch battery has depleted (usually around 2 years to replace), please timely to watch to replace the battery, replace the battery, please use the same type of battery, and try to please professionals or go

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to watche repair shop to replace.and disassembly please use specialized tools to anticlockwise open the rear cover of the watch. This product quartz movement and bluetooth motherboard battery respectively used for SR621SW 、CR2032 button batteries.
Note: replace the battery reassembly case, Please pay attention to the spring on the motherboard contact with the yellow buzzer which is embedded within the bottom cover, if the assembly contact bad phenomenon without sound.

6．Remarks:

1. The product uses 3 degrees 30 meters waterproof rubber ring, It can be used for normal temperature environment, such as hand washing and swimming occasions, but no long time immersion in water, or in warm water environment.
2. If found that the data is no change, please wait for moment to data synchronize, data synchronization requires a period of time to upload.
3. In view of the limited memory of the watch, watches usually only save 7 days of exercise data, Please ensure that regularly bluetooth connect to mobile phone, so you can upload and sync data to your mobile phone with bluetooth.