## Measuring of heart rate, blood oxygen, blood pressure

1. Short press power button, select "heart rate/blood pressure/blood oxygen" in the APP list.

2. To ensure the accuracy of the measurement, please keep the wrist skin clean. During measuring, keep your body still, keep the screen upward, and keep the watch in close contact with your wrist.

3. For blood pressure measurement, you need to click the ▶ icon on the watch screen to initiate the measurement.

To ensure the accuracy of the measurement, please keep the wrist skin clean, keep the watch in close contact with your wrist, and keep the screen upward and still.
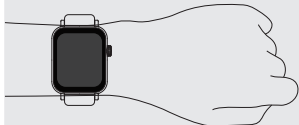
The measurement results are for reference only and should not be taken as the basis for medical diagnosis. If you feel unwell, please see a doctor in time.

Sleep quality monitoring

1. Sleep monitoring is to monitor the state of people from they fall asleep to wake up naturally. The watch can record the time of deep sleep and light sleep.

Deep sleep refers to such a state as small body movement and low heart rate during sleep.

Light sleep refers to such a state as big body movement and high heart rate during sleep.

2. The default sleep monitoring starts from 9:30 p.m. to 12:00 p.m. of the next day. When sleeping out of this time period, the sleep data will not be recorded or displayed. When sleeping, you need to wear the watch properly. The monitoring results may differ due to different watch wearing status.

Check sleep data:

Enter the phone APP, you can check the latest night sleep data and history sleep data, counted on a daily, weekly and monthly basis.