

65mm

Vibrating Alarm Watch



72mm

APP and Charging

- . Go to the APP Store on your Apple or Android Phone. Download the ATR-X App.
- . Remove the watch from its strap to reveal the USB contact.
- . Plug the watch USB which have two golden lines into your power bank, laptop or desktop computer.
- . Charge your watch before first use, a full charge takes about 1 hour, can last 5-10 days, when charging, the watch will display a red light, if you don't see it, rotate the two golden lines USB and reinsert.

- . Charge your watch when battery at 20 percent to save all the settings.



ATR-X

Bluetooth

- . Turn on the Bluetooth on your phone. make sure the phone is close to your watch.

Connect Watch to APP

- . Open the app on your phone, click Search on your App to see 12 character code, tap the code can pair with your phone, the watch will vibration and

- display P-W to confirm synchronization.
- . Tap the Pencil icon and name your watch using the keyboard, then tap save.

12/24 Hour Format

- . Tap 12 Hours on your App if you want the 24 format display on watch, tap 24 Hours can switch to 12hour format.
- . Timer: you can set 1-199 min timer, click Stopwatch to Start and End, not auto repeat.

Setting Alarms & Messages

- . You have 8 daily alarms with messages. to set an alarm, tap the Alarm icon at the bottom of the APP Home page.

- . Tap the first alarm and set the alarm time with the number wheel and use the keyboard to type your reminder message for this alarm, tap Save. your new alarm will appear on the list of alarms. click right button to green to ON, click again to OFF.

- . Repeat above for additional alarms and messages. when finished, tap Sync . Your watch will vibrate and confirm the alarms setting.

Healthy

- . Display latest 8 days step data(Calorie and Distance are total data of 8 days)
- . Display latest 3 days sleep monitor data (Auto-monitoring time 22:00pm-6:00am)

Setting

- . You can get Notifications via social media, remember to click Sync to confirm the setting. turn off the notifications can save battery.

Watch Screens

- . Once the watch is programmed, you can disconnect Bluetooth to work and save battery. click the button over and over to see Time of Day and Date of Day, Step, Calorie, Distance, Sleep Status, 8 alarms setting, Countdown(1-199 min timer, not auto repeat), Battery Percentage, H=OFF (if you set H=ON means you can raise hand to see time), Time Format setting (12/24 Hour).

How to change setting on watch:

- . Change Time: When screen is off, press button once for time display, quickly hold down the button until the hours flashing, press the button can change the hours, quickly hold down the button until next number flashing , press the button can change the number, repeat above underlined part to change next number and the date.

- . Repeat above to set alarms or timer on watch directly.

- . Tips: Press and hold button is enter setting and confirm setting, short press button is change options and the numbers.

Notes:

- . If no power, the 8 alarms setting will be saved, but Time and H=ON will not be saved.
- . The watch is just withstand splashes, if got wet, the watch will be blinking or led lost,try to dry it with hairdryer or days later to charge.
- . You can put the watch under your pillow If you don't like wear it at night.



MADE IN CHINA