

CMF BY NOTHING D395

CMF BY NOTHING Watch Pro Smartwatch User Manual

MODEL: D395

Brand: CMF BY NOTHING

1. INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your CMF BY NOTHING Watch Pro Smartwatch. Please read this guide thoroughly to ensure proper use and to maximize the features of your device.

The CMF BY NOTHING Watch Pro features a 1.96-inch AMOLED display, multi-system GPS, comprehensive health monitoring, and Bluetooth call functionality, all designed to enhance your daily activities and well-being.

2. WHAT'S IN THE BOX

- CMF Watch Pro Smartwatch
- Charging cable
- Safety information and warranty information
- User Guide (this document)

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your CMF Watch Pro. Connect the provided charging cable to the charging port on the back of the watch and to a standard USB power adapter (not included). The watch display will indicate charging status.

3.2 Powering On/Off

- **To Power On:** Press and hold the side button until the CMF logo appears.
- **To Power Off:** Press and hold the side button, then select 'Power Off' on the screen.

3.3 App Installation and Device Pairing

To unlock the full functionality of your CMF Watch Pro, download and install the CMF Watch app on your smartphone.

1. Scan the QR code in the quick start guide or search for 'CMF Watch' in your smartphone's app store (available for Android and iOS).
2. Open the CMF Watch app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. In the CMF Watch app, select 'Add Device' and choose 'CMF Watch Pro' from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smartwatch.

The CMF Watch app serves as your central hub for managing device settings, viewing fitness and health data, and customizing watch faces.

4. OPERATING THE SMARTWATCH

4.1 Display and Navigation

The CMF Watch Pro features a vibrant 1.96-inch AMOLED display with smooth touch-responsive interactions.

- **Swipe Up/Down:** Access quick settings or notifications.
- **Swipe Left/Right:** Navigate through widgets (e.g., weather, heart rate, activity).
- **Tap:** Select an item or open an application.
- **Side Button:** Press to return to the home screen or open the app menu.



Image: Front view of the CMF Watch Pro, highlighting its 1.96-inch AMOLED display.

4.2 Bluetooth Calls

With the integrated microphone and speaker, you can make and receive calls directly from your wrist when connected to your smartphone.

- **Answering Calls:** Tap the green icon on the watch screen when a call comes in.
- **Making Calls:** Access the dialer or contacts through the watch's menu.
- The watch utilizes AI noise reduction technology for clear call quality.



Image: A user wearing the CMF Watch Pro, displaying an incoming call notification on the screen.

4.3 Health Monitoring

The CMF Watch Pro offers comprehensive health tracking features:

- **Heart Rate Monitor:** Tracks your heart rate 24 hours a day. View real-time data and historical trends in the CMF Watch app.
- **Blood Oxygen Saturation (SpO2) Monitor:** Measures your blood oxygen levels. For accurate results, ensure you are at rest during measurement.
- **Stress Monitor:** Helps manage stress levels by tracking periods of relaxation and high stress throughout the day.
- **Sleep Monitor:** Records your sleep and wake-up times, along with key sleep stages and their duration, to help improve sleep quality.



Image: The CMF Watch Pro screen showing a blood oxygen saturation reading of 98%.

4.4 Fitness Tracking

Track your workouts and daily activity with precision:

- **Built-in Multi-system GPS:** Supports 5 satellite positioning systems for accurate trace and distance data during outdoor activities like running, cycling, walking, and hiking.
- **110 Sports Modes:** Choose from a wide variety of sports modes to get tailored tracking for your specific activity.
- **Activity Tracking:** Monitors daily steps, distance covered, and calories burned.

HEART RATE, SLEEP, STRESS AND SpO₂ MONITORS



Image: The CMF Watch Pro screen showing an activity tracking interface with a running icon and GPS signal strength.

4.5 Water Resistance

The CMF Watch Pro is IP68 water resistant, meaning it can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use and light water activities, but not recommended for diving, hot showers, or high-pressure water activities.

4.6 Battery Life

The watch offers up to 13 days of battery life under typical usage conditions. Actual battery life may vary based on usage patterns, enabled features (e.g., continuous GPS, frequent calls), and environmental factors.

5. MAINTENANCE

5.1 Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device performance.

- Wipe the watch screen and body with a soft, damp, lint-free cloth.
- For the strap, use mild soap and water, then rinse thoroughly and dry completely before wearing.

- Avoid using harsh chemicals or abrasive materials.

5.2 Charging Cable Care

Handle the charging cable with care. Avoid bending or twisting it excessively. Store it in a dry place when not in use.

5.3 Water Resistance Precautions

While IP68 rated, prolonged exposure to water or use in extreme conditions can affect water resistance over time. Ensure the watch is dry before charging.

6. TROUBLESHOOTING

If you encounter issues with your CMF Watch Pro, try the following steps:

- **Device Not Powering On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Pairing Issues:** Ensure Bluetooth is enabled on your smartphone and the watch. Restart both devices and try pairing again through the CMF Watch app.
- **Inaccurate GPS Data:** Ensure you are in an open area with a clear view of the sky for optimal GPS signal reception.
- **Health Data Discrepancies:** Ensure the watch is worn snugly on your wrist, about one finger-width above your wrist bone. For SpO2 measurements, remain still and at rest.
- **App Connectivity Issues:** Close and reopen the CMF Watch app. Check for app updates in your smartphone's app store.
- **General Performance Issues:** Restart the smartwatch. If problems persist, consider performing a factory reset (refer to the CMF Watch app for instructions on how to reset your device).

For further assistance, please refer to the official CMF BY NOTHING support resources or contact customer service.

7. SPECIFICATIONS

Feature	Specification
Model Number	D395
Display	1.96-inch AMOLED
Resolution	410 x 502 pixels
Brightness	600+ Nits
Refresh Rate	58 FPS
Water Resistance	IP68
GPS	Built-in Multi-system GPS
Connectivity	Bluetooth
Battery Capacity	340 mAh Lithium Ion

Typical Battery Life	Up to 13 days
Memory Storage Capacity	128 MB
Product Dimensions	1.85 x 1.57 x 0.45 inches (47 x 40 x 11.4 mm)
Item Weight	1.66 ounces (47 Grams)

8. WARRANTY AND SUPPORT

Your CMF Watch Pro comes with a limited warranty. Please refer to the 'Safety information and warranty information' document included in your product packaging for details regarding warranty coverage, terms, and conditions.

For technical support, frequently asked questions (FAQs), or to access user forums, please visit the official CMF BY NOTHING website. Keeping your device's software updated through the CMF Watch app is also recommended for optimal performance and access to the latest features.