

# realme Watch 3 User Manual



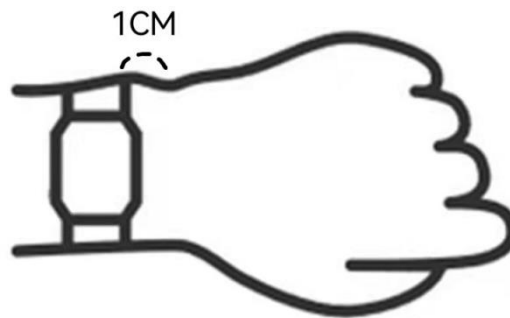
## Contents

1. Quick Start .....	1
1.1 Wear the Watch .....	1
1.2 Change the Strap .....	1
1.3 Connect the Watch to Your Phone .....	1
1.4 Power On/Off and Reboot .....	2
1.5 Charge the Watch .....	3
1.6 Physical Buttons and Screen Control Gestures .....	4
1.7 Set the Time and Language .....	5
1.8 Set Quick Applications .....	6
1.9 Set Widgets .....	6
1.10 Enable the DND Mode .....	6
1.11 Upgrade the Watch and App .....	7
1.12 Factory Reset .....	7
2. Application Management .....	8
2.1 Message Reminder and Delete Messages .....	8
2.2 Make/Answer Calls on the Watch .....	8
2.3 Answer/Reject Calls .....	9
2.4 Check the Call History .....	10
2.5 Music .....	10
2.6 Weather .....	10
2.7 Alarm .....	10
2.8 Stopwatch .....	11
2.9 Timer .....	11
2.10 Flashlight .....	12
2.11 Find My Phone .....	12
3. Scientific Exercise .....	12
3.1 Exercise .....	12
3.2 Automatic Recognition of Exercise .....	13
3.3 Daily Exercise .....	13
4. Health Management .....	14
4.1 HR .....	14
4.2 SpO <sub>2</sub> .....	15
4.3 Sleep .....	16
4.4 Stress .....	16

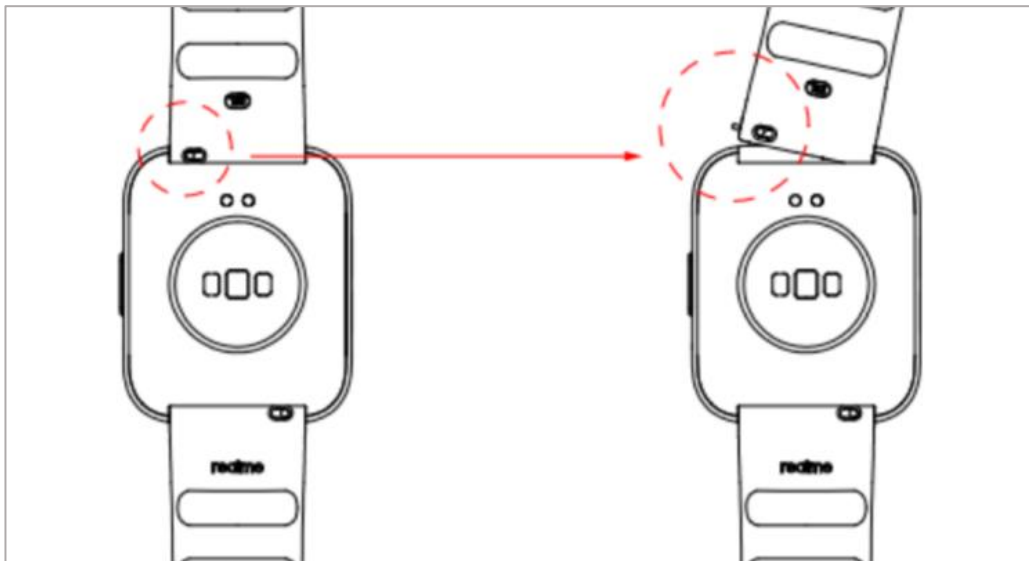
4.5 Breath Training .....	17
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# 1. Quick Start

## 1.1 Wear the Watch



## 1.2 Change the Strap



## 1.3 Connect the Watch to Your Phone

Before using the watch for the first time, you need to connect the watch to the charger to activate it. The watch will vibrate and display the QR code. Please start the “realme Link” App and scan the QR code to bind the watch, Click to select the corresponding language, jump to the pairing interface. If the battery voltage of the watch is low, please charge the watch to a battery level of 10% or higher through the charging cable.

- Pairing steps for Android user:
  - a. Search for “realme Link” in Google Play and download and install the realme Link App, or update the existing one on your phone to the latest version.
  - b. Start the realme Link App, register an account and log into the App, and then enable the relevant permissions according to the pop-up prompts. Click [Home] "+" in the upper right corner→ [Add Device] and scan the QR code displayed on the watch screen (or click the Bluetooth name of the watch). A dialog box will pop up on your phone, which asks whether you are sure to start pairing. Click “Yes” and follow the prompts to complete pairing.
- Pairing steps for iOS user:
  - a. Search for “realme Link” in App Store and download and install the realme Link App, or update the existing one on your phone to the latest version.
  - b. Start the realme Link App, register an account and log into the App, and then enable the relevant permissions according to the pop-up prompts.

**Note:**

- Upon successful pairing, the watch will show the pairing success screen and synchronize the relevant information (date, notifications, etc.) of your phone.
- In case of unsuccessful pairing, the watch will show the pairing failure screen and return to the boot screen.
- A watch can be connected to only one phone at one time. If you want to connect it to another phone, please go to [Home] → [Device Manage] in the App to delete the watch, and then unpair the watch in the Bluetooth device list of your phone.

## 1.4 Power On/Off and Reboot

### Power On

- In power-off state, press and hold the side key to turn on the watch; or
- In power-off state, the watch will be turned on automatically when connected to the charger.

### Power Off

- In power-on state, press the side key to access the application list, and then select “Settings→General→Power Off”.
- In case of very low battery voltage, the watch will automatically shut down after reminding you by vibrating.

### Restart

- In power-on state, press the side key to access the application list, and then select “Settings→General→Restart”.

### Force restart

- press and hold the side key to force the watch to reboot.

### Factory Reset

- In power-on state, press the side key to access the application list, and then select “Settings→General→Reset”.

## 1.5 Charge the Watch

### Charging

1. Connect the power adapter to the charging cable.
2. Make the charging contacts of the charging cable fit well with the charging contacts of the watch (at the bottom case), until the charging indicator appears on the watch screen.
3. When the watch becomes fully charged, the charging indicator will show 100%, and the watch will automatically stop charging.

#### Note:

- Please use the charging cable supplied with the watch and a charger with a rated output voltage of 5V and current of 1A or above to charge the watch. A fast charger (9V or above) may cause damage to the watch.
- After the watch shuts down automatically due to low battery voltage, it will be turned on automatically when connected to the charger.

### Charging Time

The watch can be fully charged in two hours. The watch is fully charged when the charging indicator shows 100%, then disconnect the charger promptly.



#### Note:

- Please charge the watch in a dry and well-ventilated environment.
- Before charging the watch, please dry the charging contacts to avoid short circuit or other risks caused by dirt or moisture.
- Before charging the watch, please keep the charging contacts of the charging cable and the watch dry by wiping off water and sweat (if any).
- The recommended ambient temperature is 0°C~45°C.
- In order to protect the battery life of the watch, the charging current will be reduced in a cold low-temperature environment. In this case, the charging time may be longer, but the battery life will not be affected.

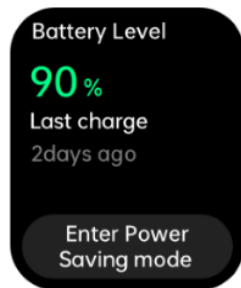
## Check the Battery Level

You can check the battery level of the watch by the following methods.

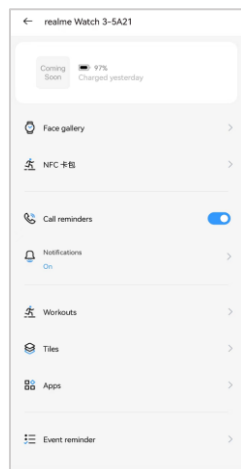
Method 1: the watch will automatically recognize your charging scenario; when the watch is connected to the power supply, the charging indicator will show the battery level.



Method 2: Check it on the [Watch-Settings-Battery] interface.



Method 3: go to "Device" page in the realme Link App to check the battery level.



## 1.6 Physical Buttons and Screen Control Gestures

The watch is equipped with a color screen, supporting full-screen touch operations such as swipe-up, swipe-down, swipe-left, swipe-right, press-and-hold.



**side key**

Operation	Function	Remarks
Press	1. In screen-off state, press the side key to turn on the screen. 2. On the watch face, press the side key to access the application list. 3. On a screen other than watch face, press the side key to return to the watch face or previous interface.	Except as otherwise defined in such applications as Call, Sports, Timer, and Stopwatch.
Press and hold	Press and hold the side button for less than 8 seconds to enter the "shutdown-restart" interface / long press for 8 seconds to force restart the watch.	

### Screen Control Gestures

Operation	Function
Press	Enter the next level interface; complete the corresponding operation of the button.
Press and hold	On the watch face, press and hold the shortcut to change the watch face.
Swipe down	On the watch face, swipe down to view the shortcut menu.
Swipe up	On the watch face, swipe up to view notifications.
Swipe left/right	To view such cards as Today's activity, heart rate curve, sleep, weather, music.
Swipe right	To return to the previous screen.

### Screen On

- Press the side key to turn on the screen; or
- Raise or turn your wrist inward to turn on the screen.

### Screen Off

- In screen-on state, lower or turn your wrist outward to turn off the screen.
- In screen-on state, if no user operation is performed, the screen will be turned off automatically in 5s (default). The screen-on time can be adjusted.
- Press the side key to access the application list. Select "Settings→Display→Screen-on Time" and swipe up/down to select a screen-on time (default: 5s).

## 1.7 Set the Time and Language

- You do not need to set the time on your watch. After the watch is connected to your phone, the time on your phone will be automatically synchronized to the watch.
- If you change the time on your phone after the watch is connected to your phone via



Bluetooth, the time on your watch will be changed synchronously.

- The language of the watch can be selected when it is first turned on and bound, and then can be set in the "realme Link" APP. The setting method is: APP -> Home -> Devices -> More Features -> Language Settings and then select a desired language (the OSD language of the watch is identical with the system language by default).

## 1.8 Set Quick Applications

After the watch is paired successfully with the realme Link App, you can go to "Home→Device→Health reminders" to enable the following cards so as to experience the corresponding functions.

- Stand up reminders
- Water reminders
- 24-hour HR monitoring
- SpO2 tracking
- Continuous stress monitoring
- Goal-reached reminders

## 1.9 Set Widgets

After the watch is paired successfully with the realme Link App, you can go to "Home→Device→Tiles" to edit the following widgets (default) so as to experience the corresponding functions.

- Activity today
- Heart rate
- Sleep
- Music playback control
- Weather

## 1.10 Enable the DND Mode

On the watch face, swipe up to open the shortcut menu, and then enable "DND" to activate the "Do Not Disturb" mode. You can also choose from the watch's "Settings -> DND Mode": All Day DND - Scheduled DND - Smart DND, where Scheduled DND and Smart DND can be turned on at the same time

If "DND" is enabled:

1. Incoming calls will not be displayed on the watch or reminded by turning on the screen or vibrating.
2. Messages and notifications will be displayed on the watch, but will not be reminded by turning on the screen or vibrating. The screen will not be turned on when your wrist is raised.

**Note:**

- DND period: when “DND” is enabled, you can set the DND period manually in the realme Link App.
- On the watch face, swipe up to open the shortcut menu, and then press “DND” to activate the DND mode.

## 1.11 Upgrade the Watch and App

### **Update the App:**

After the watch is connected to your phone via the realme Link App, you can select “Me→Settings→Check for Updates” in the App so as to search for update packages automatically.

### **Update the watch firmware:**

After the watch is connected to your phone via the realme Link App, you can select “Me→Firmware update” in the App and click “Upgrade Now” to update the firmware. When an update package is detected, the word "little red dot" will appear on the page.

### **Note:**

- When you start updating the App, the watch will be automatically disconnected from the Bluetooth of your phone. Please wait patiently until the upgrade progress displayed on your phone indicates that the upgrade is completed.
- When updating the firmware, you need to maintain the Bluetooth connection between the watch and your phone, and keep the battery level of the watch at 35% or above. Please wait patiently until the upgrade progress displayed on the watch indicates that the upgrade is completed.

## 1.12 Factory Reset

Press the side key to access the application list, and then select “Settings→General→Reset” to reset the watch to factory defaults. Think twice before performing this operation, because it will clear all your data.

## 2. Application Management

### 2.1 Message Reminder and Delete Messages

#### Message Reminder

1. After the watch is paired and connected to the realme Link App, you can go to the App to select "Device→Notifications", and then turn on "Notifications" and select the applications from which you want to receive messages, at the same time, you can choose to turn on the switch of "Show messages only when screen is off".
2. When a new message appears in the status bar of your phone, the watch will remind you by vibrating.
3. You can swipe the screen up to read the message. The watch can store up to 20 unread messages. When the 21<sup>st</sup> message is received, the earliest message will be overwritten. Each message will be fully displayed on one screen.

#### Note:

- If a message appears in the notification bar of your phone, it will be pushed when the phone screen is turned on and unlocked.
- Messages supported by the watch: SMS, E-mail, calendar, WeChat and QQ (or other social applications) messages (WeChat or QQ voice calls will be reminded, but cannot be answered or hung up).
- You cannot reply to SMS, WeChat or E-mail messages directly on the watch.
- If the DND mode is enabled, the watch can still receive messages, but will not remind you by turning on the screen or vibrating.
- If a new message arrives while you are reading a message, new messages will also pop-up reminders.
- After the watch is connected to your phone via Bluetooth, the calls and messages received on your phone will be transferred to the watch via Bluetooth. There is a certain delay in message transfer via Bluetooth, which cannot be reminded simultaneously.
- If your phone is connected to both watch and other Bluetooth device, the message reminder and call reminder function of the watch will not be affected.
- WeChat/QQ voice messages and picture messages can be received on the watch, but cannot be listened to or viewed on the watch.

#### Delete Messages

You can slide a read message left and then delete it, or click "Clear All" at the down of the message list to clear all unread messages.

### 2.2 Make/Answer Calls on the Watch

#### Set Frequent Contacts

1. In the realme Link App, select “Device→More functions→Frequent Contacts”.
2. On “Frequent Contacts” page, you can perform the following operations:  
Click “Add” to access the contact list of your phone, and then select a contact to add it to frequent contacts.  
Click “Edit”, and then press and hold a frequent contact to delete it.
3. On the watch, press the side key to access the application list, select “Call→Frequent Contacts”, and then click a frequent contact to make a call.

**Note:**

- You can add up to 10 frequent contacts.
- To make a call to a frequent contact on the watch, you need to connect the watch to the App and complete Bluetooth pairing between the watch and your phone. If the watch is connected to the App, but not paired with the Bluetooth of your phone, the watch will remind you of incoming calls, but will not support making or answering calls.
- During a call, you can click the speaker icon to adjust the call volume.
- The watch can store up to 10 call records, Circular storage, save the latest 10 call records.

## **Dial Pad**

Press the side key to access the application list, select “Call→Dialpad”, enter the phone number and click the phone icon to make a call.

## **2.3 Answer/Reject Calls**

After the watch is connected to your phone, when there is an incoming call on your phone, the watch will display the caller's phone number or name and remind you by ringing and vibrating. You can choose to answer or reject the call.

**Note:**

- If the caller is an existing contact, the caller's name saved on your phone will be displayed on the watch. For an unfamiliar caller, the watch will display the caller's phone number.
- If the DND mode is enabled, Except for incoming calls, alarm clocks, timers, the watch will not vibrate and brighten the screen to remind you.
- During the watch vibration reminder process, click the side button of the watch for the first time to stop the watch from vibrating, and click the side button again to hang up the call.
- You can click the Hang Up button on the watch screen to reject or end a call, Or short press the side key twice to hang up.

## 2.4 Check the Call History

1. Press the side key to access the application list, and select “Call→Call History” to view the call records.
2. Click a call record to call back.
3. Swipe right to return to the Call screen.

## 2.5 Music

After the watch is connected to the realme Link App, you can Swipe left to open the shortcut menu on the watch face, and then select “Music” to go to the music control page.

**Note:**

The mobile phone needs to enter the music player software before the watch can perform music control.

## 2.6 Weather

The watch can display the weather information of your current location.

Press the side key to access the application list, and select “Weather” to display the weather data: city + Current weather type, data + temperature range (lowest temperature and highest temperature of the day) .

**Note:**

- Rules for not displaying the Weather application: if you select “Quick Applications” in the App and add “Weather”, the Weather application will appear on the corresponding primary page; if you do not add “Weather” in the App, the Weather application will not appear on the corresponding primary page.
- Displaying the Weather application, but displaying no weather data: if the weather push function is enabled in the App (enabled by default), the watch will display the weather data synchronously; if disabled, the watch will show “No data”; if the weather data is cleared or not acquired, the watch will show “No data” too.
- In the App, you can change the temperature unit between °C and °F. Such changes will be synchronized to the watch.
- Your current location (city) is acquired based on the App.
- The temperature of each period of the day's weather needs to be delivered by the mobile APP.

## 2.7 Alarm

1. Press the side key to access the application list, select “Clock→Alarm” and click “+” to add an alarm.
2. Create an alarm: select the alarm time and click “√”, select the working dates and click

“√”, Option to turn on snooze switch.

3. Click an alarm to edit, modify or delete it.

4. When the alarm clock vibrates to remind, click the exit button or snooze alarm button, or click the side button to delay the reminder (delay for 5 minutes, up to 3 consecutive delays). Swipe right to exit reminder.

**Note:**

- If you do not select working dates for an alarm, it will work only once.
- You can add up to 10 alarms.
- If no user operation is performed in an alarming time of 30s, the alarm will be delayed automatically. An alarm can be delayed up to three times. It will no longer work after three delays.
- When the watch is connected to the color OS mobile phone via Bluetooth and the alarm clock of the mobile phone system rings, the watch will vibrate the pop-up window synchronously.

## 2.8 Stopwatch

1. Press the side key to access the application list, click “Tools→Stopwatch”, and then click the start icon to start the stopwatch. Click the pause icon to pause the stopwatch. In paused state, click the reset icon to reset the stopwatch. Click the stopwatch icon to end a round, Stopwatch does not pause.

2. Swipe right on the screen or press the side key to exit the Stopwatch page.

**Note:**

- The counts are displayed in sequence, the latest count is displayed at the top, and the upper limit is 9.
- Stopwatch display format: time within 1 hour -- "minute: second. millisecond"; time over 1 hour (including 1 hour) -- "hour: minute: second".

## 2.9 Timer

1. Press the side key to access the application list and click “Tools→Timer”. The watch provides seven countdown timers by default (1min, 3min, 5min, 10min, 15min, 30min, 60min). You can choose a timer based on your actual needs.

2. You can also customize the timer. Click “+” on the top of the Timer page, swipe up or down to select a countdown time, and then click the start icon to start the timer; if necessary, you can click the pause icon to pause the timer, or click the stop icon to stop the timer.

3. Swipe right on the screen or press the side key to exit the Timer page.

**Note:**

- Click an existing timer to start it directly.
- Custom countdown time range: 0 hours 0 minutes 1 second - 23 hours 59 minutes 59 seconds.
- The timer cannot run in the background.

## 2.10 Flashlight

On the watch face, swipe down to open the shortcut menu, and then click "Flashlight" to turn on the flashlight.

**Note:**

- The screen is lighted at high brightness. TClick the screen to switch between 50% and 100% white brightness in a cycle, swipe right on the screen or click the side button to exit the "torch" mode.

## 2.11 Find My Phone

1. On the watch face, swipe up to open the shortcut menu, and then click "Find My Phone" to go to "Find My Phone" page.
2. When your phone is found, tap the watch screen to pause the ring of your phone, or press the side key or swipe right to exit the "Find My Phone" function.

**Note:**

- To use the "Find My Phone" function, please maintain the Bluetooth connection between the watch and your phone.
- Your phone will ring even in a muted or DND mode.

# 3. Scientific Exercise

The watch supports a variety of sports. You can choose your own exercise mode based on your actual scenarios.

## 3.1 Exercise

1. Press the side key to access the application list, select "Sports", and then select a sport based on your needs.
2. Before starting an exercise, you can click the "Settings" icon below to select the exercise target "Duration", "Calories" and "Distance".
3. During an exercise, you can press the side key to pause the exercise; swipe up or down to view your exercise data; swipe left to go to the music control page; swipe right to go to the stop/pause exercise page.

We take outdoor running as an example: during the exercise, you can view such data as the calorie consumption, duration, distance, average pace, real-time HR, stride frequency and aerobic training effect (different sports correspond to different exercise data).

4. At the end of an exercise, you can click "Sports" in the application list to view your exercise records. After synchronizing your data to the realme Link App, you can also click "Health" on the Home screen of the App to view your exercise records.

**Note:**

- If your movement distance or exercise time is too short, no data of this exercise will be recorded.

## 3.2 Automatic Recognition of Exercise

Click the side button to enter the application list, select “Settings→Workout Settings”.

“Sports Intelligence” is currently available for running and walking only.

### Auto Stop Exercise

If you enable this function, the watch will ask you whether to stop the exercise or not when it detects that you have stopped moving. If you continue to move, the exercise will be resumed; if you do not respond, the exercise will be stopped automatically in 10s.

**Note:**

- Sports Intelligence: when the watch detects that you have been running/walking for X minutes, it will determine that you are running/walking, and display the corresponding message to remind you (for running, X=2min; for walking, X=5min).
- In the App, you can enable/disable “Sports Intelligence” for an individual sport. It is enabled only for running by default. (“Sports Intelligence” is disabled by default before the watch is bound to the App.)
- When a different sport is detected, the exercise recognition message will be changed accordingly (for example, after your running is recognized, if you start walking for 5min, the walking recognition message will pop up, instead of the previous running recognition message).
- After the exercise mode is activated, no exercise recognition message will be triggered.
- If you click “Cancel Reminder”, no exercise recognition message will appear in 1hour; from the 1<sup>st</sup> hour, if the watch detects that you have been moving for X minutes, it will remind you again. After the exercise mode is activated, this reminder will not be triggered.
- Go straight to the sport without the GPS connection and goal setting.

## 3.3 Daily Exercise

The watch uses the acceleration sensor and gyroscope sensor to recognize and monitor your diverse movements throughout the day, and supports the statistics and display of your steps, exercise duration, calorie consumption, and stairs climbed.

Wear the watch correctly, and the watch will automatically record your steps, exercise duration, calorie consumption, number of exercises, distance and other related data into your daily exercise data.

You can view your exercise data using the following methods.

Method 1 — on the watch:

Press the side key to access the application list, or swipe right on the watch face, and then



select “Exercise”. Swipe up or down to view your data such as steps, exercise duration and calorie consumption.

Method 2 — in the realme Link App:

You can check your daily exercise records on the Home screen of the realme Link App.

**Note:**

- To check your daily exercise data in the realme Link App, please connect the watch properly to the realme Link App.

## 4. Health Management

### 4.1 HR

The watch is equipped with a wrist-type optical HR sensor, which supports 24-hour continuous HR monitoring and recording, helping you stay healthy in a scientific manner.

#### 4.11 Manual HR Measurement

1. Wear the watch comfortably in a resting state.
2. Press the side key to access the application list, and select “HR” to measure your current HR value, or add the heart rate to the shortcut card, and move left/right to the heart rate interface to measure..
3. Swipe right on the watch screen to stop the HR measurement.
4. Intelligent HR measurement is enabled by default.

**Note:**

- Under normal circumstances, the HR value will be output in 15s.
- To ensure the accuracy of HR measurement, please wear the watch correctly (not around wrist joints; not too loose; tight enough during exercise). Make sure the HR sensing area fits well with your skin and is not blocked by foreign objects.

#### 4.12 Automatic HR Measurement

The watch supports 24-hour HR monitoring . If continuous HR monitoring is not enabled, go to the realme Link App to select “Device→Health reminders→24-hour HR monitoring”, and then select Select the monitoring period, you can choose the measurement interval of 5 minutes, 10 minutes, 30 minutes or off, the default is 5 minutes.

**Intelligent measurement:**

1. Measure your HR value every 5min in a resting state. Each measurement lasts 30s.
2. Measure your HR value every 1s during an exercise. It will take 6s~10s to output the first measurement result.

**Note:**

- Enabling real-time HR measurement will increase the power consumption of the watch. You can adjust the HR measurement cycle based on your exercise intensity so as to save power.

#### 4.13 High HR Reminder

The watch will remind you when your HR value in a resting state goes out of the predetermined range.

1. In the realme Link App, select “Device→Health reminders→24-hour HR monitoring→High HR alert” and reminder thresholds can be set: 100 times/minute, 110 times/minute, 120 times/minute, 130 times/minute, 140 times/minute, 150 times/minute.

2. The default is off. When the App is not set, the watch will not give heart rate reminders.

**Note:**

- Turn on “High HR alert Off” in the realme Link App, and the RHR reminder will not be triggered.
- In a resting state, if your HR value has been higher than the predetermined limit for over 10min, the High HR reminder will be triggered.

#### 4.14 Low HR Reminder

The watch will remind you when your HR value in a resting state goes out of the predetermined range.

1. In the realme Link App, select “Device→Health reminders→24-hour HR monitoring→Low HR alert” and reminder thresholds can be set: 40 times/min, 45 times/min, 50 times/min.

2. The default is off. When the App is not set, the watch will not give heart rate reminders.

**Note:**

- Turn on “Low HR alert Off” in the realme Link App, and the RHR reminder will not be triggered.
- In a resting state, if your HR value has been lower than the predetermined limit for over 10min, the Low HR reminder will be triggered.

## 4.2 SpO<sub>2</sub>

#### 4.21 Click on blood oxygen measurement

1. Wear the watch correctly in a resting state.
2. Press the side key to access the application list, and select “SpO<sub>2</sub>” to measure your current SpO<sub>2</sub> level.
3. If you wear the watch incorrectly or do not wear the watch, please wear the watch correctly according to the pop-up message.

**Note:**

- If you swipe right on the watch screen, or when the alarm time is up or there is an incoming call, the measurement will be interrupted.
- To ensure the accuracy of SpO<sub>2</sub> measurement, please wear the watch correctly (not around wrist joints, not too loose). Make sure the bottom case of the watch

fits well with your skin and is not blocked by foreign objects.

- Keep your body still during the measurement.
- Each SpO<sub>2</sub> measurement lasts about 30s.
- During the SpO<sub>2</sub> measurement, the watch will perform a HR measurement simultaneously.

#### 4.22 All-day blood oxygen detection

The watch supports all-day blood oxygen detection. If the user does not enable all-day blood oxygen detection, on the realme Link APP device page, select "Health reminders -> SpO<sub>2</sub> tracking" to turn on the all-day blood oxygen detection switch.

**Note:**

- After the continuous blood oxygen measurement is turned on, the watch detects whether the user is in a stationary state (whether it is worn or not) every 10 minutes; if so, the blood oxygen detection is performed; if not, it is skipped and enters the next 10-minute detection interval.

### 4.3 Sleep

Wear the watch before falling asleep, and the watch will automatically identify when you fall into sleep and wake from sleep, as well as your deep sleep, light sleep, REM sleep, Awake time. Your sleep data can be synchronized to and viewed in the realme Link App.

1. Your sleep data of the day can be displayed on the watch. Press the side key to access the application list, select "Sleep" and swipe up to view your sleep data.
2. You can view your historical sleep data in the realme Link App. Please click APP-Health, select "Sleep" to display your historical sleep data, including your daily, weekly, monthly and yearly data.

**Note:**

- The user wears the watch to sleep, and the watch can intelligently monitor the user's sleep throughout the day. If the sleep time range is 20-180 minutes, it is "sporadic nap". There is no sleep score, breathing rate and other data for a nap, and the sleep stage is only light sleep stage.
- Multiple naps are allowed throughout the day.
- The watch displays the latest piece of sleep data (for example: last night's sleep statistics before sporadic naps, and sporadic naps after sporadic naps).
- The sleep quality score is generated by the watch but not displayed on the watch. The sleep score and sleep data need to be transmitted to the mobile APP for viewing.

### 4.4 Stress

The watch supports manual stress measurement and automatic stress measurement.

Manual stress measurement:

Press the side key to access the application list, and select "Stress" to perform a stress

measurement.

Automatic stress measurement:

In the realme Link App, select “Device→Health reminders” and enable [Continuous stress monitoring]. Wear the watch correctly every day, and the watch detects whether the user is in a stationary state every 10 minutes, and if so, performs stress detection; if not, skips it and enters the next 10-minute detection interval.

View your stress data:

Press the side key to access the application list, select “Stress” to view your daily stress trend.

The watch synchronizes the results to the realme Link APP, which can be viewed by clicking the "stress" card on the APP-health page. The app displays the pressure range, the average pressure value, and the number of daily measurements.

**Note:**

- Please wear the watch correctly, and keep your body still during the stress measurement.
- When you are exercising or your wrist is moving frequently, the watch cannot assess your stress level accurately. In this case, the watch will not perform stress measurements.
- Consumption of caffeine, nicotine, alcohol and some psychotropic drugs can affect the accuracy of stress measurement. In addition, the asthma, heart diseases, physical activities or the body pressure at the wearing position can also affect the stress measurement results.
- This product is not a medical device. The measurement results are provided for reference only.

## 4.5 Breath Training

Breath training can help you relax and ease your mood in stressful work or life.

1. Press the side key to access the application list and select “Breath Training”.
2. Set the duration and frequency of breath training.
3. Wear the watch and keep your arm still. Then click the start icon and follow the instructions displayed on the screen to exhale and inhale.
4. At the end of the breath training, Automatically jump to the breathing training details page, and you can view your total breathing training duration, average heart rate, current duration, average pressure value and other information for the day.