realme Watch 3 Pro User Manual
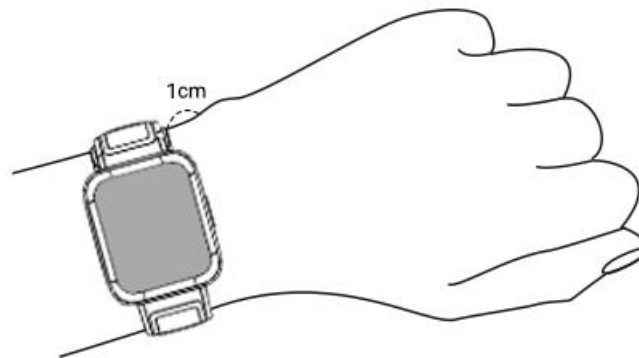
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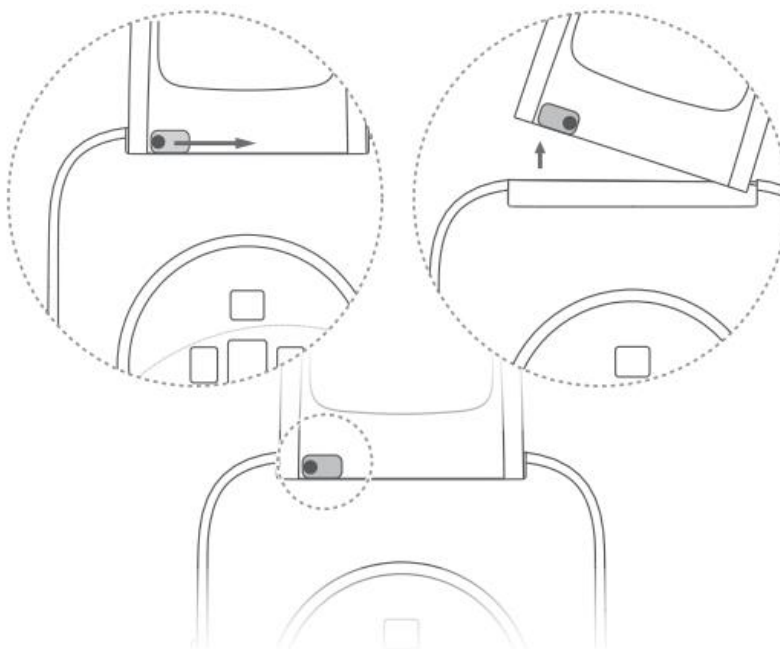
1.3 Connect watch to mobile phone

When using the watch for the first time, please press and hold the button until the watch start vibrate and the logo appears to turn it on. Click to select the corresponding language, then jump to the pairing interface, and follow the watch prompts to perform the pairing process.

- User **scan code** to pair:
  a. Search for "realme Link " in the App store , download and install it, or update the existing realme Link APP on your phone to the latest version;
  b. Open the realme Link APP, register an account and log in, and enable the relevant permissions of the App according to the pop-up prompts. click Family - > Add a device -> scan the QR code on the watch interface - > the phone pops up a pairing prompt and confirm the pairing -> set according to the prompts until the pairing is completed.

- User **manual** pairing
  a. Swipe up on the watch's pairing interface which displays scan code to enter the manual pairing interface;
  b. Open the realme Link APP, register an account and log in, and enable the relevant permissions of the App according to the pop-up prompts. click family - > Add a device -> select the manual pairing device at the bottom of the scan interface - > click realme Watch 3 pro , the App will automatically search for the bluetooth device names and list them, click the bluetooth name of the watch, a pairing request will pop up and user need to confirm, then set according to the prompts until the pairing is completed.

  ILLUSTRATION
- After the pairing is successful, the watch will display the successful pairing screen and synchronize the relevant information (date, notification, etc.) of the phone.
- After the pairing fails, the watch displays the pairing failure screen and returns to the binding page.
- A watch can only be connected to one phone at the same time. If you want to connect to another phone, please go to the realme Link APP -> Home -> Click Device -> click to delete Device .

1.4 Power on/power off/restart

Power on
- In the off state, long press the button to power on.
- In the off state, when connected to a charger for charging, the watch will automatically turn on.

Power off

- In the power-on state, long press the button to display the power off / restart option interface, click "power off".
- the power-on state, click the button to enter the "App List" interface, select "Settings- > General- > "power off".
- The ultra-low battery watch automatically power off.

Restart
- In the power-on state, long press the button , the power off/ restart option interface will appear, click "Restart".
- the power-on state, click the button to enter the "App List" interface, select "Settings- > General- > Restart".

Forced restart
- You can press and hold the watch button for more than 12 seconds to restart the watch forcibly.

1.5 Charging your watch

Charge
1. Connect the power adapter to a power outlet;
2. Place the watch on the charging base. Align the charging port on the back of the watch, fit the metal contacts of the charging base, and adjust the fit until the charging indicator appears on the watch screen;

ILLUSTRATION
- Please use the supplied dedicated charger and a realme charger with a rated output voltage of 5V and a rated output current of 0.5A and above to charge the watch.
- Connect the power supply after the watch is powered off at low power, and the watch will automatically turn on within a short time after charging.

Charging time
The watch can be fully charged within three hours, and when the charging is completed, it prompts a 100% charge on the screen, it means the watch is fully charged. Please disconnect the charger in time after it is fully charged.
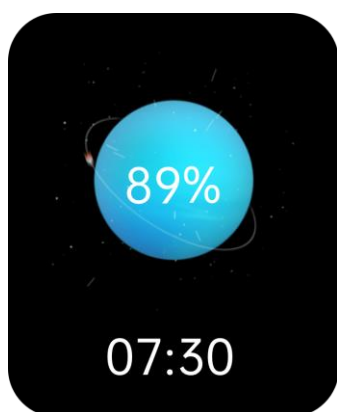
- Charge the watch in a dry, well-ventilated environment.
- Please dry the charging port before charging to avoid dirty metal contacts, short circuit caused by water, or other risks.
- Before charging, you need to keep the charging interface and charging base dry, and be sure to wipe off water and sweat.
- The charging base is not waterproof, please keep it dry.
- It is recommended that the environment temperature be kept between 0 and 45 °C.
- In order to protect the battery life of the product, the charging current will be reduced in cold environment, and the charging time may be longer, but the battery life will not be affected.

Check the battery

You can check the battery level of your watch in following ways.

Method 1: The watch will automatically recognize the charging scene. After the watch is connected to the power supply, you can check the battery percentage on the charging indicator interface that pops up automatically. You can click the button or swipe right to exit the charging interface.
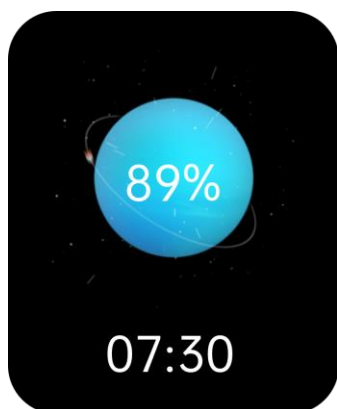
Method 2: In the realme Link APP, you can view the battery percentage on the device page.

1.6 Watch buttons and screen control functions
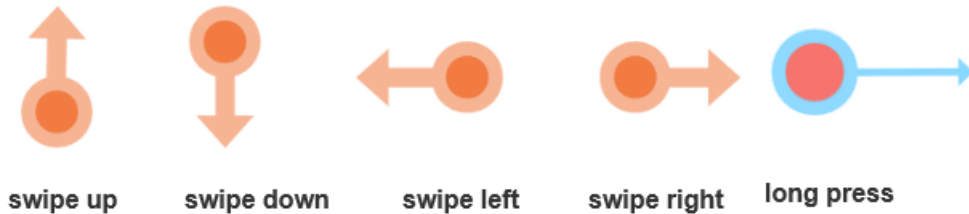
The watch adopts a color screen and supports full-screen touch, swipe up, swipe down, swipe left, swipe right, and long press operations.

swipe up   swipe down   swipe left   swipe right   long press

Buttons

Operation	Function	Remark
Click	1. When the screen of the watch is black, click the button to light up the screen; 2. When the watch displays the dial interface, click the button to enter the applications list interface; 3. When the watch displays the non-dial interface, click the button to return to the previous interface.	Scenarios like calls, sports or other funtions whose process defined specially are exceptions.
Press	1. When the watch is off, press and hold the button to turn it on ; 2. When the watch is on, press and hold the button , and the shutdown/restart option screen will appear.	

Basic screen gestures

Operation	Function
Click	Select Confirm
Press	When the watch displays the dial interface, long press to enter the dial switching interface
Slide up	View message notifications (swipe on the watch face interface)
Slip	View Control Center (swipe down on the watch face interface)
Swipe left and right	View cards for today's activity , sleep, heart rate , weather , and more
Swipe right	Return to previous screen

Light up screen
- Click the button to light up the screen;
- Raise your wrist or turn your wrist in to light up the screen;

Turn off the screen
- When the screen is on, if you drop your wrist or turn your wrist out, the screen will turn off;
- In the screen-on state, when the palm completely covers the screen, the screen will turn off;
- After pressing the button to turn on the screen or raising the wrist to turn on the screen, if there is no other operations, the watch screen will automatically turn off within 5 seconds.

Illustration
- Click the button to enter the application list, select "Settings -> Display -> Screen-on Time ", you can set the screen-on time, the default setting is " 5 seconds".

1.7 Set time and language

The watch time does not need to be set by you. After the watch is synchronized with the phone, the phone time will be automatically synchronized to the watch.

If you modify the time/language of your mobile phone, the modification will be synchronized after the watch and the mobile phone are connected through the Bluetooth normally.

1. 8 Set frequently used switches

After the watch is successfully paired with the realme Link APP, you can turn on the following switches on " Health Reminders page, and then experience the corresponding functions provided by the device:
- Heart rate automatic monitoring
- Quiet Heart Rate Warning
- Automatic pressure monitoring
- Blood oxygen automatic monitoring
- Goal achievement reminder
- Sedentary reminder
- Drink water reminder

1. 9 Turn on Do Not Disturb Mode

Swipe down on the dial interface to open the Control Center, and turn on the "DND Mode 🌙" switch to turn on DND Mode.

After turning on DND Mode on your watch:

1. The incoming call of the mobile phone will be pushed to the watch, but the watch will not vibrate to remind, and the watch can still answer / hang up the call.

2. Messages and notifications are no longer reminded, and the screen will not turn on when

you raise your wrist.

Illustration

- Click the button to enter the application list and select "Settings -> DND Mode".
- Enable: Turn on DND Mode immediately.
- Scheduled DND: When turned on, you can manually set the DND period.
- Smart Mode: When turned on, the watch detects that you are asleep, and the watch will not vibrate and push notifications except for alarms and timers.
- Swipe down on the dial interface to open the control center , and you can directly click "DND Mode" to quickly turn on the " DND Mode " function.

1.1 0 Upgrade watch and App version

Update watch version:

When watch and phone are normally connected through the realme Link APP , please select "Device Upgrade " on the device page of the realme Link APP , and the version update package will be automatically detected.

When there is an update package, the interface will prompt " Start upgrade ", click to update. If the power of the watch is low, place the watch on the charging base and charge it to more than 20 %.

Illustration

- Please wait patiently according to the upgrade progress of the watch interface until the upgrade is completd.

1.1 1 Factory reset

Click the button to enter the application list interface, select "Settings ->General -> Reset", the watch will be reset to factory settings, all your data will be cleared, please operate with caution.

Illustration

- If watch has never been paired or connected to the realme Link APP, when the watch is turned on, press and hold the button to display the shutdown/ restart option screen.

2. Application management

2.1 Message reminder and delete message

Message notification

1. After the watch is paired and connected to the realme Link APP, please click "Notifications" on the realme Link APP device page, turn on the "Notifications" switch, and turn on the switch of the application that needs to push messages.

2. When there is a new message in the status bar of the phone, the watch will vibrate to remind.

3. You can swipe on the dial interface to open the message list , and swipe up and down the screen to view messages. The watch stores up to 10 unread messages. After 10 messages are reached, the earliest received messages will be overwritten.

Illustration

- Types of messages supported by the watch: SMS, email, messages pushed by social applications such as Facebook , Instagram , WhatsApp (WeChat /QQ voice calls are not supported).

- After the watch receives text messages and emails, you cannot reply directly on the watch.

- If you set the DND Mode, the watch will still receive push notifications, but will not vibrate for reminders, and the messages will be directly stored in the message list .

- If a new message arrives while you are viewing the content of the message, the new message will automatically pop up to cover the content of the message you are currently viewing.

- When the phone and the watch are connected via Bluetooth, if the phone receive calls and messages, they will be transmitted to the watch via Bluetooth. There is a certain delay in the transmission of messages through Bluetooth, and the effect of simultaneous reminders cannot be achieved.

- When the phone is connected to the watch and other Bluetooth devices at the same time, the watch's message reminder and incoming call push functions are not affected.

- Voice messages and picture messages can be received on the watch, but cannot be listened to or viewed on the watch.

Delete message

You can select a message to view and click the "trash can" icon at the bottom to delete the message, or click the " trash can " icon at the bottom of the message list interface to clear all messages.

2.2 Use the watch to make and receive calls

Set up favorites

1. Open the realme Link APP device page, select   More Functions -> Favorite contacts.

2. On the "Favorite contacts" settings page, you can do the following:

Click "Add", the system will automatically open the contact list of your phone, select a contact, and add it automatically.

Click "Edit -> long press "☰" to sort the added contacts.

Click "Edit - > Delete" to delete the added contacts.

3. Click the button on the watch to enter the application list, select "Phone - Frequently Used Contacts", you can make calls through the watch.

Illustration

- Up to 10 frequently used contacts can be set
- To make a call through the watch's "Frequently Used Contacts", you need to keep the watch and mobile phone connected and paired normally.
- Adjust the call volume by clicking the small speaker icon and sliding up and down .
- 10 call records can be saved .

Dialpad

Click the button to enter the application list, select "Phone - > Dial", directly enter the phone number to be dialed, and click the "phone icon" to make a call.

2.3 Answer and reject incoming calls

When the watch is connected to the phone normally and the phone has an incoming call, the watch will ring and vibrate to remind you and display the caller's number or name. You can choose to answer or reject the call.

Illustration

- The name of the caller is same as that on the phone, unfamiliar callers will display unfamiliar calls, contacts in the mobile phone address book display the names that have been stored in the address book.
- If you set DND Mode, the watch will still receive incoming call notifications, but will not vibrate.
- During the watch vibration reminder process, click the watch button to stop the watch from vibrating.
- When it is inconvenient to answer or the call is over, you can hang up through the hang up key on the watch screen.

2.4 View call history

1. Click the button to enter the application list, select "Phone - > Call History ", you can view the call history of the watch.

2. Click any call record can call back.

3. Long press any call record, a menu will pop up: delete this call record . Click to close : Return to recent calls without deleting the call history .

2.5 Music Control

1. Open the realme Link APP device page and select " More Functions ".

2. Click the switch behind the music control to turn on/off the watch music control function .

3. Click the button to enter the application list, click " Tools ", and select "Music Control" to enter the music control .

4. When the watch is connected to the mobile phone normally and there is music playing on the mobile phone, the watch can adjust the volume of the music and switch between the previous and next music .

Illustration

● If the watch detects that the music status has changed from "paused" to "playing" on the main page, it can automatically jump to the music control page. If the watch is not on the main page and cannot be automatically jumped, you can enter it again through the application portal.

● The watch supports controlling third-party music apps (Kugou Music, NetEase Cloud Music, Ximalaya, QQ Music, etc.) in the phone.

2.6 Weather

The watch supports displaying weather information of your current location:
Click the button to enter the application list, select "Weather", the screen will display your location, weather, temperature, air quality and other informations.

Illustration

● Weather function needs to be connected to the realme Link APP, and make sure that the mobile phone has GPS turned on, and the realme Link APP is allowed to get location information .

● The weather information displayed on the watch is obtained and pushed by the realme Link APP from the service provider. Since the weather service provider used by the phone system is different, the displayed results may be slightly different.

2.7 Alarm

1. Click the button to enter the application list, select "Alarm Clock", and click "+" to add an alarm clock.

2. Set the time of the alarm, and click OK to complete the alarm setting.

3. Click the alarm which is aleady set to edit and modify the time, repetition period, snooze mode or delete the alarm.

4. When the alarm vibrates to remind, click the " zz^z sleep icon" or click the button to

delay the reminder (delay for 5 minutes). Click the " ✕ close icon " to close the alarm

directly.

Illustration

- It alarms once if you do not select a duplicate date
- Up to 10 alarms can be added.
- If there is no operation for 30 seconds when alarm reminds, the reminder will be delayed automatically, and the delay can be delayed up to 3 times.

2.8 Timer

1. Click the button to enter the application list and click "Timer". The watch provides you with 7 countdowns by default, 1 minute, 3 minutes, 5 minutes, 10 minutes, 15 minutes, 30 minutes, and 1 hour. You can choose the appropriate time according to different scenarios.

2. Meanwhile, you can make custom timers. At the bottom of the "Timer" interface, click

the custom icon ⬚⬚ Custom , slide up and down to select the specific countdown time, click " √ " to start the countdown, and click the "pause icon" to pause the countdown. Click the "stop icon" to exit the countdown.

3. When the countdown is over, the bell will vibrate for 30 seconds. Click the "repeat icon" to restart the countdown. Click the "stop icon" to return to the previous interface.

4. Swipe right to exit the Timer app.

Illustration

- Select the default countdown time, click to start the countdown directly.
- The timer exits while running and can run in the background.

2.9 Stopwatch

1. Click the button to enter the application list, click "Stopwatch", click "Start Icon" to start timing. Click the "pause icon" to pause the timing. After pausing, click the "reset icon" on the right to reset the stopwatch. Click the "stopwatch icon " to count the time.

2. Swipe right to exit the Stopwatch app.

Illustration

- The counts are displayed in sequence, the most recent count is displayed at the top , and the upper limit is 9 .
- Stopwatch display format: " minute: second.millisecond " ; more than 1 hour display "hour:minute:second".
- Stopwatch can exis while running and run in the background .

2.10 Flashlight

1. Click the button to enter the application list, click "Tools", select "Flashlight", click the screen, the display will be highlighted 50%, click the screen a second time, the brightness will reach 100%, click the screen again to turn off the flashlight, swipe right to exit the App .
2. Swipe down on the dial interface to open the control center , and you can directly click "Flashlight" to quickly turn on the "Flashlight" function.

2.1 1 Find My phone

1. Click the button to enter the application list, select "Find My Phone", tap to find the phone, the screen will play the animation of finding the phone, and the phone will ring.
2. Once your phone is found, exit Find Phone by tapping the on-screen button or clicking a key .
Illustration
● The function needs to ensure that the Bluetooth connection between the mobile phone and the watch is normal.
● The phone will still ring if it is in silent or DND Mode.

2.1 2 Remote control taking pictures

The watch can operate the mobile phone to take pictures (equivalent to the camera shutter)
1. Click the button to enter the application list, select " Remote camera", enter the remote camera function;
2. Tap the camera button in the middle of the screen to start taking pictures with your phone .
Illustration
● When operating, the mobile phone needs to be in the camera interface.
● During the operation, you need to keep the Bluetooth connection of the watch all the time, and the camera function of the mobile phone is turned on .

2.1 3 Power saving mode

In the power saving mode, the watch only displays time, date and battery information. When the function turned on at low batttery situation, it can greatly improve the battery life of the watch.
1. Swipe down on the dial interface to open the control center, you can directly click the "battery icon" to enable the "power saving mode" function.

2. After entering the power saving mode, long press the physical button to exit the power saving mode.

Illustration
- In the power saving mode, the watch does not record data such as steps, sleep, calories, heart rate, pressure, blood oxygen, and distance.
- In the power saving mode, the watch will not receive message reminders, low battery reminders and all health reminders .
- In the power saving mode, the watch does not support installing a watch face or finding my watch .

3. Science workout

The watch supports a variety of workout modes, and you can choose the appropriate workoutmode according to different scenarios .

3.1 Workout

1. Click the button to enter the application list, select "Workout", you can choose the corresponding workout type according to your needs.
2. Before starting the workout, you can click " Open goal " to select the "distance", "duration" and "calorie" of the workout target.
3. Click the button during workout, you can pause. Swipe up and down the page to view workoutdata.

Taking outdoor running as an example, you can view data such as distance, duration, consumption, real-time heart rate, and current time during exercise. Different workout types have different workout data.
4. After the exercise, you can click "Workout Record" in the application list to view the detailed workout record. It can also be viewed in the realme Link APP -> "Health" - > " Exercise logs " .

Illustration
- If the workout distance or time is too short, the workout   data will not be recorded .
- The workout record will show more data than the workout.

3.2 Workout recognition

Click the button to enter the application list, select "Motion", and turn on the workout recognition switch to enable the automatic workout recognition .
Automatically recognize workout
After it is turned on, when the watch recognizes that you are walking, running, cycling, on elliptical machine or rowing machine, the watch will promptly remind you whether to turn

on the relevant workout.

- Automatic recognition of walking requirement: continuous walking within 10 minutes .
- Automatic recognition of running requirement: continuous running within 3 minutes .
- Automatic recognition of cycling requirement: Continue cycling for 10 minutes .
- Automatic recognition of elliptical requirement: 3 minutes of continuous action.
- Automatic recognition of rowing requirement: 3 minutes of continuous action.

3. 3 Activity

The watch recognizes and monitors the user's diverse workout status throughout the day through acceleration and gyroscope sensors, and supports statistics and display of steps, workout duration, consumption, number of activities, and distance.

Wear the watch correctly, and the watch will automatically record your steps, workout duration, consumption, number of activities, distance and other related data into the daily activity data.

You can view activity data in two ways.

Method 1: View through the watch

Click the button to enter the application list, select "Activity", and swipe up and down to view your steps, workout duration, number of activities, consumption and other data.

Method 2: View through the realme Link APP

Check your daily activity details from realme Link APP -> "Health" .

Illustration
- View daily activity data through the realme Link APP , you need to keep the watch connected to the realme Link APP normally.

4. Health management

4.1 Heart rate

Watch is equipped with a wrist optical heart rate sensor, which supports 24 -hour continuous monitoring and recording of your heart rate (need to turn on "Heart Rate Monitor" switch on the realme Link APP) to help you stay healthy in scientific way.

Heart rate measurement

1. In a stationary state, wear the watch comfortably.

2. Click the button to enter the application list, select Heart Rate to measure your current heart rate.

3. Swipe right on the watch screen to stop heart rate measurement.

Illustration

- Normally takes 10-15 seconds to display the first value .
- In order to ensure the accuracy of heart rate measurement, please wear the watch normally, avoid the joints, not too loose, and try to wear it as tight as possible when exercising. Make sure that the heart rate monitoring area is close to the skin and is not blocked by foreign objects.
- Valid value of heart rate is 45-200 , if it exceeds the valid value, it will not be displayed .

Heart rate automatic monitoring

Open the realme Link APP device page, select "Health Reminder", and select the "24-hour heart rate detection" interval to enable all- day heart rate monitoring.

1. The heart rate is monitored at every set interval in a static state , and each measurement is 30 seconds .

2. The heart rate is monitored every 1 second during exercise, and it takes 10 to 15 seconds to measure the first value at the beginning of monitoring .

3. You can view the heart rate histogram on the watch "heart rate " or the realme Link APP.

Illustration

- Real-time heart rate monitoring will increase the power consumption of the watch. Please adjust the heart rate measurement cycle according to your activity intensity to save power.

Resting Heart Rate Warning

The watch will automatically notify you when your heart rate exceeds the set range in a resting state

1. On the realme Link APP device page, select "Health Reminder -> 24-hour Heart Rate Detection", and turn on the heart rate warning switch .

2. Click the high heart rate value menu to set the reminder range, which can be set to 100-150 times/min , and click Save .

3. Click the low heart rate value menu to set the reminder range, which can be set to 40-50 times/min , and click Save .

Illustration

- Turn on the "24-hour heart rate detection" switch in the realme Link APP to enable the resting heart rate warning.
- Resting heart rate refers to the heart rate value measured in a quiet, inactive, non-sleep state, which can indicate the health of the heart.
- Since the automatic measurement of the watch may not be the best time, it may cause the test value of the resting heart rate value to deviate from the actual value.

Workout heart rate warning

Exercising with the wearable device, if your heart rate is higher than the limit during

workout, the watch will pop up a reminder that the heart rate is too high.

Illustration
- Everyone's heart rate limit value is different, the limit heart rate value is equal to 220 minus your age.

4.2 SpO2

1. Wear the watch normally and keep it still.

2. Click the button to enter the application list, select "SpO2" to measure your current blood oxygen saturation.

3. If the watch is not worn or worn incorrectly, the watch will display a prompt, please wear the watch correctly again according to the prompt. When it is correctly worn, the SpO2 will be automatically measured.

Illustration:
- Swipe right on the watch screen or the watch has an incoming call / alarm reminder, the measurement will be interrupted.
- In order to ensure the accuracy of the measurement, please wear the watch normally, avoid the joints, and not too loose. Make sure that the rear case is close to the skin and not covered by foreign objects.
- During the measurement, please keep your body still.
- A single blood oxygen measurement lasts about 30 seconds, and the blood oxygen value is updated every second.

4.3 Sleep

Wear the watch to fall asleep, the watch will automatically identify the time when you enter sleep, exit sleep, deep sleep, light sleep, and sync to the realme Link APP to view your sleep details.

1. watch will display the latest sleep data of the day. Click the button to enter the application list, select "Sleep" to view the sleep data, and swipe up the screen to view the duration of deep sleep, light sleep, wakefulness, and rapid eye movement .

2. Sleep within the sedentary reminder period, less than 3 hours will be recorded as sporadic naps, and sporadic naps only display the sleep duration, no sleep stage and score data.

3. In the realme Link APP. Please click realme Link APP -> "Health" , select "Sleep" to display historical data, statistics by day, week, month and year.

Illustration
- If your nap time is too short and less than 30 minutes, or if your body or wrist movements are large during the nap, the watch may not be able to monitor it, and sleep data will not be recorded at this time.

- If the sedentary reminder is off, the watch defaults to sporadic naps for less than 3 hours of sleep between 8:00 and 18:00.
- More than 3 hours of sleep or sleep outside the sedentary reminder period , you can view the full-day sleep evaluation in the realme Link APP -> "Health" -> "Sleep".

4.4 Pressure

Pressure detection can be divided into single pressure detection and automatic pressure monitoring.

Single pressure detection:

Click the button to enter the application list, select "Pressure", and automatically perform pressure detection after entering.

Automatic pressure monitoring:

On the realme Link APP device page, select " Health Reminder ", open "Automatic stress monitoring" switch, wear the watch correctly every day, and the watch will automatically measure your stress status when measuring your heart rate.

View pressure data:

Click the button to enter the application list, and select "Pressure" to view the daily pressure trend, the maximum and minimum pressure values of the day.

Illustration
- Please wear the watch correctly and keep your body still during the stress detection process.
- When you are exercising or your wrist is moving frequently, pressure cannot be accurately assessed, and the watch will not perform pressure tracking detection in this case .
- The ingestion of caffeine, nicotine, alcohol and some psychotropic substances can affect the accuracy of stress detection. In addition, heart disease, asthma, physical activity or physical compression of the wearing position can also affect the stress test results.
- This equipment is not a medical device, and the test results are for reference only.

4.5 Breath training

Breath training can help you relax and soothe your mind during stressful work or life.

1. Click the button to enter the application list and select "Breathm Training ".

2. Set your training duration.

3. Please wear the watch and keep your arm still, click "Start button ", exhale and inhale according to the on-screen prompts.

4. After training, you can choose to swipe right to exit or "one more time" .

Illustration

- Please keep still and wear the watch correctly during breathing , otherwise the pressure and heart rate values during training cannot be accurately evaluated, and the results of breathing training may not display pressure, heart rate or the results of pressure and heart rate are wrong .
- After performing breath training on that day , you can view the breathing records throughout the day in the realme Link APP -> "Health" -> "Relax" .

4.6 Sedentary reminder

The sedentary reminder function will detect your activity within a set time. If there is no activity , the watch will vibrate and brighten the screen to remind you to stand up and move your body to ensure your adequate rest and physical health.

Illustration
- Sedentary reminders refer to prolonged periods of inactivity.
- If you turn on the DND mode, the watch will not vibrate to remind you during the DND time.
- When you are sleeping, the watch will not vibrate to remind you.
- If you turn on the DND mode during the lunch break in the realme Link APP , the watch will not remind you during the DND time .

4.7 Reminder to drink water

Water reminder function will remind you to drink water regularly within a set time to ensure that you get enough water every day and promote body metabolism .
1. On the realme Link APP device page, select " Health Reminder " and turn on the " Drink Water Reminder " switch.
2. Click the reminder period menu to set the start /end time .
3. Click the reminder interval menu to set the interval time . After setting , the watch will remind you to drink water at every corresponding time during the reminder period .

Illustration
- When the watch is not worn, it will not remind you to drink water .
- If you turn on the DND mode, the watch will not vibrate to remind you during the DND time.
- When you are sleeping, the watch will not vibrate to remind you.
- If you turn on the DND mode, during the lunch break in the realme Link APP , the watch will not remind you to drink water during the DND period .