

SONY®

User guide

SmartBand 2 (for iOS)
SWR12

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Basics

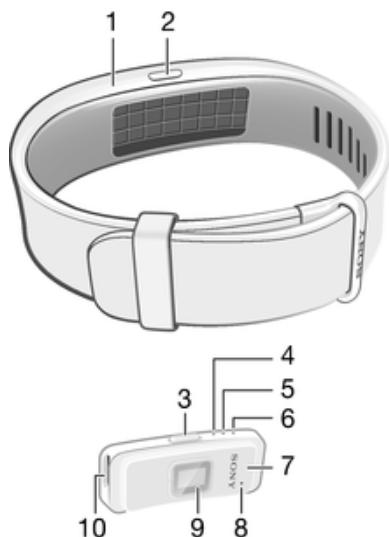
Introduction

Your SmartBand 2 is a companion product that connects wirelessly via Bluetooth® with your iPhone. Worn on your dominant wrist, it can monitor your body movements and interact with your iPhone to generate data about your daily life and habits. For example, the SmartBand 2 counts your steps and records data about your physical state while you walk or run.

Your SmartBand 2 is a device you can wear everyday and features a sensor that monitors your pulse and helps determine your heart rate. When used with a compatible iPhone device, you can use the SmartBand 2 to receive notifications and manage your alarms and phone calls.

Before you can get started using your SmartBand 2, you must download the SmartBand 2 application and set up the accessory to work with your iPhone. Also, remember that your iPhone must be running on iOS version 8.2 or higher.

Hardware overview



1	Wristband
2	Power key cover
3	Power key
4	Notification light A
5	Notification light B
6	Notification light C
7	Core
8	Ventilation hole
9	Heart rate sensor
10	Micro USB port

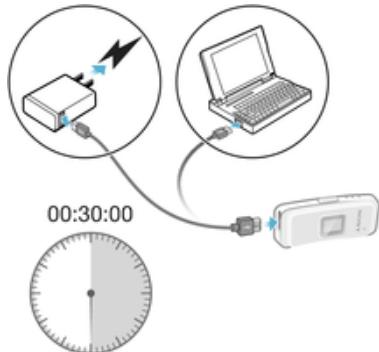
- ! The ventilation hole is not used for resetting the device. Do not insert or force sharp objects in the hole as this may damage the device.

Charging your SmartBand 2

Before using your SmartBand 2 for the first time, you need to charge it for approximately 30 minutes. Sony chargers are recommended.

Your SmartBand 2 turns off automatically when the charger is connected. You cannot turn on the device while a charger is connected.

To charge your SmartBand 2



- 1 Plug one end of the USB cable into the charger or into the USB port of a computer.
 - 2 Plug the other end of the cable into the Micro USB port of your SmartBand 2.
 - 3 While the battery is charging, notification light A changes its color. The notification light changes to green when you reach 90% battery power.
- 💡** Make sure the USB port is dry before you insert a USB cable into the port.
- !** Your SmartBand 2 turns off when connecting to a charger, and goes back to its previous on/off state when the charger is unplugged.

Battery notification light status

Red light	Battery is charging and the charge level is less than 15%.
Orange light	Battery is charging and the charge level is between 15% and 90%.
Green light	Battery is charging and the charge level is greater than 90%.

To check the battery level of your SmartBand 2

- On your iPhone, find and tap **SmartBand 2**. The battery percentage level appears on the home screen of your SmartBand 2 application.
- !** You cannot check the battery level when your SmartBand 2 is charging.

Low battery level notification

When your SmartBand 2 reaches a specific battery level, the device vibrates and the red light starts flashing every 4 seconds until you charge the device or it powers off. The low battery level notification is triggered when you have approximately 5 minutes left in Heart Activity mode and 75 minutes in STAMINA mode. The time varies depending on usage. When battery level is below 1%, your SmartBand 2 automatically turns off. You need to charge your SmartBand 2 when the battery runs out of power.

- !** If the "Do not disturb" function is turned on, you will not get the low battery notification.

Assembly

To personalise your SmartBand 2, you can replace the wristband with bands of different colour, which can be purchased separately.

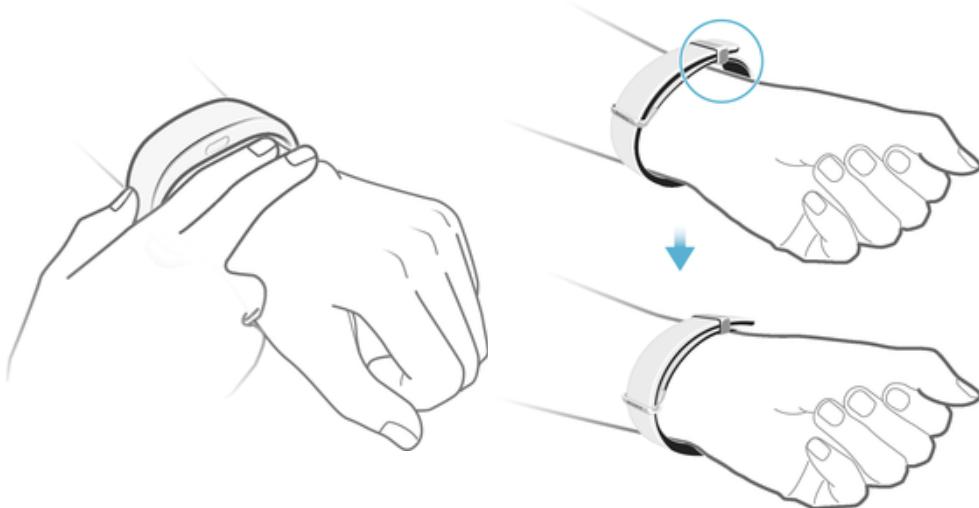
To assemble your SmartBand 2



- Insert the core into the wristband in such a way that the power key is inserted underneath the power key cover.

Wearing your SmartBand 2

You should wear the SmartBand 2 on your dominant hand and position the device on your wrist two fingers above the wrist bone. Wear your SmartBand 2 on your wrist snugly but comfortably, neither too tight nor too loose. In order for the SmartBand 2 to monitor your pulse, it should stay in place on your wrist. While you're exercising, tighten the wristband a bit. When you're done, loosen the wristband.



Caring for your SmartBand 2 and your skin

To help avoid skin irritation, correctly adjust the bracelet's fit around your wrist and clean your SmartBand 2 regularly. Rinse the SmartBand 2 with fresh water under a faucet and dry the device completely, particularly after performing rigorous activity, heavy sweating or exposing the device outdoors.

If you start to experience skin irritation or an allergic reaction, stop wearing your SmartBand 2. Contact your physician if symptoms persist.

Turning on and off

To turn on the SmartBand 2

- Press and hold down the power key until your SmartBand 2 vibrates. All notification lights turn on one by one and then turn off.
- When turning on your SmartBand 2 for the first time, it automatically enters pairing mode and notification light A flashes until your SmartBand 2 is connected to a device.

To turn off the SmartBand 2

- Press and hold down the power key until your SmartBand 2 vibrates. All notification lights are on simultaneously and then turn off one by one.

Setting up your SmartBand 2

Preparing to use your SmartBand 2

For your SmartBand 2 to work properly, you must install the latest version of the SmartBand 2 application on your iPhone, and then pair and connect your SmartBand 2 device with your iPhone using Bluetooth®.

To set up your SmartBand 2 using Bluetooth®

- 1 Make sure that your SmartBand 2 device is fully charged and turned on.
 - 2 On your iPhone, make sure that you have installed and updated the SmartBand 2 application to the latest version.
 - 3 On your iPhone, open **SmartBand 2**, then follow the on-screen instructions.
- !** You may need to update the firmware of your SmartBand 2 after it's successfully paired with your iPhone.
- 💡** If you don't see the introduction screen, you can tap the **SmartBand 2** tab on your SmartBand 2 application for help regarding connecting your device.

Reconnecting the SmartBand 2

In cases where a connection gets lost, your SmartBand 2 automatically performs a series of reconnection attempts. If auto-reconnection fails, you can use the power key to manually force the accessory to try reconnecting with your iPhone.

To force the SmartBand 2 to try reconnecting

- Briefly press the power key of your SmartBand 2 device, or tap **Search for SmartBand 2** on the **SmartBand 2** tab of your SmartBand 2 application on your iPhone.
- !** If you still have issues connecting to your iPhone, tap the help button on the **SmartBand 2** tab on your SmartBand 2 application and follow the on-screen instructions.

Resetting your SmartBand 2

Reset your SmartBand 2 if it behaves unexpectedly or if you want to connect it to a new device.

To perform a factory reset

- 1 Turn off your SmartBand 2.
- 2 Press and hold down the power key for 5–10 seconds until a green light starts flashing.

To unpair your SmartBand 2

- 1 On your iPhone, find and tap Settings > Bluetooth.
- 2 Find **SWR12** and tap ⓘ, and then tap Forget This Device.
- 3 Tap Forget Device to confirm.

Using your SmartBand 2

Using the SmartBand 2 application

You can view and change settings for your SmartBand 2 by using the SmartBand 2 application on your iPhone. You can also view your current pulse, stress and physical activities, such as steps, from the SmartBand 2 application.

Getting notified

You can set your SmartBand 2 to vibrate when you get an incoming call or a notification from your iPhone.

All notifications on a connected iPhone can be forwarded to your SmartBand 2.

Notified by	Vibration feedback	Lights feedback
Incoming calls	Vibrating continuously	All lights flashing white continuously
Smart wake up alarm	Vibrating continuously	Not available
Other notifications	Vibrating once	Light A flashing white for 5 minutes

To turn on Notifications

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Tap **Notifications**, then drag the sliders beside **Incoming calls** and **Other apps** to the on position.

To reject an incoming call

- Briefly press the power key.

To turn on the Low vibration function

- Drag the **Low vibration** slider to the on position.

Get moving

Your SmartBand 2 can remind you to get up and take a few steps when you've been idle for too long.

You can also manage the interval and time frame for these reminders.

To turn on the Get moving function

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Tap **Get moving**, then drag the sliders to the on position.

Measuring Stress & Recovery

Stress is a natural part of everyday life and contributes to the healthy and balanced overall condition of an individual. The Stress & Recovery values provided by the SmartBand 2 refer to a combination of your Heart Rate (HR) and Heart Rate Variability (HRV). SmartBand 2 analyses your Heart Rate Variability (HRV) and assesses how well your body manages stress levels during different situations throughout the day.

The SmartBand 2 can measure Heart Rate (HR) and Heart Rate Variability (HRV) even if the device is disconnected from your iPhone. Data collected using the heart rate sensor is stored for up to 72 hours and synced to your iPhone once connected via Bluetooth.

- !
- This product is intended to help you track your exercise and lifestyle. It is not a medical device and data from it should never be used to make medical decisions (like preventing, diagnosing, monitoring, or treating a disease or injury) or replace the advice of a medical professional.

Sony Mobile disclaims any warranty that this device could be used or suitable for medical purposes. Seek medical advice before undertaking a new or altered training regime using this device, particularly if using this device together with a pacemaker or other medical devices.

- ! Extensive use of pulse and stress measurement increases battery consumption.

Pulse measurement

Pulse measurement is the generally recommended method of determining your heart rate (HR), which can be a rough indicator of intensity of exercise. Pulse rate is expressed by the number of times your heart beats per minute (BPM). Although "pulse rate" and "heart rate" are two different concepts, the terms are used in the same context in this User guide.

Stress and recovery levels

Stress & Recovery is determined using Heart Rate Variability (HRV). The heart rate is never constant and the time difference between two consecutive heartbeats changes from beat to beat. This variation is called Heart Rate Variability (HRV). If the variation in-between heartbeats is high, this indicates a relaxed or recovering state. If the variation is low, this indicates stress.

Activities such as reading a book may result in low stress levels, or can even be tracked as recovery. For example, busy moments at work or school may result in a high stress indication. It is important to note that a stress reaction does not have to be negative; it may also indicate that you are experiencing something exciting or fun. To balance periods of high stress, you need to recover by relaxing and sleeping well. A medium stress level may indicate effortless productivity, which is common during work and social activities.

Recovery mostly occurs while you sleep. There are factors that can affect your recovery measurements. A physically active lifestyle, healthy nutrition, lower consumption of alcohol, and elimination of stress factors make it possible to improve recovery during sleep in the long run. Avoiding highly strenuous physical activities and "slowing down" mental activities well before going to bed also have a positive effect on recovery.

- ! Stress & Recovery values provided by the SmartBand 2 are not a reliable source for analysing overall fitness. Low intensity exercises, for example, can be misinterpreted incorrectly as recovery.
- ! To get an measurement of your Stress & Recovery, wear your SmartBand 2 for at least one night when you go to bed.

How the SmartBand 2 measures your pulse and stress

The SmartBand 2 uses green lights paired with light-sensitive photodiodes to detect the amount of blood flowing through your wrist at any given moment. By flashing its lights hundreds of times per second, the SmartBand 2 can calculate the number of times the heart beats each minute and provide an estimate of your heart rate.

Factors that affect pulse and stress measurement

Several factors can affect the performance of the SmartBand 2 heart rate sensor.

- Skin perfusion: the amount of blood flowing through the skin varies significantly from person to person and can also be impacted by the environment. If you're exercising in the cold, for example, the skin perfusion in your wrist may be too low for the heart rate sensor to get a result.
- Movement: rhythmic movements such as running or cycling give better results from the heart rate sensor compared with irregular movements like in tennis or boxing.
- Skin pigmentation variations: permanent or temporary changes to your skin, such as some tattoos. The ink, pattern, and saturation of some tattoos can block light from the sensor, making it difficult to get reliable results.

Getting the most from the SmartBand 2 heart rate sensor

Even under ideal conditions, the SmartBand 2 may not be able to get a reliable heart rate reading every time for every individual. For a small percentage of users, various factors may make it impossible to get any heart rate reading at all. Perform the following steps if you want to improve the reading from the heart rate sensor:

- Make sure that you wear your SmartBand 2 snugly, but comfortably on your wrist. If it does not stay in place on your wrist and the heart rate sensor fails to get a good reading, tighten the wristband.
- You may need to clean the SmartBand 2, especially the heart rate sensor, after exercising or heavy sweating.

Measuring pulse and stress automatically

The SmartBand 2 measures your pulse and stress and recovery level about six times an hour.

Measuring pulse and stress manually

You can have your SmartBand 2 perform a reading of your pulse at any time, either from the device itself or from your iPhone.

To get the best heart rate data when exercising, initiate the heart rate sensor a few minutes before your physical activity so that the sensor is able to detect your pulse.

To measure your pulse and stress manually from your SmartBand 2

- 1 To start measuring your pulse and stress level, double-press the power key. The notification lights start to flash orange alternately and then together when the reading is complete. The results are then displayed on the SmartBand 2 application on your iPhone.
 - 2 To end the measurement, double-press the power key again.
- ! If the SmartBand 2 cannot detect your pulse, it vibrates three times and the notification lights start to flash alternately in orange. If the heart rate sensor fails to get a reading, adjust the SmartBand 2's position on your wrist or clean the sensor. For more information on improving the reading from the heart rate sensor, see *Getting the most from the SmartBand 2 heart rate sensor* on page 10.

To measure your pulse and stress manually from your iPhone

- 1 On your iPhone, open **SmartBand 2**. The SmartBand 2 immediately attempts to get a reading from the heart rate sensor and displays the results on the SmartBand 2 application.
- 2 To end the measurement, quit the SmartBand 2 application.

STAMINA mode

To reduce battery consumption, you can turn on STAMINA mode, which disables automatic measurement of pulse and stress. You can still manually start a measurement even while your SmartBand 2 is in STAMINA mode.

To turn on/off STAMINA mode

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Tap **Stamina mode**, then drag the slider beside **Stamina mode** to the on position.
 - 💡 You can apply **Stamina mode** automatically by selecting the **Low battery mode**.

Smart wake up alarms

You can set one or several Smart wake up alarms in the SmartBand 2 application. The Smart wake up alarm wakes you up at the best time based on your sleep cycle. The alarm notifies you with a continuous vibration. After you set a time frame for

when you would like to be awoken by the alarm, your SmartBand 2 detects when you have reached a state of light sleep and then wakes you up.

For example, if you set a Smart wake up alarm for between 06:30 and 07:00 AM, the alarm wakes you up sometime between 06:30 and 07:00 AM when you reach a state of light sleep. If you do not reach a state of light sleep during this period, the Smart wake up alarm wakes you up at 07:00 AM.

- ! If you want to add, remove or change a Smart wake up alarm, your SmartBand 2 must be connected to the iPhone.

To add a Smart wake up alarm

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Tap **Smart wake up**, then tap **+**.
- 3 Tap **Wake up time** and select the relevant values for the hour and minute.
- 4 To edit a period, tap **Wake up interval** and select the relevant value.
- 5 Tap **Repeat**, then mark the days on which you want the alarm to recur and tap **Edit Alarm**.
- 6 When you're finished, tap **Back**.

To edit an existing Smart wake up alarm

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Tap **Smart wake up**, then tap the alarm that you want to edit.
- 3 Edit the options as desired.
- 4 When you're finished, tap **Back**.

To delete a Smart wake up alarm

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Tap **Smart wake up**, then tap the alarm that you want to delete.
- 3 Tap .

To turn on a Smart wake up alarm

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Tap **Smart wake up**.
- 3 Drag the slider beside the alarm that you want to turn on.

To snooze a Smart wake up alarm when your SmartBand 2 vibrates

- Briefly press the power key.

To turn off a Smart wake up alarm when your SmartBand 2 vibrates

- Press and hold down the power key until your SmartBand 2 vibrates once shortly.

To turn on the Low vibration function

- Drag the **Low vibration** slider to the on position.

Out-of-range alert notifications

You can receive a notification when you leave your iPhone behind by turning on the Out-of-range alert notification. Your SmartBand 2 then notifies you with three short vibrations when the distance between your SmartBand 2 and the connected iPhone becomes too great and causes a disconnection. This function is turned off by default.

To turn on the Out-of-range alert notification function

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Drag the slider beside **Out of range alert** to the on position.

Do not disturb

You can turn on the Do not disturb function if you do not want to be interrupted by notifications. When the Do not disturb function is enabled, only the Smart wake up alarm is active.

To turn on the Do not disturb function

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Tap **Notifications**, then drag the slider beside **Do not disturb** to the on position.

To set the Do not disturb interval

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Tap **Notifications**, then drag the slider beside **Do not disturb** to the on position.
- 3 Tap **Start** and select the relevant values for the hour and minute.
- 4 Tap **End** and select the relevant values for the hour and minute.

Remote control

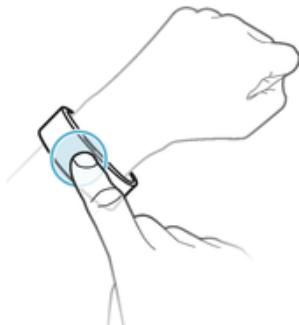
You can use your SmartBand 2 to control playback from the Music application on the connected iPhone.

- ! The three notification lights on the SmartBand 2 are blue when you are using it as a remote control.

To allow your SmartBand 2 to control the iPhone Music application

- 1 On your iPhone, open **SmartBand 2**, then tap **SmartBand 2**.
- 2 Drag the slider beside **Music control** to the on position.

To control music playback on your iPhone from your SmartBand 2



- 1 Make sure that your SmartBand 2 is connected to your iPhone.
- 2 Briefly press the power key on your SmartBand 2 and tap it immediately. The three notification lights flash blue.
- 3 To play or pause the music file, tap the SmartBand 2 once. To go to the next music file, tap twice. To go to the previous music file, tap three times.
- 4 To end remote control, briefly press the power key or wait for 10 seconds without tapping the SmartBand 2. The three blue notification lights turn off.

Connecting to Health

The SmartBand 2 application needs access to the Apple's Health application to be able to track your activities and progress.

To allow the Apple Health application access to data from the SmartBand 2 application

- 1 On your iPhone, open **Health**.
 - 2 Tap **Sources > SmartBand 2**.
 - 3 Drag the sliders beside all items.
- ! The Health application does not track your stress level from the SmartBand 2 application.

Notification lights

You can determine the status of your SmartBand 2 via the three notification lights on the device.

Notification light activity	Status of the SmartBand 2
All lights illuminating in white one by one, then turning off simultaneously	Powered on
All lights illuminating in white simultaneously, then turning off one by one	Powered off
Light A flashing in green	Factory data resetting/Updating firmware
Light A flashing in blue	Connecting to an iPhone
All lights illuminating in blue one by one, then turning off simultaneously	Connected to an iPhone
All lights illuminating in white one by one, then turning off simultaneously	Not connected to an iPhone
All lights flashing in orange continuously	Measuring pulse and stress and recovery level manually
All lights flashing in blue continuously	Remote controlling
All lights flashing in red continuously	Low battery level
All lights flashing in white continuously	Incoming calls
Light A flashing in white for 5 minutes	Other notifications

Important information

Using your SmartBand 2 in wet and dusty conditions

Your SmartBand 2 is waterproof and protected against dust, so don't worry if you get caught in the rain or want to wash off dirt after wearing it for a period of time. But remember that the SmartBand 2 is only protected in fresh and chlorinated water up to 3m for a maximum of 30 minutes. Rinse the SmartBand 2 with fresh water under a faucet and dry the device completely after swimming. Abuse and improper use of your SmartBand 2 will invalidate warranty. The device has Ingress Protection rating IP65/68. For more info, see support.sonymobile.com.

Your SmartBand 2 has a capless USB port. The USB port must be completely dry before a cable can be connected for charging. If your SmartBand 2 gets exposed to water and the USB port gets wet, wipe the SmartBand 2 dry with a microfibre cloth and shake it several times with the USB port facing downwards. Repeat the procedure until no moisture is visible in the USB port.

Your warranty does not cover damage or defects caused by abuse or use of your SmartBand 2 against Sony Mobile's instructions. For more information about the warranty, refer to the Important information, which can be accessed via support.sonymobile.com.

Legal information

Sony SWR12

This product is intended to help you track your exercise and lifestyle. It is not a medical device and data from it should never be used to make medical decisions (like preventing, diagnosing, monitoring, or treating a disease or injury) or replace the advice of a medical professional. Sony Mobile disclaims any warranty that this device could be used or suitable for medical purposes. Seek medical advice before undertaking a new or altered training regime using this device, particularly if using this device together with a pacemaker or other medical devices.



Prior to use, please read the *Important information* leaflet separately provided.

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Visit www.sonymobile.com for more information.

All illustrations are for illustration only and may not accurately depict the actual accessory.

Declaration of Conformity

We, Sony Mobile Communications AB of

Nya Vattentornet

SE-221 88 Lund, Sweden

declare under our sole responsibility that our product

Sony type **RD-0180**

and in combination with our accessories, to which this declaration relates is in conformity with the appropriate standards **EN 300 328:V1.8.1, EN 300 330-2:V1.5.1, EN 301 489-7:V1.3.1 EN 301 489-17:V2.2.1, EN 301 489-3:V1.6.1 and EN 60 950-1:2006+A11:2009+A1:2010+A12:2011, A2:2013** following the provisions of, Radio Equipment and Telecommunication Terminal Equipment directive 1999/5/EC.

Lund, February 2015

CE 0682



Pär Thuresson,
Quality Officer, SVP, Quality & Customer Services

FCC Statement

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation. Any change or modification not expressly approved by Sony may void the user's authority to operate the equipment.



This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

AVISO IMPORTANTE PARA MÉXICO

La operación de este equipo está sujeta a las siguientes dos condiciones: (1) es posible que este equipo o dispositivo no cause interferencia perjudicial y (2) este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada.

Para consultar la información relacionada al número del certificado, refiérase a la etiqueta del empaque y/o del producto.

Alimentación: 5,0 Vcc

Industry Canada Statement

This device complies with RSS-210 of Industry Canada.

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

Avis d'industrie Canada

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence.

L'exploitation est autorisée aux deux conditions suivantes:(1) l'appareil ne doit pas produire de brouillage, et, and (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.