SONY®

User guide

SmartBand 2 (for Android™)
SWR12

Contents

Basics

Introduction

Your SmartBand 2 is a companion product that connects wirelessly via Bluetooth® with Android™ devices. Worn on your dominant wrist, it can monitor your body movements and interact with your Android™ device 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 sleep, 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. Together with the Lifelog application, you can set personal goals and then track your progress in a comprehensive and easily viewable format. When used with a compatible Android™ 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 phone or tablet. Refer to the relevant setup information for more details. Also, remember that your Android™ device must run the Android™ software version 4.4 or higher and support the Bluetooth® version 4.0 profile.

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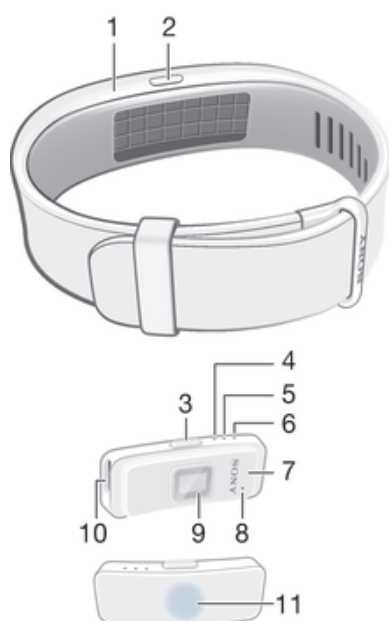
1	Wristband
2	Power key cover
3	Power key
4	Notification light A
5	Notification light B
6	Notification light C
7	Core
8	Ventilation hole
9	Heart rate sensor

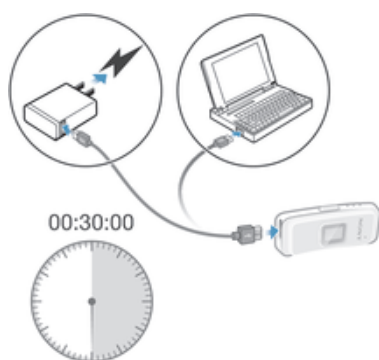| 10	Micro USB port
11	NFC detection/tapping area

❗ 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 from red to orange. 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

- From the main application screen of your Android™ device, find and tap the SmartBand 2 application, the battery percentage level appears on the screen.

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.
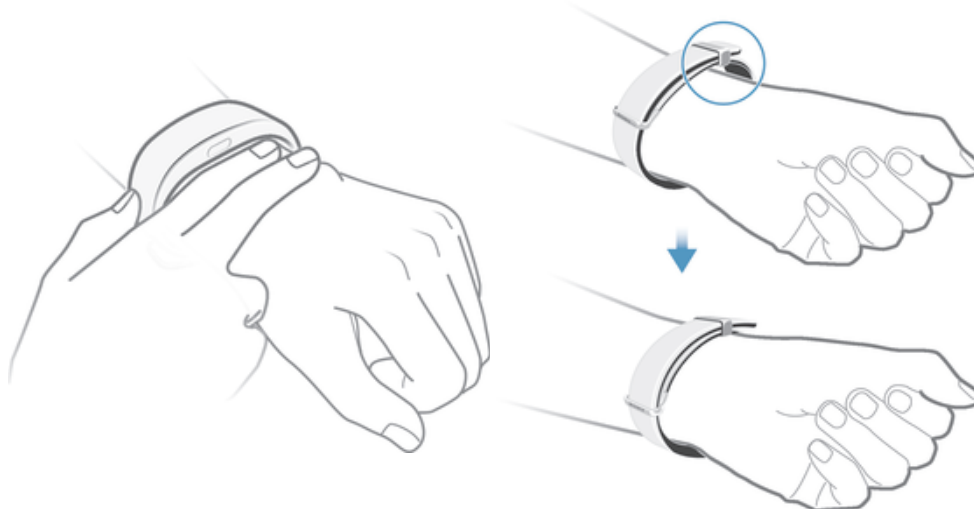
Caring for your SmartBand 2 and your skin

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

- 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.

- 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 the Android™ device, and then pair and connect it with your Android™ device. You also need to install the Lifelog application, which adds extra features and functions that allow you to, for example, see more detailed information about your daily activities.

You can set up your SmartBand 2 using NFC, which launches the pairing, connection and setup procedures automatically, or you can use the Bluetooth® option to do the steps manually.

A setup wizard in the SmartBand 2 application guides you through the process of setting up your SmartBand 2 for the first time.

! All applications required for the SmartBand 2 to work are available on Google Play™.

To set up your SmartBand 2 using NFC

1 Make sure that your SmartBand 2 is fully charged.
2 Android™ device: Make sure that the NFC function is turned on and that the screen is active and unlocked.
3 Place the Android™ device over your SmartBand 2 so that the NFC detection area of each device touches the other, then follow the instructions on the Android™ device to install the SmartBand 2 application and the Lifelog application. ⌧ appears briefly in the status bar and permanently in the Notification panel when a connection with the SmartBand 2 is active.

! When starting your SmartBand 2 for the first time and the SmartBand 2 has not been paired with a device before, your SmartBand 2 automatically enters pairing mode. If your SmartBand 2 is turned on and has been paired before, it tries to reconnect to the last paired device instead. Your SmartBand 2 can only be paired to one device at a time.

‑☀‑ You can set up your SmartBand 2 using NFC even when the SmartBand 2 is turned off. The SmartBand 2 turns on when the NFC detection area touches it. If you have problems pairing your SmartBand 2 with an Android™ device using NFC, try to connect manually using Bluetooth®. You can drag down the status bar to open the Notification panel and get quick access to the SmartBand 2 application and the Lifelog application.

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To set up your SmartBand 2 using Bluetooth®

1 Make sure that your SmartBand 2 is fully charged.
2 Android™ device: Make sure that you have installed or updated the SmartBand 2 application to the latest version.
3 Turn on your SmartBand 2.
4 Android™ device: Turn on the Bluetooth® function, then scan for Bluetooth® devices and select **SWR12** in the list of available devices.
5 Android™ device: Follow the instructions that appear on the screen. ⊟ appears briefly in the status bar and permanently in the Notification panel when a connection with the SmartBand 2 is active.

-ᄝ́- You can drag down the status bar to open the Notification panel and get quick access to the SmartBand 2 application and the Lifelog application.

Reconnecting the SmartBand 2

In cases where a connection gets lost, for example, when the connected Android™ device goes out of range, your SmartBand 2 vibrates 3 times if the out-of-range alert is turned on, and your SmartBand 2 automatically performs a series of reconnection attempts if Bluetooth® is turned on. In case the auto-reconnection fails, you can use the power key to manually force the accessory to try reconnecting, or you can use NFC to reconnect the two devices.

To force the SmartBand 2 to try reconnecting

• Briefly press the power key.

To reconnect your SmartBand 2 using NFC

1 Android™ device: Make sure that the NFC function is turned on and that the screen is active and unlocked.
2 Place the Android™ device over your SmartBand 2 so that the NFC detection area of each device touches the other.

-ᄝ́- The SmartBand 2 application opens automatically when your SmartBand 2 connects with your Android™ device using NFC.

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 more than 10 seconds.

-ᄝ́- If you are pairing the SmartBand 2 with a new Android™ device, your SmartBand 2 may attempt to reconnect with your previous Android™ device even after a factory reset. Unpair your SmartBand 2 with the previous device first and then pair it with the new Android™ device.

To unpair your SmartBand 2

1 From the main application screen of your Android™ device, find and tap **SmartBand 2** > ⋮ > Forget SmartBand.
2 Tap **OK** to confirm.

-ᄝ́- You can also unpair your SmartBand 2 from the Bluetooth® settings of the Android™ device.

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 Android™ device. 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 Android™ device.

All notifications that appear in the status bar on a connected Android™ device can be forwarded to your SmartBand 2. You can use the SmartBand 2 application to select which notifications to forward.

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 the same colour as on your Android™ device for 5 minutes

To turn on the "Get Notified" function
1   From the main application screen of your Android™ device, find and tap
    SmartBand 2 > ⋮ > **Settings**.
2   Tap **Get notified**, then drag the sliders beside **Off**, **Incoming call** and
    Notifications to the on position.
3   Follow the on-screen instructions to get access of reading notifications for your
    SmartBand 2.

To select which notifications to forward to your SmartBand 2
1   From the main application screen of your Android™ device, find and tap
    SmartBand 2 > ⋮ > **Settings** > **Get notified**.
2   Drag the sliders beside **Off** and **Notifications** to the on position.
3   Tap **Get notifications from**, then select the desired apps.

To mute the ringtone for an incoming call
•   Briefly press the power key.

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 an Android™ device. Data collected using the heart rate sensor is stored for up to 72 hours and synced to the Android™ device once connected via Bluetooth or NFC.

! 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

Many factors can affect the performance of the SmartBand 2 heart rate sensor:
- Skin perfusion. Skin perfusion - how much blood flows through your 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 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 each individual. And 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 Android™ device.

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.

! Notifications, except for incoming calls and alarms, are not passed to your SmartBand 2 when you measure your pulse and stress manually.

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 and Lifelog application on your Android™ device.
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 11.

To measure your pulse and stress manually from your Android™ device

1 From the main application screen of your Android™ device, find and tap **SmartBand 2**. The SmartBand 2 immediately attempts to get a reading from the heart rate sensor and displays the results on the SmartBand 2 or Lifelog 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 From the main application screen of your Android™ device, find and tap **SmartBand 2** > ⋮ > **Settings**.
2 Tap **STAMINA mode**, then drag the slider to the **On/Off** position.

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 (after a period of deep 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 Android™ device.

To add a Smart wake up alarm

1 From the main application screen of your Android™ device, find and tap **SmartBand 2** > ⁝ > **Settings**.
2 Tap **Smart wake up**, then tap ⊕.
3 Tap **Time** and select the relevant values for the hour and minute, then tap **OK**.
4 To edit a period, tap the plus or minus icons beside the **Wake-up period**.
5 Tap **Repeat**, then mark the days on which you want the alarm to recur and tap **OK**.
6 When you're finished, tap **SAVE**.

To edit an existing Smart wake up alarm

1 From the main application screen of your Android™ device, find and tap **SmartBand 2** > ⁝ > **Settings**.
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 **SAVE**.

To delete a Smart wake up alarm

1 From the main application screen of your Android™ device, find and tap **SmartBand 2** > ⁝ > **Settings**.
2 Tap **Smart wake up**, then tap the alarm that you want to delete.
3 Tap **DELETE**.

To turn on a Smart wake up alarm

1 From the main application screen of your Android™ device, find and tap **SmartBand 2** > ⁝ > **Settings**.
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.

Out-of-range alert notifications

You can receive a notification when you leave your Android™ device 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 Android™ device 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 From the main application screen of your Android™ device, find and tap
   SmartBand 2 > ⋮ > **Settings**.
2 Tap **Get notified**, then 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 From the main application screen of your Android™ device, find and tap
   SmartBand 2 > ⋮ > **Settings**.
2 Tap **Get notified** > **Do not disturb**, then drag the slider beside **Off** to the on
   position.

To set the Do not disturb interval

1 From the main application screen of your Android™ device, find and tap
   SmartBand 2 > ⋮ > **Settings**.
2 Tap **Get notified** > **Do not disturb**, then drag the slider beside **Off** to the on
   position.
3 Tap **Start time** and select the relevant values for the hour and minute, then tap
   OK.
4 Tap **End time** and select the relevant values for the hour and minute, then tap
   OK.

Remote control

You can use your SmartBand 2 to control media playback and the Find phone
application on the connected Android™ device. You can select which application you
want to control using the SmartBand 2. If you select a media application, you can
manage media playback on the Android™ device. If you select the Find phone
application, you can make your Android™ device ring loudly.

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

To turn on the remote control function

1 From the main application screen of your Android™ device, find and tap
   SmartBand 2 > ⋮ > **Settings**.
2 Tap **Remote control**, then drag the slider beside **Off** to the on position.

To select which application can be used with remote control

1 From the main application screen of your Android™ device, find and tap
   SmartBand 2 > ⋮ > **Settings**.
2 Tap **Remote control**, then drag the slider beside **Off** to the on position.
3 Tap **Active application**, then select an application as desired.

To control music playback on your Android™ device from your SmartBand 2
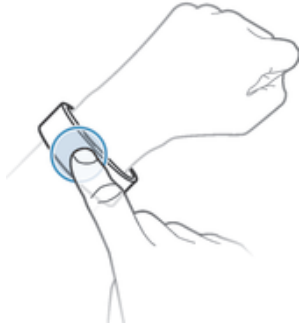
1. Make sure that your SmartBand 2 is connected to your Android™ device.
2. Select music player as the application that can be controlled through your SmartBand 2.
3. Briefly press the power key on your SmartBand 2.
4. To play or pause the music file, tap the SmartBand 2 once. To go to the next music file, tap twice. To go to the previous music file, tap three times.
5. 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 Google Fit

You can use your SmartBand 2 with Google's online health and fitness service, Google Fit. With the Google Fit application, you can measure, track and store fitness data online.

To connect your SmartBand 2 to Google Fit

1. From the main application screen of your Android™ device, find and tap **SmartBand 2** > ⋮ > **Settings**.
2. Tap **Google Fit**, then drag the slider beside **Off** to the on position, then follow the on-screen instructions to confirm your Google account.

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 the Android™ device
All lights illuminating in blue one by one, then turning off simultaneously	Connected to the Android™ device
All lights illuminating in white one by one, then turning off simultaneously	Not connected to the Android™ device
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 the same colour as on your Android™ device for 5 minutes

Other notifications

Logging your activities using the Lifelog application

Using the Lifelog application

The Lifelog application records your physical, social and entertainment activities. For example, you can monitor your stress and recovery, and see how long you've been walking or running. You can also see what pictures you took and what music you listened to. To start using the Lifelog application, you need to download it from Google Play™ and then set up an account.

! The statistics that the Lifelog application generates from your physical activities, for example, walking distance and calorie count, are based on the height and weight data you provide. Results may vary from user to user. Also, remember that you need an Internet connection to synchronise data to the Lifelog application on your Android™ device.

! Lifelog is designed to help you track your daily activities, including any exercise you perform. Take note, however, that SmartWear products are not medical devices and data from Lifelog is not meant to replace the advice of a qualified medical professional.
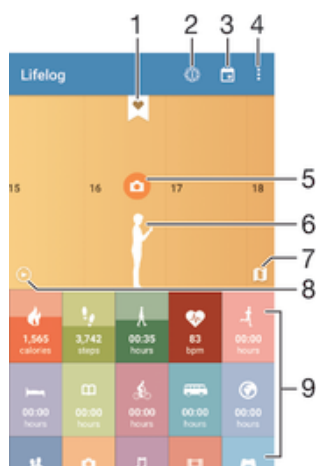
1	View detailed information about a Life Bookmark
2	View list of Lifelog insights, such as comparison of steps with others
3	View all logged activities for the selected day
4	View menu options
5	View information about application usage
6	View physical activities log
7	Switch between dashboard and map view
8	View all logged activities since the start of the day
9	Activities dashboard

To set up an account for the Lifelog application

1 From the main application screen of your Android™ device, find and tap **Lifelog**.
2 Follow the instructions that appear on the screen and accept the terms and conditions.
3 Create a new account or select an existing one.
4 Follow the instructions that appear on the screen to create a Lifelog account.

1   From the main application screen of your Android™ device, find and tap
    Lifelog.
2   Follow the instructions that appear on the screen and accept the terms and
    conditions.

Adjusting the stride length for walking and running

The Lifelog application uses the number of steps you have taken and your stride
length to calculate the distance you have walked or run. The automatic stride length
used by default is based on your gender and height. If you feel that the distances
measured by the Lifelog application are not accurate enough, you can adjust your
stride length.

To adjust the stride length for walking

1   From the main application screen of your Android™ device, find and tap
    Lifelog.
2   Tap ⋮ > **Settings** > **Profile**.
3   Find and tap **Stride length**.
4   Unmark the **Automatic** checkbox if it is marked, then scroll up or down to
   adjust the setting and tap **SET**.

To adjust the stride length for running

1   From the main application screen of your Android™ device, find and tap
    Lifelog.
2   Tap ⋮ > **Settings** > **Profile**.
3   Find and tap **Running stride length**.
4   Unmark the **Automatic** checkbox if it is marked, then scroll up or down to
    adjust the setting and tap **SET**.

Activity box overview

1	View the amount of active calories that you have burned while exercising and the passive calories that you have burned while not exercising
2	View your sleep hours and check the quality of your sleep based on the information collected
3	View the number of steps you have taken and logged in the Lifelog application
4	View the total time you have spent riding a bicycle for longer than just a few steps
5	View the total time you have spent walking for longer than just a few steps
6	View the total time you have spent taking transportation for longer than just a few steps
7	View the history of your pulse and stress and recovery levels logged in the Lifelog application
8	View the time you have spent using communication applications from Google Play™ and select applications such as the Phone and the Messaging applications from Sony
9	View the total time you have spent running with a high steps-per-minute ratio for longer than just a few steps

10	View how many photos you have taken
11	View your total time spent browsing while using applications from Google Play™ and select web browsers
12	View your total time spent reading books or comics using applications from Google Play™ and select applications
13	View your total time spent playing games using applications from Google Play™
14	View your total time spent watching movies, TV shows and other video content using applications from Google Play™ and select applications
15	Edit to show or hide activities
16	View the time you have spent listening to music using applications from Google Play™ and select applications such as the Music application
17	View all logged Life Bookmarks

Activity overview
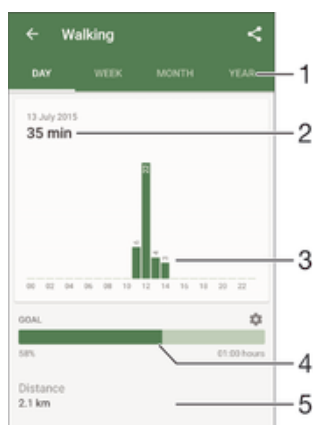
1	Show data in a day, week, month or year view
2	Show the current activity in different units
3	Show the amount of activity using the chosen unit type
4	Show your current goal status
5	Details about your activity

Setting goals

Set goals for activities in your daily life, for example, the number of steps to take, the distance you want to walk, or the amount of calories you want to burn.

To set a goal

1 In the Lifelog application, tap the activity that you want to set a goal for.
2 Tap **DAY**, then find and tap ⚙.
3 Scroll up or down to adjust the value for your goal, then tap **SET**.

Editing logged activities

Lifelog can recognise four types of moving activity: Walking, Running, Cycling and Transport. You can change the logged moving activity type or delete a sleeping activity as needed.

1   From the main application screen of your Android™ device, find and tap
    Lifelog.
2   Swipe left or right on the timeline to navigate to the logged moving activity that
    you want to change.
3   Tap the moving activity animation, then tap ⋮ > **Edit activity**.
4   Select an activity type, then tap **DONE**.

To delete a sleeping activity

1   From the main application screen of your Android™ device, find and tap
    Lifelog.
2   Swipe left or right on the timeline to navigate to the logged sleeping activity
    that you want to delete.
3   Tap the sleeping activity animation, then tap 🗑 > **DELETE**.

Synchronising data with the Lifelog application

When your SmartBand 2 is connected to your Android™ device, data gets
synchronised automatically to the Lifelog application. When the SmartBand 2 gets
disconnected from the Android™ device, it can continue to collect data until the
memory becomes full. It's therefore recommended to synchronise data between the
two devices regularly to free up memory on your SmartBand 2.

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.

Bluetooth®

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

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

$C\epsilon$ 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.