



# User Manual

Synapptic Smartwatch  
LITE

<b>1. About this booklet.....</b>	<b>2</b>
<b>2. Around the block.....</b>	<b>3</b>
<b>3. Charging the watch .....</b>	<b>5</b>
<b>4. Turning the watch on and off .....</b>	<b>6</b>
<b>5. Operating the touch screen and menus.....</b>	<b>8</b>
<b>6. The Main Menu .....</b>	<b>12</b>
<b>7. Configuring Wi-Fi .....</b>	<b>20</b>
<b>8. Using the keyboard .....</b>	<b>21</b>
<b>9. Using Synapptic Reader .....</b>	<b>22</b>
<b>10. Adjusting the date and time .....</b>	<b>24</b>
<b>11. Synapptic help and support .....</b>	<b>24</b>
<b>12. Product safety and care.....</b>	<b>25</b>
<b>About Synapptic .....</b>	<b>26</b>

# 1. About this booklet

Thank you for purchasing a Synapptic product. This booklet gives instructions on how to setup and use your new watch for the first time.

**Please read this booklet fully  
before using the device**

This booklet is also available as a Microsoft Word document, a Text Only document, Audio MP3 files or an Audio CD.

## 2. Around the block

Before switching on your new Synapptic Smartwatch, let's take a moment to explore its layout, including the screen, buttons and other key parts.



Hold the watch so the flat touchscreen is facing up, with the large Action button positioned at the top right corner. In this position, the top strap has a metal clasp at the end, while the bottom strap contains the holes where the clasp fastens.

### 2.1 The Action Button

The Action button is the large, tactile button on the right edge of the watch, at the 2 o'clock position. It's customisable and can be used to select items on the screen or adjust the volume.

## **2.2 The Power Button**

The Power button is a flatter, less raised button on the right edge of the watch, at the 4 o'clock position. It can be used to turn off the screen or to go back, closing the current screen and returning to the main menu.

## **2.3 The screen**

The screen is flat and located on the front of the watch. It's responsive to touch, allowing you to navigate through menus, select items and interact with various features. You can swipe and tap the screen to control the watch. The screen is also designed to be bright and high contrast, making it easy to read and interact with.

## **2.4 The loud speaker**

The loudspeaker is located where the bottom strap meets the watch, at the 6 o'clock position. It's conveniently placed so you can easily bring it to your ear in noisy environments. Spoken announcements, information and alarms are played through the loudspeaker.

## **2.5 The charging connector**

The charging connector is located on the back of the watch and consists of four small metal contacts. The magnetic charging dock attaches to these contacts

to charge the device. If the contacts become dirty, the watch may not charge properly.

### **3. Charging the watch**

The watch charges using a small magnetic charging dock that aligns with the contacts on the back of the watch. The dock will only attach in one specific direction. To charge, place the dock on a table with the cable pointing to the left, then place the watch on top so the cable lines up with the 9 o'clock position on the watch.

If the watch is powered on when it connects to the charging dock, it will announce the current battery level and confirm that it's charging. If the watch is turned off, a battery symbol will appear on the screen, but no voice announcements will be made.

Charge the watch daily, just like you would a phone. From a completely empty battery, a full charge takes around 90 minutes. Depending on usage, the watch will last up to 2 days on a full charge.

## 4. Turning the watch on and off

The watch can be in one of three states: fully powered on with the screen active, powered on in standby mode with the screen off or completely powered off.

### **Fully powered on:**

In this state, the watch display is on and responds to touch. Alarms and timers will be active.

### **Standby mode:**

When in standby, the display is off and does not respond to touch but the watch is still active in the background. Alarms and timers continue to be active. Standby mode uses less power and is activated automatically if the screen is not used for 30 seconds.

### **Fully powered off:**

When the watch is completely turned off, it does not use any battery power. Alarms and timers will not be active.

## 4.1 Turning the watch on

### **From fully off:**

To turn the watch on when it is completely powered off, press and hold the Power button for 3 seconds. The watch will vibrate and play a short jingle. After a few seconds a loading screen will appear, followed by the main watch face.

### **From Standby mode:**

If the watch is in standby (screen off but still powered on), press the Power button or Action button briefly to wake the screen.

## 4.2 Turning the watch off

### **Turn off the screen (Standby Mode):**

To turn off the screen and place the watch into Standby mode, briefly press the Power button on the edge of the device. You'll hear the voice announce "Screen off" when this happens.

If you are not on the Main Menu, pressing the Power button once will first close the current screen and return you to the Main Menu. Press it a second time to turn off the screen and enter Standby mode.

## **Fully turn the watch off:**

From the Main Menu, select the Turn Off option at the end of the list. An Android confirmation screen will appear with three choices: Power Off, Restart, and Aeroplane Mode. The Power Off option will be highlighted with a green outline – double tap the screen to select it.

A second confirmation screen will then appear. Swipe down until you hear “OK button”, then double tap to confirm. The watch will play a short jingle, vibrate, then shut down completely.

See Chapter 9. “Using Synapptic Reader”, for more details on navigating Android screens with Synapptic Reader.

## **5. Operating the touch screen and menus**

The touch screen on your Synapptic watch allows you to navigate menus, select options and interact with features easily.

All menus scroll vertically, so you only need to swipe up or down to browse through the available options.

The Watch Face screen is an exception. You can swipe left for quick access to useful information such as battery level and the full date.

## 5.1 Navigating the Menu



The Main Menu consists of the watch face at the top, followed by a number of menu items below. Each menu item completely fills the screen, so you have to scroll the menu to bring different items into view.

To move the menu upwards and reveal the next item, place your finger roughly in the middle of the screen. Keep your finger pressed, slide it up towards the top of the screen, then lift your finger off the screen.

To move the menu downwards and reveal the previous item, place your finger roughly in the middle of the screen. Keep your finger pressed, slide it down towards the bottom of the screen, then lift your finger off the screen.

When a new menu item displays, the voice will speak out a description for it. If you need to hear the description again, just long press the screen – hold your finger roughly in the middle of the screen for more than a second.

## 5.2 Navigating sub menus and lists



After selecting a main menu option, a sub-menu or list may appear – for example, a list of alarms.

To navigate sub-menus:

**Swipe up or down** anywhere on the screen to move between options.

Visual **arrows at the top or bottom** of the screen help guide you:

- An **up arrow at the bottom** means you can swipe up to view more options.
- **A down arrow at the top** means you can swipe down to go back or see previous options.

This consistent gesture system ensures that browsing through lists is intuitive.

## 5.3 Selecting a menu option

To select a menu option, simply tap the screen once. A new menu or screen will then appear.

By default, the Action button will also select the current menu option.

## **5.4 Backing out of a menu**

There are several ways to cancel the current screen or menu and move back a stage:

### **Swipe the screen to the right**

Place your finger on the screen, slide it towards the right, then lift your finger off the screen. This will go back to the previous screen or menu.

### **Use the Back menu option**

At the end of each menu is a Back option. Selecting this option will take you back one step.

### **Press the Power Button**

Pressing the Power button will exit the current screen and return directly to the Main Menu – this may skip over several levels of menus.

(Once you're back on the Main Menu, pressing the Power button again will turn off the screen and place the watch into Standby mode).

## **5.5 The Action Button**

By default, the Action button selects the current menu option, the same as tapping the screen.

This can be customised in the Settings menu, with options to back out of a menu or stop the current voice announcement.

## 5.6 Menu Feedback

As you navigate through the menus, the watch provides voice feedback, announcing the current menu item.

To repeat an announcement, long press on the screen. The speech will stop as soon as you release your finger.

## 6. The Main Menu

The Main Menu is the central list of options on your Synapptic watch. The following options are available:

### 6.1 Watch face



The Watch Face is the main screen on your device. It displays and speaks the time.

You can tap or long press the screen to repeat the announcement.

You can customise the watch and choose different watch faces, as well as select what information is spoken aloud, all from the Settings menu.

After 5 minutes of inactivity, the watch automatically returns to the Watch Face the next time the screen is turned on.

Swipe left for quick access to the Watch Info menu, making it easy to check the battery level, full date and other information. See the Watch Info section below for further details.

## 6.2 Alarms



Set and manage alarms on your Synapptic watch to help you stay on track with important tasks, such as taking medication or attending appointments.

Alarms are customisable and can repeat on specific days or at a particular time.

### **New Alarm**

To set a new alarm, select the New Alarm option from the bottom of the Alarms menu.

Swipe up or down to choose the hour, then tap the screen to confirm. Repeat the same process to select and confirm the minutes.

To set the alarm to repeat on specific days, swipe through the list of days and tap each day you want

the alarm to repeat. Selected days will be confirmed with an announcement.

When you've finished setting the time and repeat days, select Done at the end of the list to save the alarm.

## **Alarm Screen**

When an alarm sounds, a screen will pop up – even if you're using another part of the watch.

Tap the screen to acknowledge and clear the alarm, or swipe left to snooze it for 5 minutes.

## **Manage alarms**

To manage an existing alarm, select it from the list in the Alarms menu. The following options are available:

**Turn Off** – Temporarily disable the alarm without deleting it

**Edit** – Change the alarm time or repeat days

**Set Name** – Give the alarm a custom name to help identify it

**Delete** – Permanently remove the alarm

For details on how to type alarm names using the on-screen keyboard, refer to Chapter 8. “Using the keyboard”.

## 6.3 Timer



Countdown timers are useful for various tasks, such as cooking, exercise or remembering to do something. The timer will alert you when the countdown reaches zero, providing both visual and audio notifications.

### **New timer**

To set a new timer, select New Timer option from the bottom of the Timer menu.

Swipe up or down to choose the number of hours, then tap the screen to confirm. Repeat the same process to select and confirm the minutes.

The timer will start to count down and both speak out and display on screen.

### **Timer Screen**

When the timer completes, a screen will pop up – even if you're using another part of the watch.

Tap the screen to clear the timer, or swipe left to snooze it for 5 minutes.

### **Manage the timer**

Select the active timer to open a menu where you can pause or clear it.

## 6.4 Info



The Watch Info menu provides a summary of key details, helping you stay informed about your device's status.

The Watch Info menu includes the following options:

**Battery Level** – Displays and speaks out the current battery percentage on the screen. A ring around the edge of the screen provides a quick visual indication of the remaining battery level, allowing you to easily monitor your battery status at a glance.

**Date and Time** – Shows and speaks the full day, date and year.

**Wi-Fi Signal** – Indicates the strength of your current Wi-Fi connection.

**About Watch** – Displays technical details such as software version and activation code.

### **Quick access to Watch Info**

For quick access the Watch Info menu, simply swipe left on the Watch Face screen.

## 6.5 Settings



The Settings menu allows you to customise various features of your Synapptic watch. The following options are available:

**Watch Face** – Customise the look of your watch face and choose what information is spoken aloud, such as the time, date or battery.

**Wi-Fi** – Manage and connect to available Wi-Fi networks for internet access. Please see Chapter 7. “Configuring Wi-Fi” for further details.

**Display** – Adjust the colour scheme, contrast level, screen brightness, and other display preferences

**Sounds** – Turn the voice on or off, choose from a range of male and female voices, adjust voice volume, speech speed and other sound-related settings.

The voice volume can also be adjusted by holding the Action button for 1 second. A volume slider will appear on screen. Rotate the Action button clockwise to increase the volume and anticlockwise to decrease it.

**Action Button** – Customize the function of the Action Button. Choose from options such as Go Back, Screen Tap or Stop Talking.

**Remote Control** – Starts remote control of the watch for technical support purposes. **Important:** Only activate this feature when instructed by a verified Synapptic support team member.

**Android Settings** – Access settings specific to the Android platform, allowing you to configure advanced features and options. Synapptic Reader will automatically start to provide spoken feedback for these screens.

For more details on using Synapptic Reader with Android settings, see Chapter 9. “Using Synapptic Reader”.

**Update** – Check for and apply software updates to keep your watch running smoothly.

## 6.6 Help



Provides brief on-screen guidance for key features such as using the keyboard, the layout of the watch, navigating the menus and top tips.

## 6.7 Turn off



Fully power down your Synapptic watch. When turned off, the watch will not use any battery and will not show any alarms or other messages.

Selecting the Turn Off option opens an Android confirmation screen with three choices: Power Off, Restart and Aeroplane Mode. The Power Off option will be highlighted with a green outline – double tap the screen to select it.

A second confirmation screen will appear. Swipe down until you hear “OK button,” then double tap to confirm. The watch will play a short jingle, vibrate and shut down completely.

To turn the watch back on, press the power button for 3 seconds.

See Chapter 9. “Using Synapptic Reader”, for more details on navigating Android screens with Synapptic Reader.



## 8. Using the keyboard



The Synaptic on-screen keyboard is specially designed for simplicity and ease of use on a small screen, where a full-sized keyboard wouldn't be practical. Instead of displaying all the keys at once, it shows just one character at a time.

### How It Works

The keyboard is split into two parts:

- **Top half of the screen:** Shows the text you've typed so far.
- **Bottom half of the screen:** Displays a single character at a time from the keyboard.

You navigate the keyboard using simple swipes:

- **Swipe up or down** to move through the letters in the current list (e.g., a–z).
- **Swipe left or right** to switch between different character sets:
  - Lowercase letters (a–z)
  - Uppercase letters (A–Z)
  - Numbers (0–9)
  - Symbols (e.g., space, full stop, comma, question mark)
  - Controls (e.g., Done and Delete)

When the character or control you want is spoken aloud:

- **Tap the screen** to select it and add it to your text.

## Extra Features

Press and hold anywhere on the screen to hear the full text you've typed so far. Characters and actions are always spoken aloud before you select them, helping reduce errors.

## 9. Using Synapptic Reader



Synapptic Reader is a simple yet powerful screen reader built into your watch. It's designed to read out Android screens that aren't part of the main Synapptic interface, making it easier for anyone with any level of sight loss to use those screens easily.

It starts and stops automatically as needed. For example, when confirming that you wish to power off the watch, Synapptic Reader guides you through each step. It reads out each block of text, heading, or button on the screen, one by one, helping you interact with the device seamlessly.

## How it works

Each heading, button, and piece of text is highlighted with a green outline as you move through the screen. A description of the item is also spoken aloud.

- To move forward to the next heading, button, or piece of text, swipe down
- To move backward, swipe up
- To select a button or follow a link, double tap the screen anywhere.

If you reach the top or bottom of the screen, Synapptic Reader will loop around to the other end so you can continue navigating without interruption.

As an alternative to swiping, you can also explore the screen by touch. Simply run your finger over the screen, and Synapptic Reader will speak aloud whatever you touch. To select an item, double tap the screen.

To back out of an Android screen while Synapptic Reader is active, swipe right from the far left of the screen using two fingers. This will take you back to the previous screen or menu. To quickly return to the main watch menu, briefly press the Power button.

## 10. Adjusting the date and time

The date and time are set before you receive the watch. If connected to Wi-Fi, the time will automatically set. When in a foreign country, the time will adjust accordingly.

## 11. Synapptic help and support

If your watch isn't working as expected, the first thing to try is updating the software. From the Settings menu, select the Updates option to check for and install the latest version. This often resolves many common issues.

If updating doesn't fix the problem, don't worry – we offer three easy ways to get help and support:

**1. Help option on the Main Menu.** The help option on the Main Menu contains basic information about the operation of the Synapptic system.

**2. Synapptic website.** The Synapptic website has additional help, news and support information. Visit [www.synapptic.com](http://www.synapptic.com) for details.

**3. Free lifetime technical support.** When you purchase from us and become part of the Synapptic family, you also get free lifetime technical help and

support for your Synapptic device! Contact technical support by email, telephone or through our website.

**Email:**     [help@synapptic.com](mailto:help@synapptic.com)

**Web:**        [www.synapptic.com](http://www.synapptic.com)

**Tel:**         0191 909 7 909

## **12. Product safety and care**

**Splash resistant** – Do not submerge in water

**Avoid extreme temperatures** – Protect from excessive heat or cold

**Do not disassemble** – Tampering voids the warranty and may pose a safety risk. Contact Synapptic support for servicing

**Use approved chargers** – Charge with any compatible charger; for best results, use a Synapptic-approved cable

**Clean with care** – Use a soft, dry cloth. Avoid harsh chemicals

**Avoid strong magnets** – Magnetic fields may interfere with internal components

**Environmentally responsible disposal** – Recycle at an approved electronics facility.

# About Synapptic

Synapptic is dedicated to creating easy-to-use and innovative solutions that help anyone with sight loss use smartwatches, phones, tablets and other mobile technology.

We're a family run business, formed in 2012 and based in Durham, in the north east of England.



All our products are designed and developed in the UK.



We're proud that Synapptic is award winning!





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