

# AURA Pulse

Smart Health Tracking Watch

*"Stay connected to your body and the world with mindful awareness."*

**User Guide**

Version 1.0 | 2026

AURA | QUIET LIVING

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## 1 Product Overview

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The **Aura Pulse** is more than a smartwatch; it is a companion for a mindful life. In a world that never stops, the Pulse is designed to help you listen to your body's rhythm. By combining medical-grade sensors with a timeless aesthetic, we provide the tools to monitor your health without sacrificing elegance.

Movement, sleep, and recovery are the pillars of *Quiet Living*. The Aura Pulse tracks these metrics with precision, allowing you to move through your day with intention and peace of mind.

## 2 Technical Specifications

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Category	Details
Price	\$329.00
Display	1.4-inch AMOLED, 454 x 454 pixels
Sensors	Optical Heart Rate, SpO2, Accelerometer, Gyroscope
Battery	300mAh Lithium Polymer
Battery Life	Up to 7 Days (Typical Use)
Water Resistance	5ATM (Up to 50 meters)
Materials	Aerospace-grade Aluminum, Sapphire Glass
Weight	42g (without strap)

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## 3 Health Monitoring Features

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The Aura Pulse utilizes advanced photoplethysmography (PPG) technology to provide accurate physiological data.

### 3.1 Heart Rate & SpO2 Monitoring

- **Continuous Tracking:** The Pulse monitors your heart rate 24/7. To view your current rate, swipe left from the watch face.
- **Blood Oxygen (SpO2):** Measure your blood oxygen saturation during rest or high-altitude activity.
- **Accuracy Tip:** For the most accurate reading, ensure the watch is worn one finger-width above the wrist bone and fits snugly against the skin.

### 3.2 Sleep Tracking & Analysis

The Pulse automatically detects when you fall asleep and wake up. It categorizes your sleep into *Deep*, *Light*, and *REM* cycles. View your "Sleep Quality Score" in the Aura App each morning to understand your recovery.

## 4 Connectivity & Syncing

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### 4.1 The Aura App

Download the **Aura Health App** from the App Store or Google Play Store. The app serves as your central dashboard for long-term health trends and watch settings.

### 4.2 Pairing

1. Enable Bluetooth on your smartphone. 2. Open the Aura App and select "Add Device." 3. Scan the QR code displayed on the Aura Pulse screen. 4. Confirm the pairing request on both devices.

## 5 Personalization

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### 5.1 Watch Faces

To change your watch face, long-press the current face for 2 seconds. Swipe left or right to cycle through pre-installed designs. Additional "Mindful Series" faces can be downloaded via the Aura App.

### 5.2 Notifications

Receive calls, texts, and app alerts directly on your wrist. Use the "Do Not Disturb" (DND) mode during meditation or sleep to silence all haptic feedback.

## 6 Water Resistance & Battery

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### 6.1 5ATM Guidelines

The Aura Pulse is water-resistant up to 50 meters. It is suitable for swimming and showering. *Note: Avoid use in saunas, hot tubs, or high-velocity water sports, as steam and high pressure can compromise the seals.*

### 6.2 Charging

Attach the magnetic charging cradle to the pins on the back of the watch. A full charge takes approximately 90 minutes. For maximum battery longevity, try to keep the charge level between 20% and 80%.

## 7 Maintenance & Care

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- **Cleaning:** Rinse the watch with fresh water after swimming in salt water or pools. Wipe with a soft, lint-free cloth.
- **Skin Care:** Dry the band thoroughly after exercise to prevent skin irritation.
- **Glass:** The sapphire glass is scratch-resistant but avoid direct impact with hard surfaces.

## 8 Frequently Asked Questions

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**Q: Why is my heart rate reading inconsistent?**

Ensure the sensor on the back is clean and in direct contact with your skin. Arm hair or tattoos may affect sensor performance.

**Q: Can I use Aura Pulse without a smartphone?**

The watch can track real-time data independently, but you must sync with the Aura App to view historical trends and update firmware.

**Q: Is the SpO2 feature for medical use?**

No, Aura Pulse is a wellness device. Data is for reference only and should not be used for medical diagnosis.

**Q: How do I reset the device?**

Go to *Settings > System > Reset*. This will erase all local data.

**Q: Can I change the straps?**

Yes, the Pulse uses standard 22mm quick-release straps.

## 9 Safety & Warranty

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**Safety Notice:** Consult a physician before starting any new exercise routine. If you experience skin redness or irritation, discontinue use immediately.

**Warranty:** Your Aura Pulse includes a 12-month limited warranty. This covers manufacturing defects but excludes damage from accidents, misuse, or battery degradation over time.