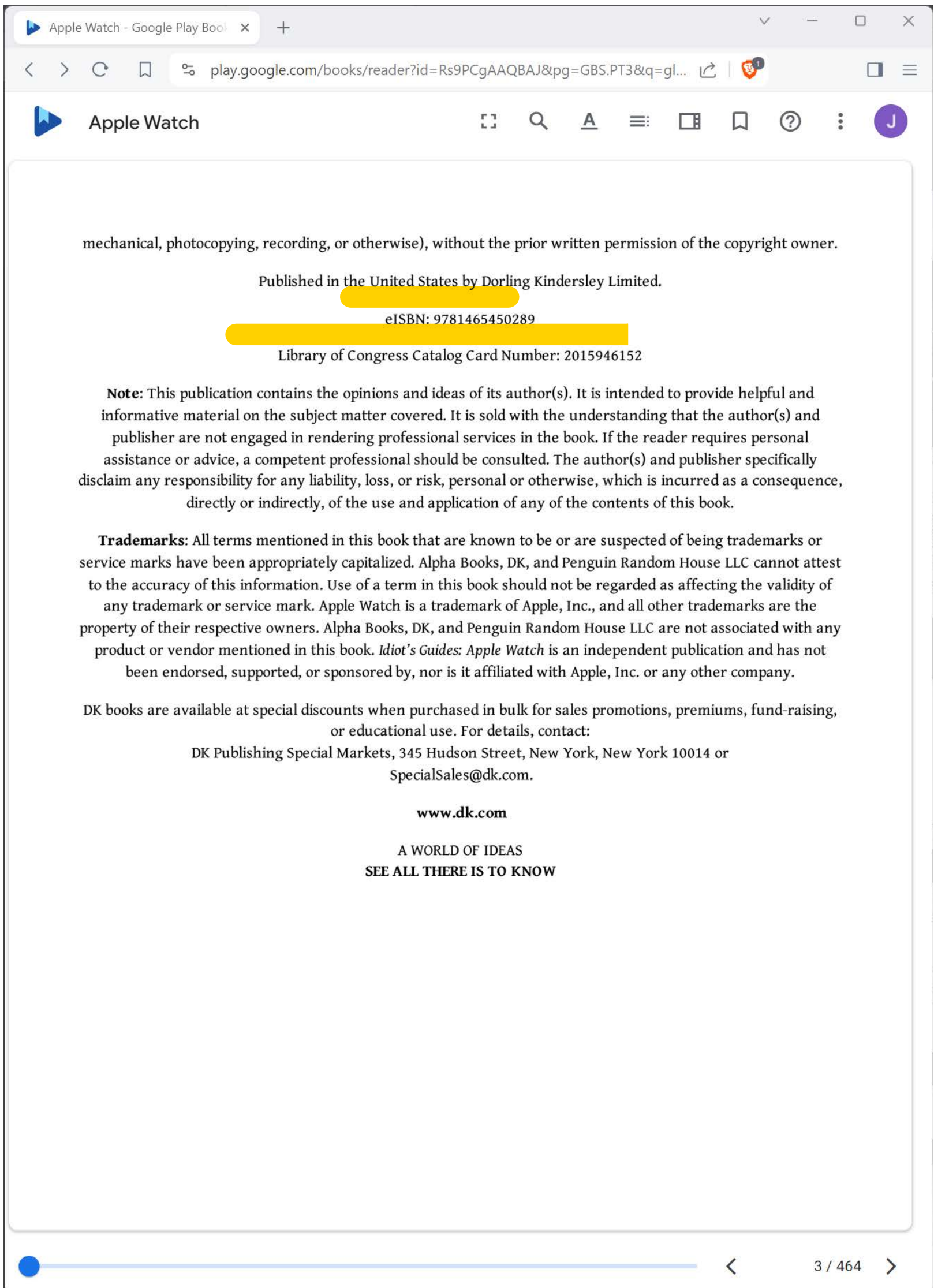








Apple Watch - Google Play Book x +

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT10

Apple Watch

Introduction

Apple has gone and done it again. First Mr. Jobs introduced us to the Mac, then the iPod, following up with the iPhone and iPad. And now, Mr. Cook brings us Apple's latest game-changing, life-altering, paradigm-shifting device: the Apple Watch.

I've been an Apple guy for going on 20 years now, and I've seen a lot of products come and go. I've been lucky enough to experience several Steve Jobs keynotes in person and have witnessed the launches of some of Apple's most popular products. I have to say that very few have matched the sheer anticipation that preceded the unveiling of the Apple Watch (the iPhone certainly leaps to mind). Apple even had U2 present to help introduce the Apple Watch to the world with a rocking bang. The media hasn't stopped talking about Apple Watch before or since. When Apple Watch finally went on sale (online only at the time), most models were sold out in a matter of minutes – no joke. More Apple Watches were sold in those first minutes of going on sale than all Android Wear watches combined for the entirety of 2014. The question begs asking: is Apple Watch worth all the hubbub?

The simple answer is yes. There's no doubt in my mind that Apple Watch will make a massive impact on how we communicate with one another, how we manage our daily tasks, how we track our fitness goals and levels, how we interact with multimedia, and much more than many folks have even dreamed of. Like any new technology, Apple Watch has its detractors, just like the iPhone did. You don't hear much from those early iPhone critics these days, and I believe you won't hear too much from the Apple Watch naysayers in the near future, either.

So strap that Apple Watch on, dear reader! You're among the first to adopt a new way of tech life, and I applaud you for it. I've written *Idiot's Guides: Apple Watch* for adventurous folks like you, who know the next big thing when they see it. It's my sincere hope that this tome exceeds your expectations as much as the Apple Watch itself will. Welcome to the future!

10 / 464



Apple Watch - Google Play Boo x +

< > ↺ play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT... ↻ 1

Apple Watch

⌵ 🔍 A ≡ 📺 📖 ⓘ ⋮ J

Apple Watch Models

Apple Watch comes in three different models, with options that can be mixed and matched to create 38 different variations.



The Apple Watch shown in this book is the Watch Sport model with the space gray aluminum case and black sport band.

When it comes to the digital functionality of the Apple Watch, every model is created equal. All models include these hardware capabilities:

- Maximum battery life of up to 18 hours
- 8 GB of storage (maximum of 2 GB for music and 75 MB for photos)
- **Processor: Apple's S1 chip**
- Gyroscope and accelerometer built-in
- Taptic engine and heart rate sensor built-in

< 16 / 464 >

Apple Watch - Google Play Book

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT...

Apple Watch

Interacting with the Apple Watch

There are several methods for interacting with your Apple Watch, many of which will feel familiar to those who have used an iPhone or iPad. Even if you're new to Apple products, the intuitive design makes it easy to learn.



The Display

You can navigate your Apple Watch interface with the simple touch of a finger by swiping, touching and dragging, tapping, and pressing the display.

- **Swipe** up, down, left, and right to move around on your Apple Watch's display screen.
- **Touch and drag** items to move them around.
- **Tap** icons and menu items to select them or to move down deeper into options and settings.

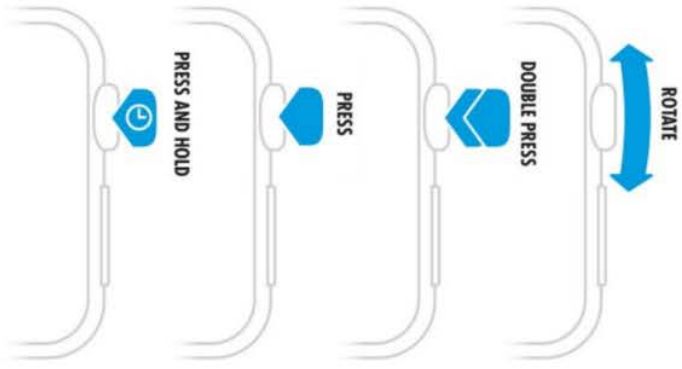
23 / 464

Apple Watch - Google Play Book x +

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT...

Apple Watch

- **Firmly press** your screen to perform a **Force Touch**. Force Touch allows even more options to be available to the wearer from within certain menus or screens. For example, Force Touch is how you change watch faces, which you'll learn more about in Chapter 3.



The Digital Crown

The Digital Crown is a wholly new input method that is unique to Apple Watch. It can be used in several ways to zip around the interface of Apple Watch.

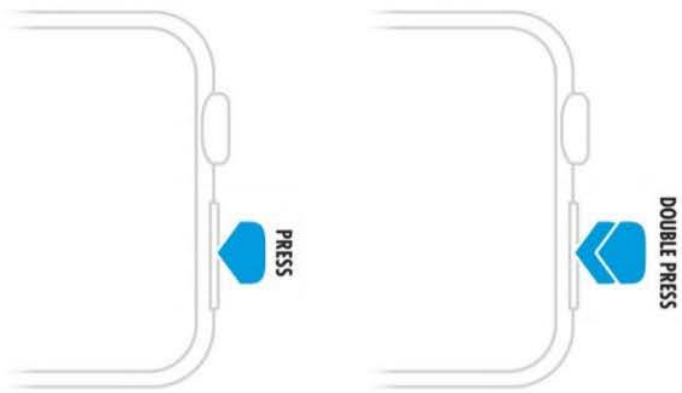
- **Press** the Digital Crown to go to the Home screen.
- **Double press** (quickly press twice) to open recently used apps.
- **Rotate** to scroll up and down the screen.
- **Rotate** to scroll through lists that are longer than the screen allows.
- **Rotate** to zoom in and out of photos, maps, and even apps. For example, with an app centered in the middle of the Home screen, rotate the Digital Crown upward to zoom right on into the app.
- **Press and hold** to activate Siri, Apple's personal assistant software.

24 / 464

Apple Watch - Google Play Book x +

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT...

Apple Watch



The diagram shows two side profiles of an Apple Watch. The left profile has a blue arrow pointing to the side button with the label 'PRESS'. The right profile has a blue double arrow pointing to the side button with the label 'DOUBLE PRESS'.

The Side Button

The side button almost seems like its trying to hide, since it's nestled unobtrusively under the Digital Crown. It's a great design, but more than that, it's a useful feature.

The Side Button allows you to do the following:

- Power your Apple Watch on or off, as well as place it into Power Reserve mode.
- Double press to open your Apple Pay cards.
- Lock your Apple Watch. A person must know the passcode to unlock it.



The diagram shows two side profiles of an Apple Watch. The left profile has a blue arrow pointing to the side button with the label 'PRESS AND HOLD'. The right profile has a blue double arrow pointing to the side button with the label 'PRESS AND HOLD'. The background of the watches shows the Siri interface with the text 'Hey Siri...' and 'Can I help you?'.

--

25 / 464

Apple Watch - Google Play Book

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT...

Apple Watch

Complications

In addition to telling the time, watches often have several other hands and miniature faces that add functionality for the wearer. Those other hands and miniature faces are known as **complications**. Apple Watch has many complications from which to choose, including date, moon phase, calendar, alarm, weather, and many more. Tapping some complications will open their corresponding apps. For example, tap the Weather complication and the Weather app will open for you.



57 / 464

Apple Watch - Google Play Book

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT77

Apple Watch

Keeping Track with Stopwatch



The Stopwatch app is a handy feature that can be started and stopped quickly. Stopwatch is extremely accurate and can keep track of multiple laps and times up to 11 hours and 55 minutes.

Using the Stopwatch



1

Open the **Stopwatch** app by tapping its icon on your Apple Watch's Home screen.

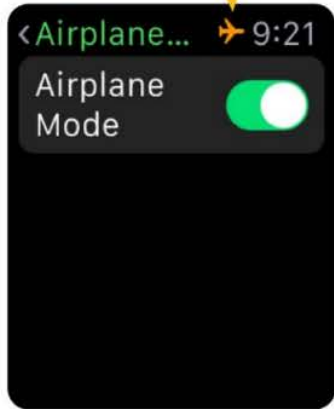
77 / 464

Apple Watch - Google Play Book x +

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT104

Apple Watch

When Airplane Mode is enabled, you will see an airplane icon in the upper-right of the display.



2 Tap the toggles to enable (green) or disable (gray) Airplane Mode for your watch.

Why Airplane Mode?

Airplane Mode is so named because airplanes are where it is typically enabled. The wireless communications emanating from your Apple Watch and iPhone can potentially interfere with the communication sensors on an airplane, so they must be disabled.

104 / 464

Apple Watch - Google Play Book

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT106

Apple Watch

SETTINGS APP

APPLE WATCH APP

Bluetooth is a key technology for your Apple Watch, as it can be used to wirelessly connect many different kinds of devices to your Watch.

Settings7:51

Bluetooth

Do Not Disturb

General

1 Tap **Bluetooth** in the Settings app.

<Bluetooth7:51

DEVICES

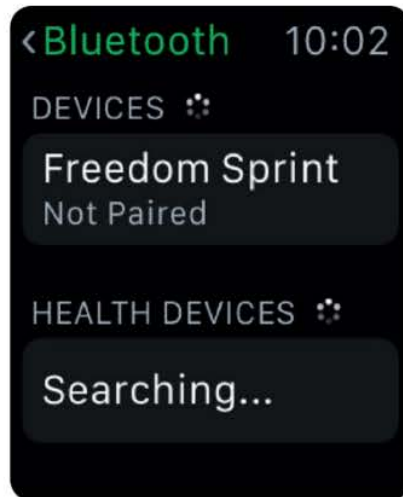
Searching...

HEALTH DEVICES

Searching...

106 / 464

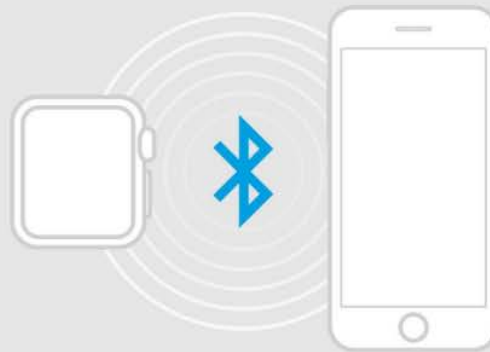
2 Apple Watch immediately begins to search for nearby Bluetooth devices.



3 Once your device is displayed under Devices or Health Devices (depending on the type of device it is), tap the name to connect it to your Apple Watch.

WHAT IS BLUETOOTH?

Bluetooth is a wireless communication technology that is used to allow devices to connect to one another and share information over short distances. As a matter of fact, it's how your Apple Watch talks to your iPhone and vice versa.



Many types of devices are being developed to take advantage of the Apple Watch's Bluetooth connectivity. Some commonly used devices include headphones, external heart monitors, and hearing aids.

Apple Watch - Google Play Book

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT124

Apple Watch

🔍

🔍

🔍

☰

🖨

🔖

?

⋮

J

General >

Activate on Wrist Raise

 SETTINGS APP

 APPLE WATCH APP

When enabled, the Wrist Raise function on Apple Watch activates your clock face when you raise your wrist, allowing you to quickly check the time.

Activating Wrist Raise

The Wrist Raise option can only be enabled or disabled from the Settings app on the Apple Watch itself. If the option is disabled, your Apple Watch will only activate when you tap the display or press the Digital Crown or side button, thereby helping Apple Watch to conserve battery power.

< Activate on Wris...

Wrist Raise ☒

When this is on, raising your wrist will wake the Apple Watch display. When this is off, you can wake the display by tapping it.

To access Activate on Wrist Raise:

- 1 Open the **Settings** app, tap **General**, and then tap **Activate on Wrist Raise**.
- 2 Tap the toggle to enable (green) or disable (grey) Wrist Raise for your watch.

ON WRIST RAISE IN MY WATCH

You cannot enable or disable Activate on Wrist Raise from the iPhone. However, the On Wrist Raise option under the General option in the My Watch tab does

124 / 464

Apple Watch - Google Play Book

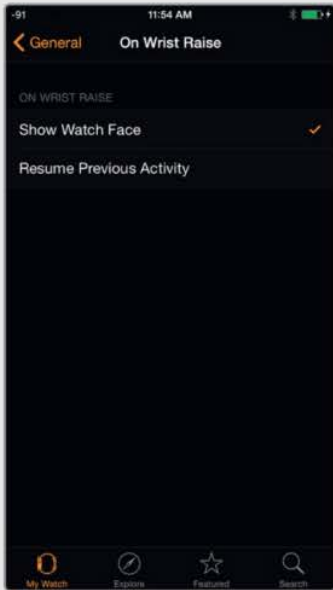
play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT125

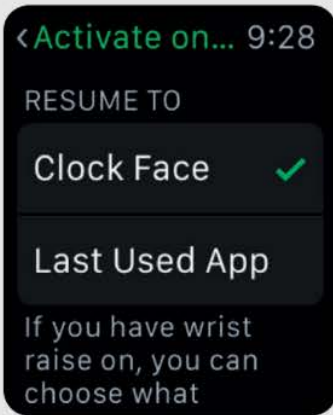
Apple Watch

allow you to adjust what you see on your clock face when Wrist Raise is enabled.

To access the On Wrist Raise options:

- 1 Open the Apple Watch app, go to the My Watch tab, tap **General**, scroll down, and tap **On Wrist Raise**.
- 2 Tap **Show Watch Face** or **Resume Previous Activity**. A check mark indicates the selected option.





You can also adjust these settings within Activate on Wrist Raise on the Apple Watch.

125 / 464

Apple Watch - Google Play Book x +

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT171

Apple Watch

Handling Phone Calls and Voicemail



Apple Watch uses its built-in speaker and microphone to assist you with answering and placing phone calls, right from your wrist. If you need to, you can hand off the call to your iPhone, too.

Answering or Declining a Call



1 When you receive a call on your iPhone, your Apple Watch will also show the incoming call on its display.

171 / 464

Apple Watch - Google Play Book

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT253

Apple Watch

Glances

Glances are an easy way to access commonly used information quickly without opening individual apps. You can choose the information you'd like to have available in Glances, including Calendar, Activity, Maps, and more.

Opening Glances



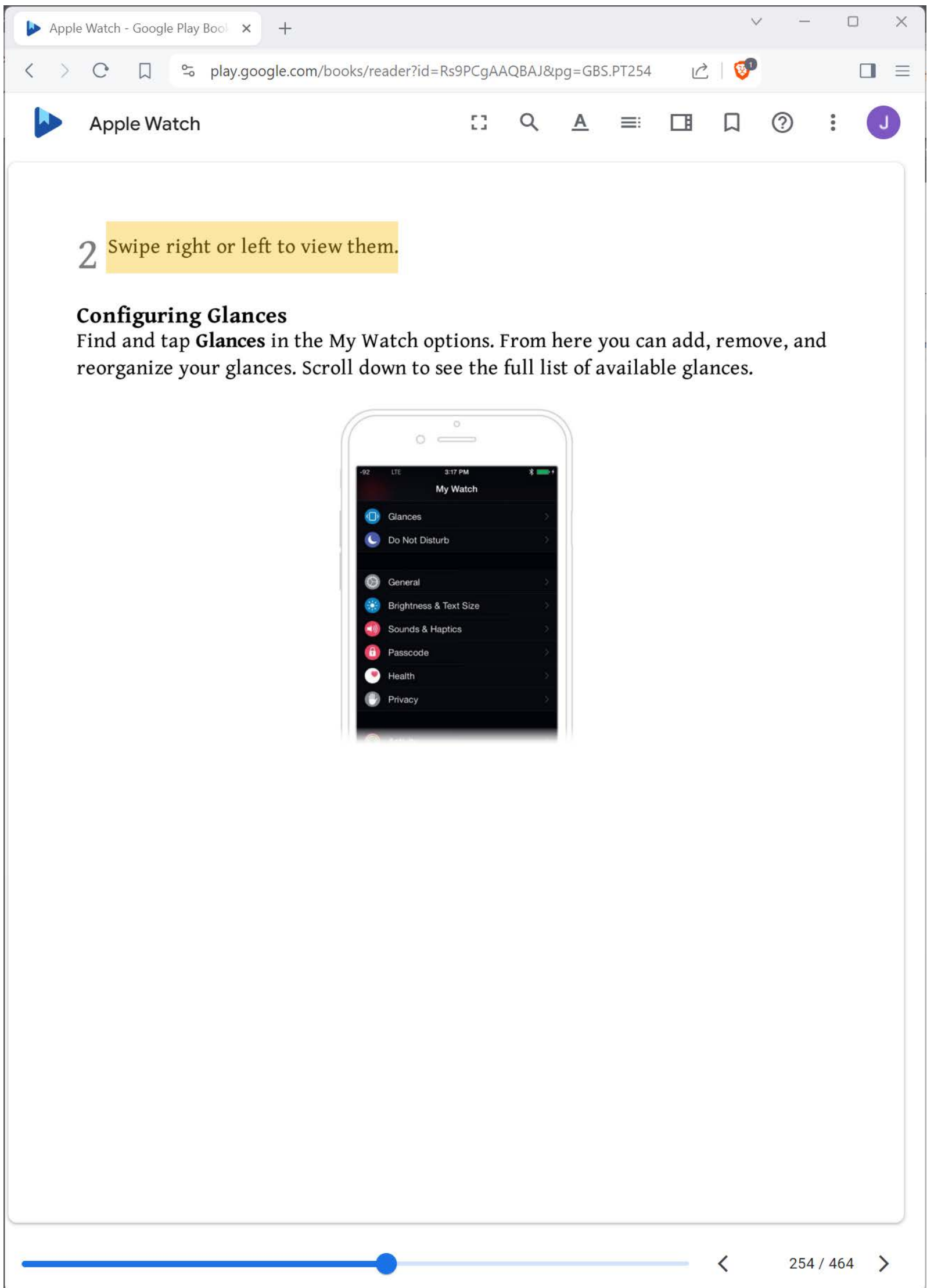
1 Swipe up from the watch face screen to open Glances.

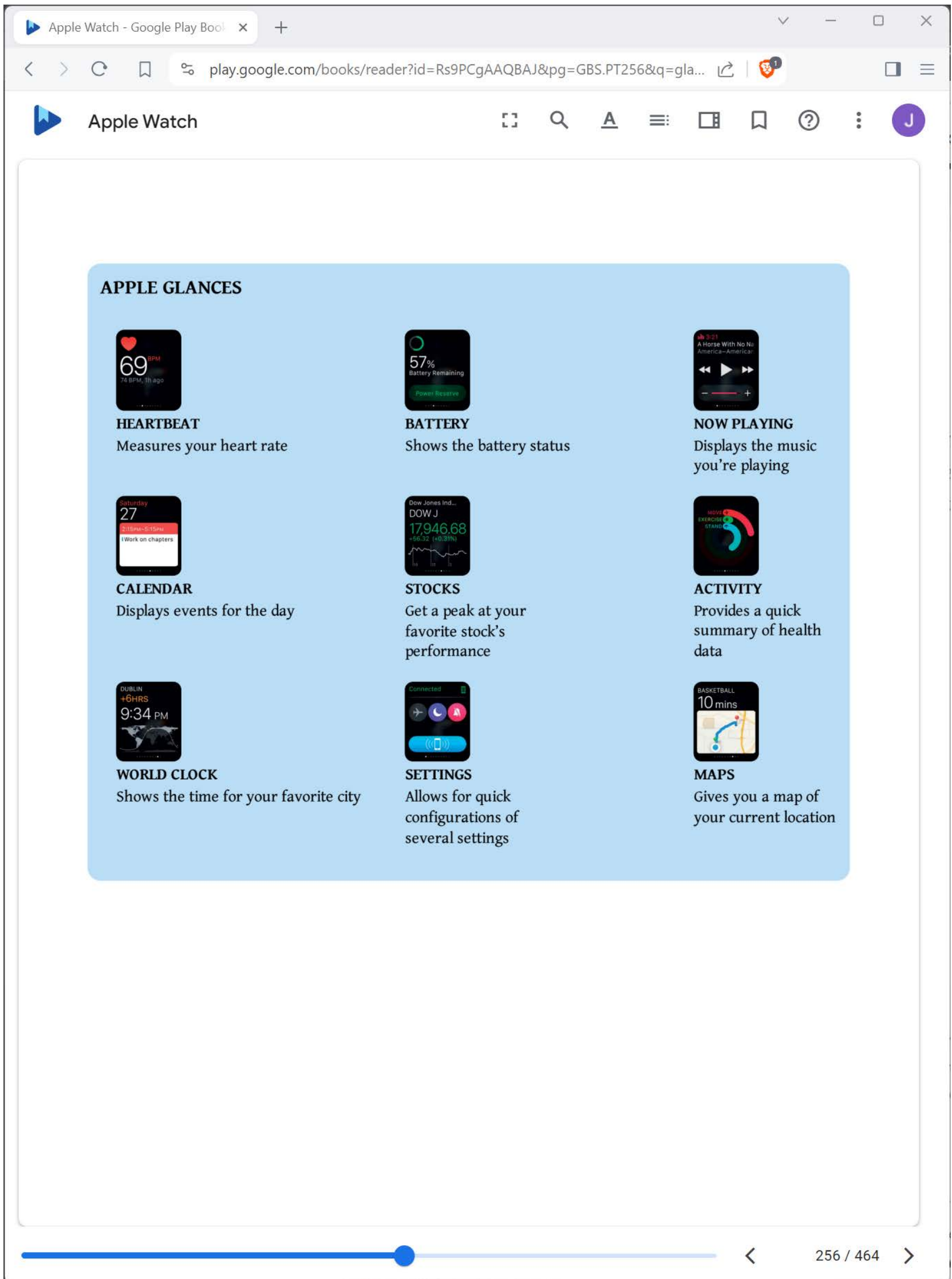


The dots at the bottom of the screen are page counters.

Tap Power Reserve to turn off all features except time to conserve battery.

253 / 464





Apple Watch - Google Play Book

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT...

Apple Watch

Monitoring Yourself with the Workout App



Apple Watch Workout app will help you set goals, track how you're doing, nudge you to success in your workouts, and provide reports of how well you did.

Using Workout

When you head out to begin a workout, let your Apple Watch know so it can monitor your progress. Selecting a specific workout type will optimize Apple Watch's monitoring capabilities. Whether you're running or biking, using an elliptical or a rowing machine, Apple Watch will take note of your goals and keep track of your workouts.

Improve Accuracy

To get the most accurate heart rate measurement when you use Workout, make sure your Apple Watch fits snugly on top of your wrist. The heart rate sensor should stay close to your skin.



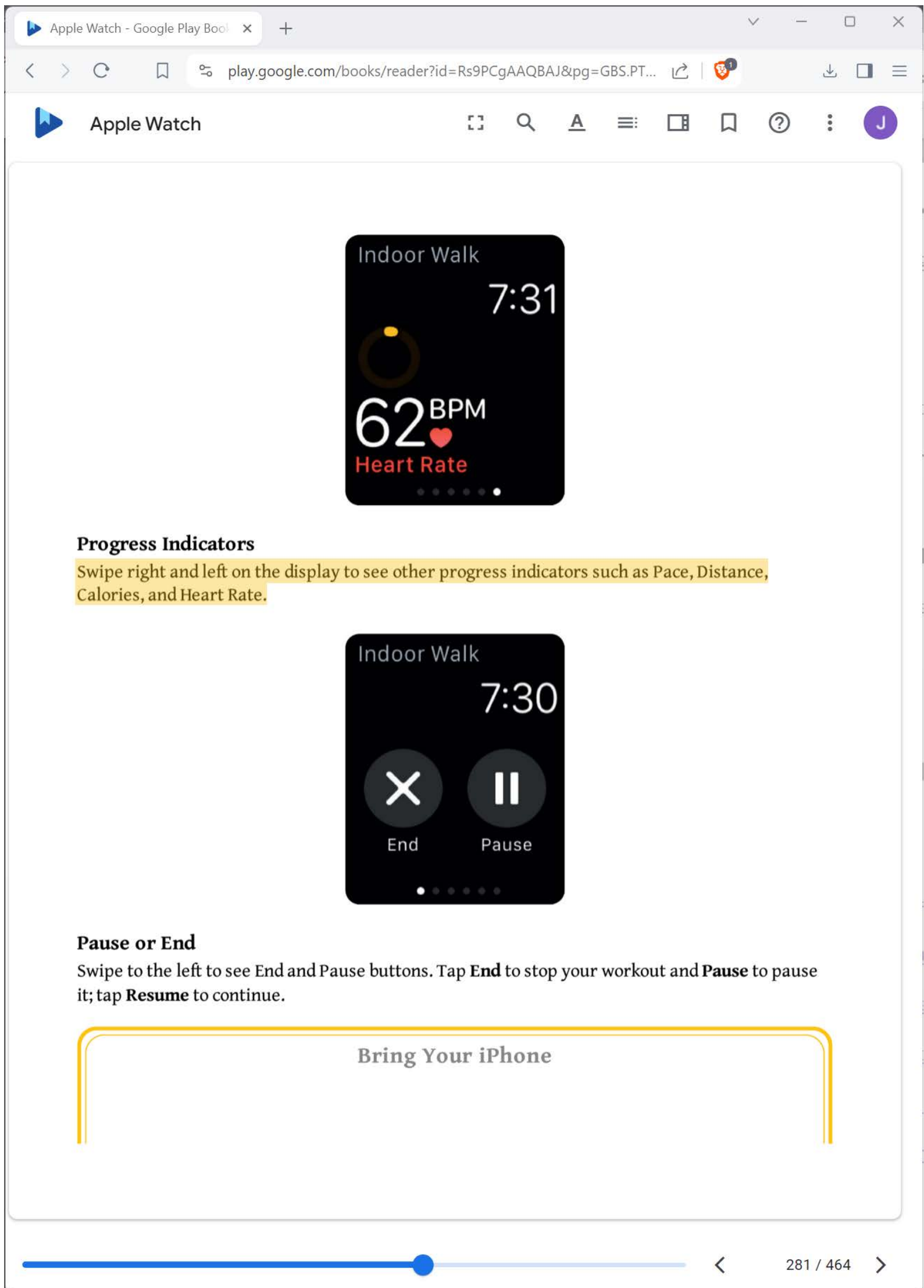
1

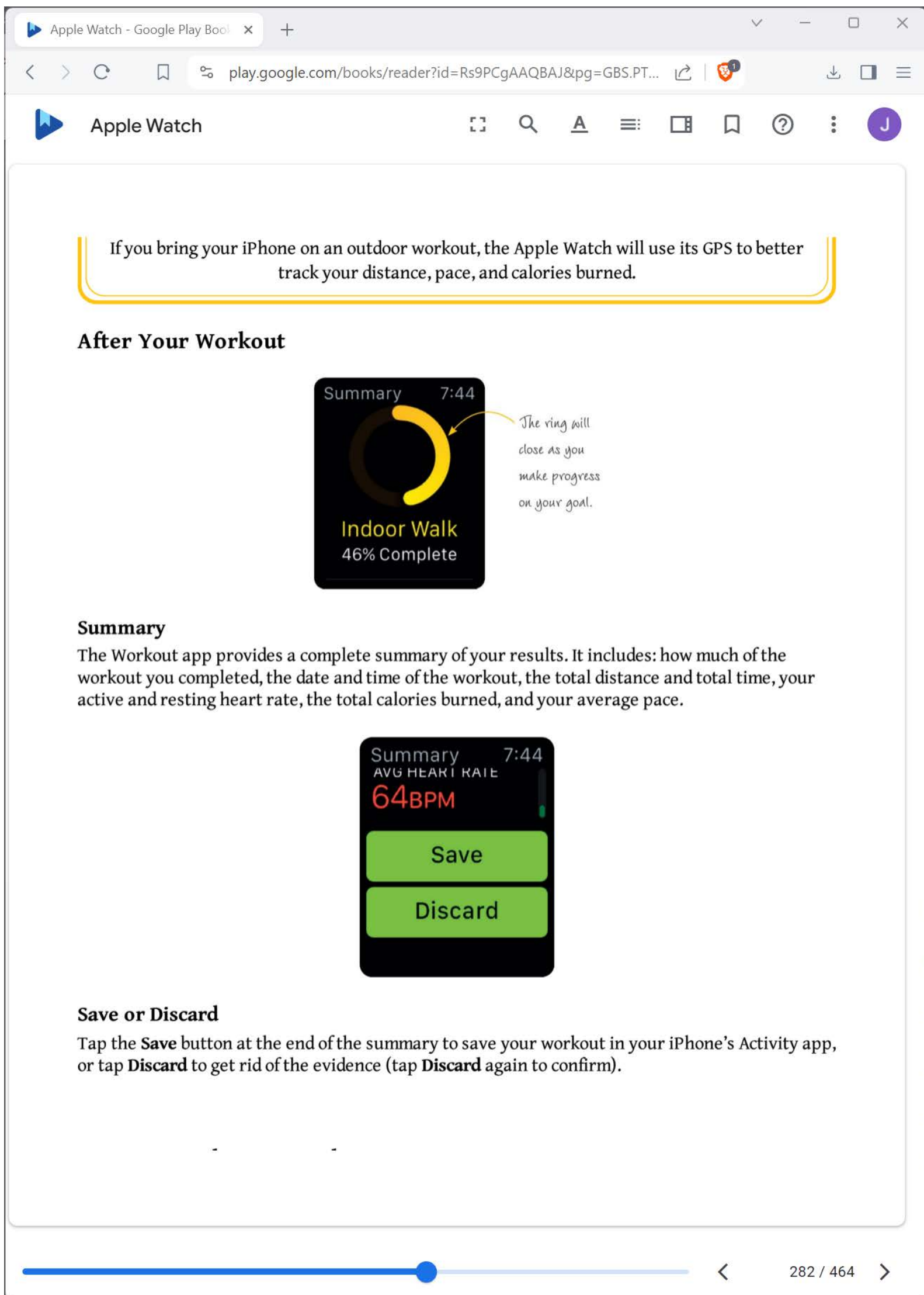
Open the **Workout** app by tapping its icon on the Apple Watch Home screen.

278 / 464

22

MASIMO 1053
Masimo v. Apple
IPR2023-00664





Apple Watch - Google Play Book

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT...

Apple Watch

Calibrating Your Apple Watch



Calibration tells your Apple Watch what a typical span of exercise is like for you physically, and it uses that information to provide more accurate workout results.

Get Ready to Calibrate

Calibrating your Apple Watch requires doing a short outdoor run or walk (these activities should be calibrated separately). Prepare yourself as you would for a regular workout, grab your iPhone and Apple Watch, and head outside. For optimal calibration, look for a flat, open space and clear skies. Before you begin, make sure your iPhone is held securely, or safely stowed in an armband or waistband.



1

On your iPhone, go to **Settings > Privacy > Location Services** to enable **Motion Calibration & Distance** and **Location Services**.

285 / 464

Apple Watch - Google Play Books x +

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT355

Apple Watch

Your playlists won't appear unless Bluetooth headphones are paired.

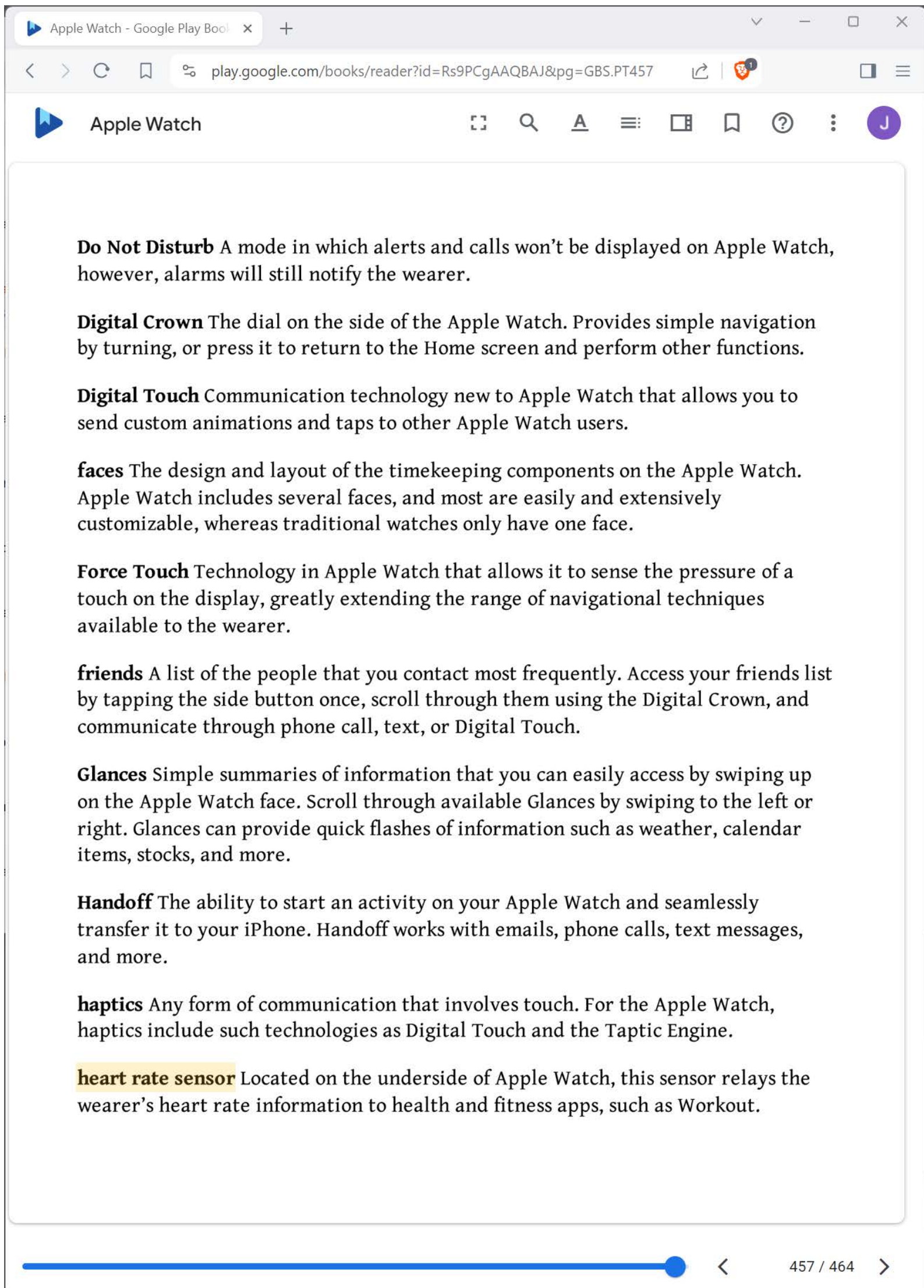


3 Browse the playlist that you've already synced from your iPhone, select an audio file, and get your groove on.

WHICH DEVICE PLAYS THE AUDIO?

Whichever device is storing the audio file will be the device it is played back on when using the Music app on your Apple Watch. For example, if the source of the audio is your iPhone, the audio plays through your iPhone speakers. **If the audio file is stored on your Apple Watch, then it will play the tune through your paired Bluetooth headphones.**

355 / 464



Do Not Disturb A mode in which alerts and calls won't be displayed on Apple Watch, however, alarms will still notify the wearer.

Digital Crown The dial on the side of the Apple Watch. Provides simple navigation by turning, or press it to return to the Home screen and perform other functions.

Digital Touch Communication technology new to Apple Watch that allows you to send custom animations and taps to other Apple Watch users.

faces The design and layout of the timekeeping components on the Apple Watch. Apple Watch includes several faces, and most are easily and extensively customizable, whereas traditional watches only have one face.

Force Touch Technology in Apple Watch that allows it to sense the pressure of a touch on the display, greatly extending the range of navigational techniques available to the wearer.

friends A list of the people that you contact most frequently. Access your friends list by tapping the side button once, scroll through them using the Digital Crown, and communicate through phone call, text, or Digital Touch.

Glances Simple summaries of information that you can easily access by swiping up on the Apple Watch face. Scroll through available Glances by swiping to the left or right. Glances can provide quick flashes of information such as weather, calendar items, stocks, and more.

Handoff The ability to start an activity on your Apple Watch and seamlessly transfer it to your iPhone. Handoff works with emails, phone calls, text messages, and more.

haptics Any form of communication that involves touch. For the Apple Watch, haptics include such technologies as Digital Touch and the Taptic Engine.

heart rate sensor Located on the underside of Apple Watch, this sensor relays the wearer's heart rate information to health and fitness apps, such as Workout.

Apple Watch - Google Play Book x +

play.google.com/books/reader?id=Rs9PCgAAQBAJ&pg=GBS.PT458

Apple Watch

Home screen The main screen of the Apple Watch, which displays icons for apps you've installed.

iCloud Apple's cloud-based server that acts as a backup and synchronization tool for your digital content, providing access to your content on any device you are signed in to. For example, you can store pictures in iCloud and access them on your iPhone, Apple Watch, iPad, Mac, or on any computer with a modern web browser.

notifications Items that appear on your Apple Watch display to notify you of events as they happen. Events include new emails, text messages, reminders, invitations and more. View stored notifications by swiping down on the display.

passcode A numerical code that you can set to prevent unauthorized users from accessing your Apple Watch.

power reserve mode The mode that disables all functions on the Apple Watch other than keeping the time. Apple Watch will automatically switch to this mode when battery life drops at or below 10 percent.

side button The narrow button on the side of the Apple Watch. Tap once or multiple times to access various features of Apple Watch.

Siri The virtual assistant developed by Apple. Siri allows you to speak commands or ask questions using your Apple Watch by prefacing them with "Hey, Siri" followed by your query. For example, "Hey, Siri, what is the weather like right now?" Siri will instantly bring up the current weather conditions on the Apple Watch's display.

storage The amount of memory on your Apple Watch that can be used to store data, such as music or photos.

Taptic Engine Technology within Apple Watch that provides the wearer with taps to alert them to certain events or notifications.

VoiceOver An accessibility feature that allows you to navigate Apple Watch's interface with spoken help, even if you're unable to see the display. Also enables a special way to navigate the interface by tapping and double tapping icons.

458 / 464

Apple Watch by Dwight Spivey

play.google.com/store/books/details?id=Rs9PCgAAQBAJ

Google Play Games Apps Movies & TV Books Kids

Apple Watch

Dwight Spivey

Nov 2015

Apple Watch

Apple Watch

About this ebook

Combining in-depth information and easy-to-understand full-color instructions, *Idiot's Guides®: Apple Watch* will be just as integral to an Apple Watch user's experience as the iPhone, which must be utilized in conjunction with Apple Watch. This book features practical, expert explanations for all aspects of the Watch, directions on how to incorporate the Watch into your daily life, and other tips and information, as well as thorough explanations of the built-in apps.

Idiot's Guides®: Apple Watch covers:

- The brand-new Watch OS user interface.
- How to: connect your iPhone to your Apple Watch and Apple TV.
- Customize your Watch to suit your needs.
- Monitor your calendar and schedule.
- Access iTunes from your wrist via Bluetooth.
- Incorporate your Watch into your health and fitness regimen.
- Use Siri to help you with tasks, messaging, and more.
- Work with third-party apps to enhance your experience and much more!

Eligible for Family Library

Learn more

Language

English

Features

Flowing text, Google-generated PDF

Seller

Google LLC as agent for Penguin

Author

Dwight Spivey

Publisher

Penguin

Published on

Nov 3, 2015

ISBN

9781465450289

Computers & technology

About the author →

Dwight Spivey is a professional technical writer who specializes in all things Apple. His first book, *How to Do Everything: Mac* hit store shelves in January 2008 and became a bestseller. Spivey has authored more than 14 books since that initial success and has more than 17 years of experience in IT, marketing, and engineering fields. He lives in Mobile, Alabama.