iPod nano
User Guide

Contents

5 **Chapter 1: iPod nano at a Glance**
5 iPod nano overview
5 Accessories
6 The Home screen
7 Status icons

8 **Chapter 2: Getting started**
8 Setting up iPod nano

10 **Chapter 3: Basics**
10 Using Multi-Touch
12 Getting information about iPod nano
12 Connecting and disconnecting iPod nano
13 About the battery
15 Setting preferences
16 Organizing icons on the Home screen

17 **Chapter 4: Syncing with iTunes**
17 Syncing the first time
17 Syncing automatically or manually
19 Transferring purchased content to another computer

20 **Chapter 5: Music and Other Audio**
20 Playing music
22 Playing podcasts, audiobooks, and iTunes U collections
24 Controlling the volume
25 Creating playlists on iPod nano
28 Using Apple earphones

29 **Chapter 6: FM Radio**
29 Listening to FM radio
30 Tuning the FM radio
31 Pausing live radio
32 Tagging songs to sync to iTunes
32 Setting your radio region

34 **Chapter 7: Fitness**
35 Using iPod nano to count steps
36 Creating workouts with music
37 Calibrating iPod nano
38 Viewing and managing fitness data

IPR2024-00006
Garmin EX1061 Page 2

40 Chapter 8: Photos
40 Syncing photos
42 Viewing photos on iPod nano

44 Chapter 9: Other Features
44 Tracking time
46 Recording voice memos
47 Using iPod nano as an external disk
48 Using the Apple Earphones with Remote and Mic

49 Chapter 10: Accessibility
49 Universal Access features
49 VoiceOver
51 Mono Audio
51 White on Black

52 Chapter 11: Tips and Troubleshooting
52 General suggestions
56 Updating and restoring iPod software

57 Chapter 12: Safety and Cleaning
57 Important safety and handling information

60 Chapter 13: Learning More, Service, and Support

61 Regulatory Compliance Information

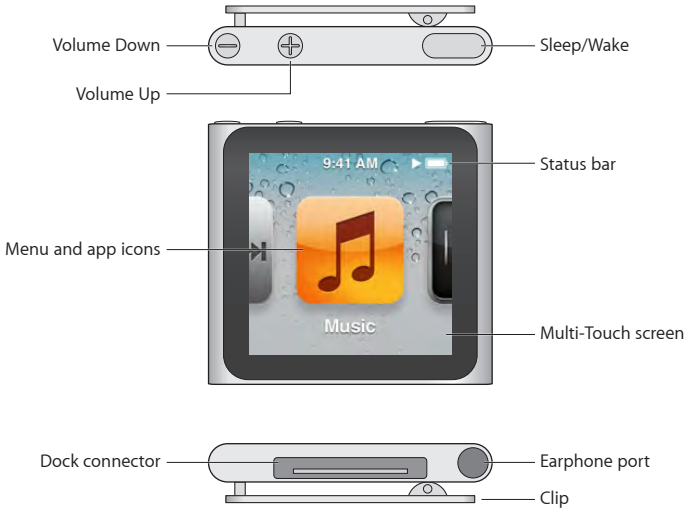
63 Index

IPR2024-00006
Garmin EX1061 Page 3

iPod nano at a Glance

1

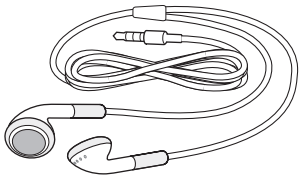
iPod nano overview



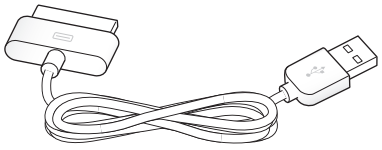
To	Do this
Turn the screen on or off while you listen to music or other audio	Press the Sleep/Wake button.
Turn iPod nano off completely, or to turn it back on	Hold down the Sleep/Wake button for a few seconds.
Adjust the volume while listening to songs or other media	Press the Volume Up or Volume Down button. These buttons also control the volume for alerts and other sounds.

Accessories

The following accessories come with iPod nano:



Apple Earphones



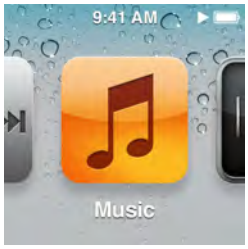
Apple Dock Connector to USB Cable

Use the Apple Dock Connector to USB Cable to connect iPod nano to your computer, sync content, and charge the battery. You can also use the cable with the Apple USB Power Adapter (sold separately).

Use the Apple Earphones to listen to music, audiobooks, and podcasts. They also double as an antenna for listening to radio broadcasts.

The Home screen

When you turn on iPod nano, you see the Home screen.



Each icon on the Home screen represents choices for listening to music or podcasts, or for using features like recording voice memos or viewing photos. Tap an icon to open it, then use gestures to navigate (see "Using Multi-Touch" on page 10).

You'll see these Home screen icons when you first turn on iPod nano:

Icon		Function
	Now Playing	Provides quick access to the currently playing audio.
	Music	Provides quick access to your music and other audio content organized by playlists, artists, songs, and more.
	Radio	Opens the FM radio tuner, if earphones are connected to iPod nano.
	Fitness	Opens the Fitness feature, where you can count your steps for walks or runs and track time, distance, pace, and calories burned for workouts.
	Clock	Opens the clock, stopwatch, and timer.
	Photos	Displays the photos synced from your computer.
	Audiobooks	Lists audiobooks synced from your iTunes library (it doesn't appear if you have no audiobooks).
	Podcasts	Lists the podcasts synced from your iTunes library.
	iTunes U	Lists iTunes U collections synced from your iTunes library (it doesn't appear if you have no collections).
	Voice Memos	Opens the controls for recording and managing voice memos. It's visible only if a microphone is connected to iPod nano, or if there are voice memo recordings on iPod nano.
	Settings	Opens settings for iPod nano and many of its features.

IPR2024-00006
Garmin EX1061 Page 6

You can add these icons to your Home screen by turning them on in Settings:

Icon		Function
	Genius Mixes	Lists the Genius Mixes synced from your iTunes library.
	Playlists	Lists the playlists synced from your iTunes library or created on iPod nano.
	Artists	Lists songs synced from your iTunes library, organized by artist.
	Albums	Lists albums synced from your iTunes library, in alphabetical order.
	Songs	Lists songs synced from your iTunes library, in alphabetical order.
	Genres	Lists songs synced from your iTunes library, by genre.
	Composers	Lists songs synced from your iTunes library, by composer.

You can customize the layout of the icons on your Home screen by moving them (see "Setting preferences" on page 15). You can also create Home screens with small icons (see "Organizing icons on the Home screen" on page 16).

Status icons

The icons in the status bar at the top of the screen give information about iPod nano:

Icon	What it means
	A song, podcast, audiobook, or iTunes U episode is playing.
	A song, podcast, audiobook, iTunes U episode, or radio broadcast is paused.
	The radio is playing.
	Steps are being counted.
	Shows the battery level or charging status.

IPR2024-00006
Garmin EX1061 Page 7

Getting started 2

WARNING: To avoid injury, read all operating instructions and safety information in this guide before using iPod nano.

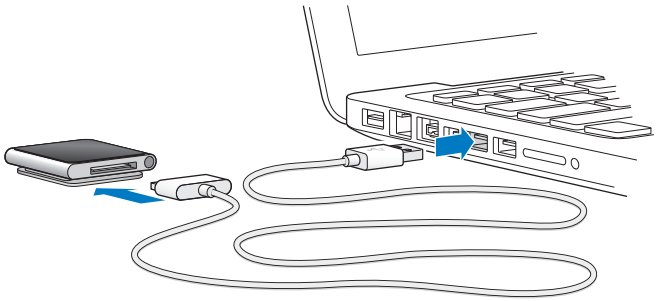
Setting up iPod nano

Before you can use iPod nano, you must set it up in iTunes. During setup, you can create an iTunes Store account or specify an existing account. (The iTunes Store may not be available in all countries or regions.) iTunes also displays and records the serial number of your iPod nano when it's connected, in case you need it.

Set up iPod nano:

1 Download and install the latest version of iTunes from www.itunes.com/download.

2 Connect iPod nano to a high-power USB 2.0 port on your Mac or PC, using the cable that came with iPod nano.



3 Follow the onscreen instructions in iTunes to register iPod nano and sync iPod nano with songs from your iTunes library.

If you need help using the iPod nano Setup Assistant, see "Set up iTunes syncing the first time:" on page 17.

When iPod nano is syncing with your computer, iPod nano shows "Sync in Progress." When syncing is complete, iTunes shows "iPod sync is complete." For information about syncing, see Chapter 4, "Syncing with iTunes," on page 17.

4 Leave iPod nano connected to your computer for up to three hours, to fully charge the battery.

You can disconnect iPod nano before the battery is fully charged, and you can sync while the battery charges. For more information, see "About the battery" on page 13.

If iPod nano is connected to the USB port of a Windows PC, the battery may not charge while the computer is asleep.

IPR2024-00006
Garmin EX1061 Page 8

5 Disconnect the cable from iPod nano when you're ready to use it.

Don't disconnect iPod nano if you see the "Connected" or "Synchronizing" message. To avoid damaging files on iPod nano, eject iPod nano before disconnecting.

For more information about safely disconnecting iPod nano, see "Disconnecting iPod nano from your computer" on page 13.

IPR2024-00006
Garmin EX1061 Page 9

Basics

3

Using Multi-Touch

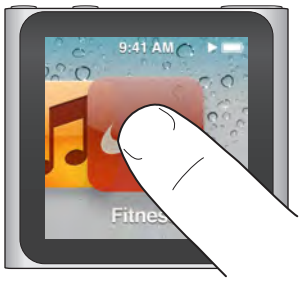
The Multi-Touch screen and simple finger gestures make it easy to use iPod nano.

Tap and double-tap

Tap an icon to open it, or to select an item in a menu or list. Tap a photo twice quickly to zoom in, then double-tap again to quickly zoom out.

Touch and hold

Touch and hold anywhere on the screen (except on an icon or control) to return to the Home screen. Touch and hold an icon to rearrange icons on Home screens—when the icons begin to jiggle, drag them into a new order, then press the Sleep/Wake button to save.



Swipe

Swipe sideways to move to the next or previous screen.

IPR2024-00006
Garmin EX1061 Page 10

Drag

Drag over scrubber bars or sliders to move their controls. Drag icons to rearrange them.

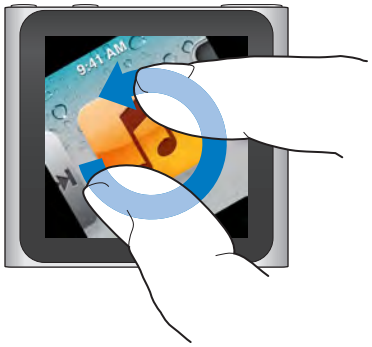
Flick

Flick your finger quickly up or down to scroll rapidly. You can wait for scrolling to stop, or touch anywhere on the screen to stop it immediately. Touching the screen won't choose or activate anything.

In some lists, such as Playlists, you can flick down to show editing controls at the top.

Rotate

You can rotate the screen so it's easier to see when you clip iPod nano to something. Place two fingers on the screen and rotate in the direction you want the screen to move, until the screen faces the way you want.



Here are more iPod nano controls and gestures:

To	Do this
Turn iPod nano off completely, or turn it on again	Hold down the Sleep/Wake button for several seconds to turn iPod nano off completely. Any audio that's playing is turned off. To turn iPod nano back on after turning it off this way, hold down the Sleep/Wake button for a few seconds. To use this feature, you must be using iPod software version 1.1 or later.
Wake iPod nano from sleep	Press the Sleep/Wake button.
Turn off the screen	Press the Sleep/Wake button. Music or any other audio that's playing continues to play.
Turn on the backlight	Tap the screen if the backlight is dimmed.

IPR2024-00006
Garmin EX1061 Page 11

To	Do this
Reset iPod nano (if it isn't responding)	Press and hold the Sleep/Wake button and the Volume Down button until the screen goes dark. The Apple logo appears after a few seconds, and then the Home screen.
Choose an item	Tap the item.
Go to the previous screen	Swipe right.
Go to the next screen	Swipe left.
Go to the top of a list	Tap the status bar at the top of the screen.
See all of a song, artist, or album name	Swipe left across the name.
Go directly to the Home screen	Swipe right, or touch and hold anywhere except on an icon or control.
Start a workout	On the Home screen, tap Fitness, then tap Walk or Run.
Record a voice memo	Connect the Apple Earphones with Remote and Mic (sold separately). Then, on the Home screen, tap Voice Memos.
Find the iPod nano serial number	On the Home screen, tap Settings, then tap About. Look under the open edge of the iPod nano clip.

Getting information about iPod nano

You can get these details about your iPod nano in Settings:

- Capacity and amount of space available
- Number of songs and photos
- Serial number, model, and software version
- Copyright and legal information

Get information about iPod nano:

- On the Home screen, tap Settings, and then tap About.

Connecting and disconnecting iPod nano

You connect iPod nano to your computer to sync files and charge the iPod nano battery. You can sync songs and charge the battery at the same time.

Important: The battery doesn't charge while your computer is in sleep or standby mode.

Connecting iPod nano to your computer

iTunes syncs songs on iPod nano automatically when you connect it to your computer, unless you select other sync settings in iTunes.

Connect iPod nano to your computer:

- Connect the included Apple Dock Connector to USB Cable to a high-power USB 2.0 port on your computer. Connect the other end to iPod nano.

  If you have an iPod dock, you can connect the cable to a USB 2.0 port on your computer, connect the other end to the dock, and then put iPod nano in the dock.

  Note: The USB port on most keyboards doesn't provide enough power to charge iPod nano.

IPR2024-00006
Garmin EX1061 Page 12

Disconnecting iPod nano from your computer

It's safe to disconnect iPod nano if you see the Home screen on iPod nano, or a message that says it's OK to disconnect. If the backlight is off, press the Sleep/Wake button to turn on the backlight, so you can see if it's safe to disconnect.

Disconnect iPod nano:

- Disconnect the cable from iPod nano, or, if iPod nano is in the dock, remove iPod nano from the dock.

Don't disconnect iPod nano if you see the "Connected" or "Synchronizing" message. To avoid damaging files on iPod nano, you must eject iPod nano before disconnecting when you see these messages.

Eject iPod nano:

- *In iTunes,* click the Eject (⏏) button next to iPod nano in the device list on the left side of the iTunes window.
- *If you're using a Mac,* you can eject iPod nano by dragging the iPod nano icon on the desktop to the Trash.
- *If you're using a Windows PC,* you can eject iPod nano in My Computer or by clicking the Safely Remove Hardware icon in the Windows system tray and selecting iPod nano.

If you accidentally disconnect iPod nano without ejecting it, reconnect iPod nano to your computer and sync again.

About the battery

iPod nano has an internal, non–user-replaceable battery. For best results, the first time you use iPod nano, let it charge for about three hours or until the battery icon shows that the battery is fully charged.

The iPod nano battery is 80-percent charged in about one and a half hours, and fully charged in about three hours. If you charge iPod nano while adding files, playing music, listening to the radio, or viewing a slideshow, it might take longer.

Charging the battery

You can charge the iPod nano battery by connecting iPod nano to your computer, or by using the Apple USB Adapter (available separately).

Charge the battery using your computer:

- Connect iPod nano to a USB 2.0 port on your computer. The computer must be turned on and not in sleep.

Important: If a "Charging, Please Wait" or "Connect to Power" message appears on the iPod nano screen, the battery needs to be charged before iPod nano can communicate with your computer. See "If iPod nano displays a "Connect to Power" message" on page 53.

If you want to charge iPod nano when you're away from your computer, you can purchase the Apple USB Power Adapter.

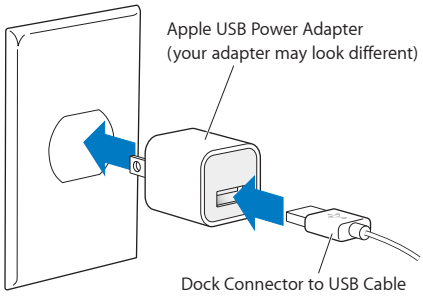
IPR2024-00006
Garmin EX1061 Page 13

Charge the battery using the Apple USB Power Adapter:

1 Connect the Dock Connector to USB Cable to the Apple USB Power Adapter.

2 Connect the other end of the Dock Connector to USB Cable to iPod nano.

3 Plug the Apple USB Power Adapter into a working electrical outlet.



Understanding battery states

When iPod nano isn't connected to a power source, a battery icon in the upper-right corner of the iPod nano screen shows approximately how much charge is left.

Battery less than 20% charged

Battery about halfway charged

Battery fully charged

When iPod nano is connected to a power source, the battery icon changes to show that the battery is charging or fully charged.

Battery charging (lightning bolt)

Battery fully charged (plug)

You can disconnect and use iPod nano before it's fully charged.

Note: Rechargeable batteries have a limited number of charge cycles and might eventually need to be replaced by an Apple Authorized Service Provider. Battery life and number of charge cycles vary by use and settings. For information, go to www.apple.com/batteries.

Conserving power

iPod nano intelligently manages battery life while you listen to audio or work out. To save power, the iPod nano screen dims if you don't touch it for twenty seconds, and then turns off. To turn the screen on when it turns off this way, or to turn the screen off manually, press the Sleep/Wake button.

When there is no activity on iPod nano (no audio is playing and no motion is detected if steps are being counted), it turns off automatically. To turn iPod nano back on when it turns off this way, press the Sleep/Wake button.

You can also turn off iPod nano completely by holding down the Sleep/Wake button for a few seconds. When you turn iPod nano off this way, hold down the Sleep/Wake button for a few seconds to turn it back on.

IPR2024-00006
Garmin EX1061 Page 14

Turning iPod nano off:

- Stops music or other audio that's playing
- Clears paused radio
- Stops a slideshow if one is playing
- Saves a voice memo if one is being recorded
- Stops counting steps
- Stops and saves Nike+ workout data

While iPod nano is turned off, you won't hear any alarm if a timer expires. When you turn iPod nano on again, alarms that haven't expired will occur as scheduled. You must be using iPod software version 1.1 or later to use this feature.

Setting preferences

Settings let you change the appearance of the Home screen and set other preferences for iPod nano. To set preferences, tap the Settings icon on the Home screen.

General settings

Here are the General preferences you can set:

Use this preference	To do this
Brightness	Adjust the screen brightness. Set a lower brightness to use less battery power.
Wallpaper	Set the background image for the Home screen. Tap a pattern to see how it looks onscreen, then tap Cancel or Set.
Home Screen	Show or remove icons on the Home screen. Change the Home screen to display large or small icons.
Date & Time	Set the date, time, and time zone. Change the time display to a 24-hour clock. Show the clock (instead of Now Playing) on waking. Choose a clock face (see "Changing the clock face" on page 44).
Accessibility	Turn on VoiceOver and mono audio. Change the screen to white on black. For information about accessibility features, see "Universal Access features" on page 49.
Language	Set the language for iPod nano.

Music settings

Music settings let you customize how you listen to and play back music on iPod nano. To see these settings, tap the Settings icon on the Home screen and then tap Music.

Here are the Music preferences you can set:

Use this preference	To do this
Shake to Shuffle	Turn off or on the ability to give iPod nano a quick shake to skip to a random song.
Sound Check	Automatically adjust the volume of songs, so they play at the same relative volume level.
Sleep/Wake Button	Choose whether double-clicking the Sleep/Wake button pauses or plays the current track, or plays the next track.
EQ	Choose an equalizer setting.

IPR2024-00006
Garmin EX1061 Page 15

Use this preference	To do this
Volume Limit	Set a maximum volume limit on iPod nano, and assign a passcode to prevent the setting from being changed without your knowledge.
Audio Crossfade	Automatically fade out at the end and fade in at the beginning of each song.
Group Compilations	Group together songs from compilations. Compilations are shown as subcategories under Artists and specific Genres, in Music.

Other settings

You can set preferences for how you view photos, listen to radio, and track workouts in Settings. For more information, see:

- Chapter 6, "FM Radio," on page 29.
- Chapter 7, "Fitness," on page 34.
- Chapter 8, "Photos," on page 40.

You can reset iPod nano to its default settings without affecting your synced content.

Reset all settings:

1. From the Home screen, tap Settings.
2. Flick up, then tap Reset Settings.
3. Tap Reset, or tap Cancel if you change your mind.
4. Tap your language, and then tap Done.

Organizing icons on the Home screen

You can rearrange icons on the Home screen to make frequently used items easier to find. For example, if you use iPod nano every day while working out, you can move the Fitness icon to the first position to make it easier to access.

Rearrange Home screen icons:

1. Touch and hold the icon you want to move, until all the icons begin to jiggle.
2. Drag the icon to its new location.

   Dragging left or right scrolls the icons. For small icons, dragging left or right moves to another screen.
3. When the icon is in position, lift your finger from the screen.
4. Press the Sleep/Wake button, or tap and hold the icon again, to save your changes.

You can also change the Home screen to show four small icons instead of one large icon. Dots at the bottom of the Home screen indicate how many screens there are.

Show small icons on the Home screen:

1. Tap Settings, and then tap General.
2. Tap Home Screen.
3. Tap OFF next to Small Icons.

IPR2024-00006
Garmin EX1061 Page 16

Syncing with iTunes

4

Syncing the first time

iTunes is the free software application you use to sync music, audiobooks, podcasts, photos, and iTunes U collections between your computer and iPod nano, and to send workouts to the Nike+ website.

If you don't already have content in iTunes, you can preview and download content from the iTunes Store (available in selected countries) to iTunes on your computer. To learn about iTunes and the iTunes Store, open iTunes and choose Help > iTunes Help.

Set up iTunes syncing the first time:

1 Connect iPod nano to your computer, and open iTunes.

2 Enter a name for iPod nano.

You enter a name the first time you connect iPod nano. This name appears in the device list on the left side of the iTunes window, after you enter it.

3 Select options for syncing music and photos automatically.

If you need help choosing options, choose Help > iTunes Help in the menu bar.

4 Select the language you want to use on iPod nano from the pop-up menu.

You only need to do this the first time, or when you restore iPod nano to its factory settings.

5 Click Done.

If you selected to sync songs or photos automatically, syncing begins immediately.

Syncing automatically or manually

There are two ways to add content to iPod nano:

- *Automatic syncing:* When you connect iPod nano to your computer, iPod nano is automatically updated to match the items in your iTunes library. You can sync iPod nano automatically with only one computer at a time.
- *Manually managing iPod nano:* When you connect iPod nano, you can drag individual items to iPod nano and delete individual items from iPod nano. You can add songs from more than one computer without erasing songs from iPod nano. When you manage music yourself, you must always eject iPod nano from iTunes before you disconnect it (see "Connecting and disconnecting iPod nano" on page 12).

Automatic syncing

iPod nano normally syncs whenever you connect it to iTunes.

While music is being synced from your computer to iPod nano, the iTunes status window shows progress, and you see a sync icon next to the iPod nano icon in the device list. When the update is done, a message in iTunes says "iPod update is complete," and a bar at the bottom of the iTunes window displays how much disk space is used by different types of content.

Important: The first time you connect iPod nano to a computer that it's not synced with, a message asks if you want to sync songs automatically. If you accept, all songs, audiobooks, and other content are erased from iPod nano and replaced with songs and other items from that computer.

You can prevent iPod nano from syncing when you connect it to a computer other than the one you usually sync with.

Turn off automatic syncing for iPod nano:

- In the iTunes Summary tab, deselect "Open iTunes when this iPod is connected," and then click Apply.

If you turn off automatic syncing, you can still sync by clicking the Sync button.

Managing iPod nano manually

If you manage iPod nano manually, you can add and remove individual songs and other content. You can also add content from multiple computers to iPod nano without erasing items already on iPod nano.

Setting iPod nano to manually manage music turns off the automatic sync options in the Music, Podcasts, iTunes U, and Photos panes. You can't manually manage some and automatically sync others at the same time.

Note: Genius Mixes don't work if you manually manage content. You can still manually sync Genius playlists to iPod nano, and create Genius playlists on the iPod after a manual sync of Genius content. See "Playing Genius Mixes" on page 27.

Set iTunes to manage content manually:

1. In iTunes Preferences, click Devices, and then select "Prevent iPods, iPhones, and iPads from syncing automatically."
2. In iTunes, select iPod nano in the device list and click the Summary tab.
3. In the Options section, select "Manually manage music."
4. Click Apply.

When you manually manage content on iPod nano, you must always eject iPod nano from iTunes before you disconnect it. See "Eject iPod nano:" on page 13.

Add a song or other item manually:

1. In iTunes, click Music or another item below Library on the left side of the iTunes window.
2. Drag a song or other item to iPod nano in the device list.

Remove a song or other item from iPod nano:

1. In iTunes, select iPod nano in the device list.
2. Select a song or other item on iPod nano, then press the Delete or Backspace key on your keyboard.

If you remove a song or other item from iPod nano, it isn't deleted from your iTunes library.

You can reset iPod nano to sync automatically at any time.

Reset iTunes to sync automatically:

1. In iTunes, select iPod nano in the device list and click the Summary tab.
2. Deselect "Manually manage music."
3. Select the Music and Podcasts tabs, and select your sync options.
4. Click Apply. The update begins automatically.

IPR2024-00006
Garmin EX1061 Page 18

Transferring purchased content to another computer

Content that you purchase in iTunes on one computer can be transferred from iPod nano to an iTunes library on another computer. The other computer must be authorized to play content from your iTunes Store account.

Authorize another computer:

- Open iTunes on the other computer and choose Store > Authorize This Computer.

Transfer purchased content to another computer:

1. Open iTunes on the other computer and choose Store > Authorize This Computer.
2. Connect iPod nano to the newly authorized computer.
3. In iTunes, choose File > Transfer Purchases from iPod.

IPR2024-00006
Garmin EX1061 Page 19

Music and Other Audio

5

Playing music

iPod nano makes it easy to find and listen to songs. You can repeat songs, fast-forward, shuffle, and create playlists using the Multi-Touch screen.

To play a song, do one of the following:

- Tap Music on the Home screen, tap a category (Playlists, Albums, or another grouping), and then tap a song.

- On the Home screen, tap Now Playing to play shuffled songs or resume a paused song.
- Give iPod nano a quick shake to play shuffled songs.

While a song plays, its album artwork (if available) is displayed on the Now Playing screen, and a Play (▶) or Pause (❚❚) icon appears in the status bar at the top of other screens. You can browse music and other content on iPod nano, change settings, and arrange icons while you listen to music or other audio content.

Here are some ways to navigate your music library:

- Flick to scroll quickly through song and album lists, and tap the menu bar to return to the top of the list.
- Add icons for Playlists, Albums, or other lists to your Home screen. Tap Settings > General > Home Screen > Music, and then tap OFF next to the icons you want to add.
- If the list you're browsing has an index, drag your finger down the index to show a large letter superimposed over the list. When you reach the letter you want, lift your finger.

IPR2024-00006
Garmin EX1061 Page 20

Controlling playback with song controls

The album artwork for the song that's playing appears on the Now Playing screen. Tap the screen once to show the song controls, and then swipe left to see additional controls and song lyrics (if you added them in iTunes).

The dots at the bottom of the screen indicate the number of screens available.

Here's what you can do with the iPod nano song controls:

To	Do this
Pause a song	Tap ⏸ or disconnect your earphones.
Play a paused song	Tap ▶. iPod nano must be ejected from your computer to play songs and other audio.
Start a song over	Tap ⏮.
Play the previous song	Tap ⏮ twice.
Skip to the next song	Tap ⏭.
Fast-forward or rewind a song	Press and hold ⏭ or ⏮.
Repeat songs	Tap 🔁. Tap again for more options: 🔁 = Repeat all songs in the current album or list. 🔂 = Repeat only the current song over and over.
Create a Genius playlist	Play a song, and then tap ⚛.
Shuffle songs	Tap 🔀.
Skip to any point in a song	Drag the playhead along the scrubber bar. Slide your finger up to slow the scrub rate for greater precision. The farther up you slide your finger, the smaller the increments.
Rate songs	Tap ⓘ on the song controls screen, then drag your finger across the dots at the top of the screen.
See songs from an album	Tap ⓘ on the song controls screen, or tap the album in the Albums list.

Controlling playback with the Sleep/Wake button

You can double-click the Sleep/Wake button to play the next track, or change the setting so that double-clicking pauses or plays the current track.

Set the Sleep/Wake button preference:

1. On the Home screen, tap Settings.
2. Tap Music, and then tap Sleep/Wake Button.
3. Tap OFF to turn it On.
4. Tap either Next Track or Play/Pause.

If you turn off iPod nano while music or other audio is playing (pressing and holding the Sleep/Wake button), iPod nano begins playing where you left off, when you turn iPod nano back on.

IPR2024-00006
Garmin EX1061 Page 21

Shuffling songs

You can play songs, albums, or playlists in random order, and set iPod nano to shuffle songs when you give it a quick shake.

The table below describes different ways to shuffle your music:

To	Do this
Shuffle and play all your songs	Tap Shuffle at the top of the Songs list. iPod nano begins playing songs from your iPod nano music library in random order, skipping audiobooks, podcasts, and iTunes U collections. You can also tap Now Playing on the Home screen when no music is playing.
Shuffle songs from the Now Playing screen	Tap Now Playing, and then tap the album artwork. Swipe left along the bottom of the screen, and then tap ⤮.
Use "Shake to Shuffle"	When the screen is on, you can give iPod nano a quick shake to skip to a random song. If the screen is off, press the Sleep/Wake button before you shake. "Shake to Shuffle" is on by default, but you can turn it off in Settings > Music.

Playing podcasts, audiobooks, and iTunes U collections

Podcasts are free, downloadable shows available in the iTunes Store. Podcasts are organized by shows, episodes within shows, and chapters within episodes. If you stop playing a podcast and return to it later, the podcast begins playing where you left off.

iTunes U is a part of the iTunes Store featuring free lectures, language lessons, and more, which you can download and enjoy on iPod nano. iTunes U content is organized by collections, items within collections, authors, and providers. You only see an iTunes U icon on the Home screen if you synced iTunes U content from your iTunes Library.

Podcast shows and iTunes U collections appear in chronological order, so you can play them in the order in which they were released. A blue dot marks unplayed shows and episodes. When you finish listening to a podcast episode or iTunes U program, the next unplayed or partially played episode begins automatically.

IPR2024-00006
Garmin EX1061 Page 22

You can purchase and download audiobooks from the iTunes Store and listen to them on iPod nano. When you listen to audiobooks purchased from the iTunes Store or audible.com, you can adjust the playback speed to be faster or slower than normal.

Play podcasts, audiobooks, and iTunes U Collections:

1 On the Home screen, tap Podcasts (or Audiobooks, or iTunes U), and then tap a show or title.

Podcasts, Audiobooks, and iTunes U are also listed in Music.

2 Tap an episode or chapter to play it.

The Now Playing screen displays the audiobook, podcast, or iTunes U artwork (if any is available).

3 Tap the Now Playing screen to see the playback controls.

- Tap ⏸ to pause, and ▶ to resume.

  The podcast, audiobook, or iTunes U collection begins playing where you left off. For audiobooks, you can tap Resume in the chapter list.

- Tap ⏮ or ⏭ to skip to the next chapter or the beginning of the current chapter in the podcast, audiobook, or iTunes U collection.

4 Swipe left to see the additional playback controls described in the following table.

To	Do this
Skip to any point in a podcast, audiobook, or iTunes U collection	Drag the playhead along the scrubber bar. Slide your finger up to slow the scrub rate for greater precision. The farther up you slide your finger, the smaller the increments.
Play back the last 30 seconds	Tap 30.
Set the playback speed	Tap 1X. Tap again to change the speed. 2X = Play at double speed. 1X = Play at normal speed. ½X = Play at half speed.
See episodes or chapters for podcasts, iTunes U, or audiobooks	Tap ⓘ on the first control screen.
See information about podcasts, iTunes U, or audiobooks	Tap the Now Playing screen, and then swipe left to the final control screen.

For more information about downloading and listening to podcasts, open iTunes and choose Help > iTunes Help. Then search for "podcasts."

Rating audiobooks

You can assign a rating to an audiobook (from zero to five stars) to indicate how much you like it. The ratings you assign to audiobooks on iPod nano are transferred to iTunes when you sync.

Rate an audiobook:

1 Tap the book cover on the Now Playing screen, and then tap ⓘ.

2 Drag your finger along the dots at the top of the screen to add or remove stars.

3 Lift your finger when you're done.

IPR2024-00006
Garmin EX1061 Page 23

Controlling the volume

The volume buttons are on the top of iPod nano. Press Volume Up or Volume Down to adjust the volume as you listen. The following sections describe other adjustments you can make to limit the maximum volume and enhance audio quality.

Setting the maximum volume limit

You can set a limit for the maximum volume on iPod nano, and assign a passcode to prevent the setting from being changed without your knowledge.

Note: Accessories that connect using the dock connector don't support volume limits.

Set the maximum volume limit for iPod nano:

1. On the Home screen, tap Settings.
2. Tap Music, and then tap Volume Limit.

   The volume control shows the maximum volume limit.

3. Drag the slider left to lower the maximum volume limit, or right to raise the limit.

Require a passcode to change the volume limit:

1. After setting the maximum volume, tap Lock Volume Limit.
2. In the screen that appears, tap a four-digit passcode.

   If you tap a number by mistake, tap ⌫ and then tap the number you intended.

   You can keep tapping ⌫ to erase all numbers and return to the Volume Limit screen without setting a passcode.
3. When you're prompted to reenter the passcode, tap the numbers again.

Remove the volume limit:

1. On the Home screen, tap Settings.
2. Tap Music, then tap Volume Limit.
3. Drag the slider all the way to the right.

If you set a passcode, tap Unlock Volume Limit first, enter your passcode, and then drag the slider.

If you forget the passcode, you can restore iPod nano. See "Updating and restoring iPod software" on page 56.

Playing songs at the same volume level

The volume of songs and other audio may vary depending on how the audio was recorded or encoded. The volume level may also vary if you use different earphones or headphones.

You can set iTunes to automatically adjust the volume of songs, so they play at the same relative volume level. Then you can set iPod nano to use the same iTunes volume settings.

IPR2024-00006
Garmin EX1061 Page 24

Set songs to play at the same volume level:

1 In iTunes, choose iTunes > Preferences if you're using a Mac, or choose Edit > Preferences if you're using a Windows PC.

2 Click Playback and select Sound Check, and then click OK.

3 On the iPod nano Home screen, tap Settings.

4 Tap Music.

5 Tap OFF next to Sound Check to turn it on.

If you haven't turned on Sound Check in iTunes, setting it on iPod nano has no effect.

Using the equalizer

You can use equalizer presets to change the sound on iPod nano to suit a particular music genre or style. For example, to make rock music sound better, set the equalizer to Rock.

Set the equalizer on iPod nano:

1 On the Home screen, tap Settings.

2 Tap Music, and then tap EQ.

3 Tap an equalizer preset (flick up to see more choices).

If you assigned an equalizer preset to a song in iTunes and the iPod nano equalizer is set to Off, the song plays using the iTunes setting. For more information, open iTunes and choose Help > iTunes Help.

Crossfading between songs

You can set iPod nano to fade out at the end of each song and fade in at the beginning of the song following it.

Turn on crossfading:

1 From the Home screen, tap Settings.

2 Tap Music, and then tap OFF next to Audio Crossfade.

Creating playlists on iPod nano

You can create your own playlists of songs, podcasts, and audiobooks; or use Genius to create Genius playlists, even when iPod nano isn't connected to your computer. Playlists you create on iPod nano are synced back to iTunes the next time you connect.

Creating and editing playlists

Create a playlist:

1 On the Home screen, tap Music, and then tap Playlists.

2 Flick down, and then tap Add.

3 Tap a category (Songs, Albums, Podcasts, and so on), and then tap the items you want to add.

IPR2024-00006
Garmin EX1061 Page 25

Don't tap Done until you've added everything you want to include in the playlist.

4 Swipe left to continue adding content.

You can add content from any category. For example, you can mix podcasts with songs in a single playlist.

5 When you finish, tap Done.

The new playlist is named New Playlist 1 (or New Playlist 2, and so on). The next time you sync, you can change the title in iTunes. When you sync again, the playlist title on iPod nano is updated.

Remove items from a playlist:

1 Tap Playlists, and then tap the playlist you want to edit.

2 Flick down, and then tap Edit.

3 Tap ⊖ next to the item you want to delete, and then tap Delete when it appears on the right.

4 When you finish, tap Done.

Delete a playlist:

1 Tap Playlists.

2 Flick down and tap Edit.

3 Tap ⊖ next to the playlist you want to delete, and then tap Delete when it appears next to the playlist.

If you tapped the wrong playlist, tap the one you want to remove.

4 Tap Delete, or tap Cancel if you change your mind.

5 When you finish, flick up and tap Done (or swipe right to return to the Home screen if you cancel).

Rating songs to create Smart Playlists

You can assign a rating to a song (from zero to five stars) to indicate how much you like it. The ratings you assign to songs on iPod nano are transferred to iTunes when you sync. You can use song ratings to help you create Smart Playlists automatically in iTunes.

Rate a song:

1 Start playing the song.

2 On the Now Playing screen, tap the album artwork.

3 Tap ⓘ in the lower-right corner.

4 Tap or drag over the ratings bullets at the top of the screen (★ ★ • • •) to assign the number of stars.

IPR2024-00006
Garmin EX1061 Page 26

Creating Genius playlists

A Genius playlist is a collection of songs that go with a song you choose from your library. You can create Genius playlists on iPod nano, and sync Genius playlists you create with iTunes.

Genius is a free service, but you need an iTunes Store account to use it. To learn how to set up Genius in iTunes, open iTunes and choose Help > iTunes Help.

Create a Genius playlist on iPod nano:

1 Play a song, and then tap the album artwork on the Now Playing screen.

2 Swipe left, and then tap ⚛.

The new playlist appears. You see a message if:

- You didn't turn Genius on in iTunes.
- Genius doesn't recognize the song you select.
- Genius recognizes the song, but there aren't at least ten similar songs in your library.

3 Flick up or down to see the songs in the playlist.

4 Tap Save.

The playlist is saved with the artist name and song title of the song you used to make the playlist.

To change the playlist to a new one based on the same song, tap Refresh. If you refresh a saved playlist, the new playlist replaces the previous one, and you can't recover the previous playlist.

Genius playlists saved on iPod nano are synced back to iTunes when you connect iPod nano to your computer.

Playing Genius Mixes

iTunes automatically creates Genius Mixes that contain songs from your library that go great together. Genius Mixes provide a different listening experience each time you play one.

Play a Genius Mix:

1 Tap Genius Mixes.

2 Swipe left or right to browse the Genius Mixes. The dots at the bottom of the screen indicate how many Genius Mixes are on iPod nano.

3 Tap ▶ on the Genius Mix you want to play.

IPR2024-00006
Garmin EX1061 Page 27

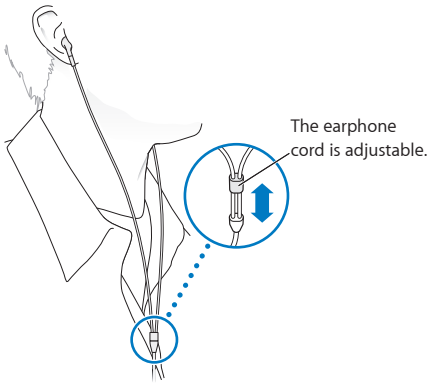
Using Apple earphones

WARNING: Permanent hearing loss may occur if the earbuds or headphones are used at high volume. Use only compatible earbuds or headphones with iPod nano. Turn on the audio and check the volume before inserting anything in your ear. You can adapt over time to a higher volume of sound that may sound normal but can be damaging to your hearing. If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. The louder the volume, the less time is required before your hearing could be affected. Hearing experts suggest that to protect your hearing:

- Limit the amount of time you use earbuds or headphones at high volume.
- Avoid turning up the volume to block out noisy surroundings.
- Turn the volume down if you can't hear people speaking near you.

For information about setting a maximum volume limit on iPod, see "Setting the maximum volume limit" on page 24.

The Apple earphones that came with your iPod nano connect to the earphone port on the bottom of iPod nano. Place the earbuds in your ears as shown.



If you have the Apple Earphones with Remote and Mic or the In-Ear Headphones with Remote and Mic, you can also navigate playlists. For information, see the documentation for those accessories, or "Using the Apple Earphones with Remote and Mic" on page 48.

IPR2024-00006
Garmin EX1061 Page 28

FM Radio

6

Listening to FM radio

iPod nano uses the earphone or headphone cord as an antenna, so you must connect earphones or headphones to iPod nano in order to receive a radio signal.

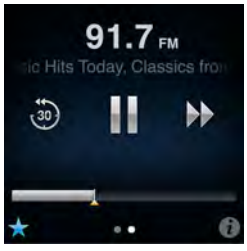
When you tune to a station that supports RDS (Radio Data System), the song title, artist name, and station information appear in the display.

Important: Radio frequencies shown in this chapter are for illustration purposes only, and are not available in all areas.

Listen to the radio:

1 Connect earphones or headphones to iPod nano, and then tap Radio on the Home screen.

2 Tap the Now Playing screen to see the radio controls, and then swipe left to see the Live Pause controls.



Here's what you can do with radio controls:

To	Do this
Listen to FM radio	On the Home screen, tap Radio. You must connect earphones to receive a radio signal.
Turn off the radio	Tap ▬, or disconnect the earphones or headphones.
Open the Radio menu	Tap ⓘ. The Radio menu is where you can find local stations, set favorite stations, tag songs, and see a list of recent songs.
Tune to an FM station	Tap the radio station screen, and then swipe the radio tuner. Tap ⏮ or ⏭ to go to favorites (if you set any). If no favorites are set, you hear the previous or next tunable station.
Seek FM stations	When the radio tuner is visible, tap ⏮ or ⏭ to go to the next or previous tunable station. If you saved any stations as favorites, this cycles through those stations.
Scan FM stations	When the radio tuner is visible, touch and hold ⏮ or ⏭ until the screen shows "Scanning." Tap an empty spot on the screen to stop scanning, then tap ▶ to listen.
Save an FM station as a favorite	With the radio tuner visible, tap ★. Favorite stations are marked on the radio tuner with a yellow triangle, and ★ changes to ★ when you tune to a favorite station.

IPR2024-00006
Garmin EX1061 Page 29

Remove an FM station from favorites	Tune in to the station and then tap ★ on any radio screen.
Pause and resume live radio	Tap Now Playing or Radio, swipe left across the top of the screen, and then tap ❚❚. Tap ▶ to resume playing. Changing the radio station clears paused radio. Tap 30 to listen to the last thirty seconds of paused radio.
Switch between the radio tuner and the Live Pause screen	Swipe left across the top or middle of the screen.
Tag a song on the radio	Tap on the Now Playing screen. Tagging is available only for radio stations that support iTunes Tagging. Sync with iTunes to preview and purchase tagged songs.

You can double-click the Sleep/Wake button to skip to the next radio station, or change the Sleep/Wake setting so that double-clicking pauses or plays live radio. See "Controlling playback with the Sleep/Wake button" on page 21.

Tuning the FM radio

You can tune the FM radio by browsing stations, seeking or scanning available stations, or saving your favorite stations and tuning to them directly. To start, use iPod nano to find local stations.

Note: For better reception, make sure the earphone cords aren't tangled or coiled.

Find local stations:

1. On the Home screen, tap Radio.
2. Tap ⓘ.
3. Tap Local Stations.

   iPod nano scans the available frequencies and lists the local stations.

4. Tap ▶ next to a station to listen to the station without leaving the menu, or tap the station to tune to that station and return to the radio controls.
5. When you finish, tap to return to the radio controls.

   If you want to update the list, tap Refresh.

Remove all stations from Favorites:

1. Tap ⓘ on any radio screen to show the Radio menu.
2. Tap Favorites.
3. Flick down to show the Edit button, and then tap it.
4. Tap Clear All if you want to clear the entire list.
5. When you finish, tap Done.

IPR2024-00006
Garmin EX1061 Page 30

Pausing live radio

You can pause a radio broadcast and resume playing it from the same point up to 15 minutes later. Drag the progress bar to resume listening at any point in the paused broadcast, or to quickly catch up to the live broadcast. The progress bar is completely filled when Live Pause reaches the 15-minute limit. Anything earlier than 15 minutes is cleared to make room for the continuing broadcast.

Paused radio is cleared automatically if:

- You change stations.
- You turn off iPod nano.
- You play other media content or record a voice memo.
- The battery is very low and needs to be charged.
- You pause the radio for 15 minutes without resuming play.

Pause or resume live radio:

1 While the radio is playing, tap Now Playing or Radio.

2 Swipe left to the Live Pause controls on the last screen, and then tap ⏸.

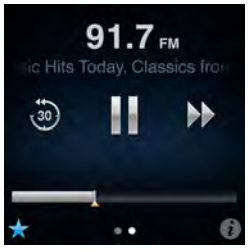
The icon changes to ▶.

As Live Pause continues, a yellow triangle indicates where the broadcast was paused. The progress bar continues to fill up, indicating the time that's passed since you paused.

3 To resume playing the program, tap ▶ to start at the point where you paused. Then do any of the following:

- Tap 30 to skip back by 30-second increments.
- Tap ⏩ to skip forward by 30-second increments.
- Touch and hold ⏩ to skip forward by ten-second increments.

You can navigate paused radio only when the progress bar appears, not the radio tuner.



Live Pause uses some battery power. You can turn off Live Pause to conserve the battery.

Turn off Live Pause:

1 On the Home screen, tap Settings.

2 Tap Radio.

3 Tap ON next to Live Pause to turn it Off.

IPR2024-00006
Garmin EX1061 Page 31

Tagging songs to sync to iTunes

If a radio station supports iTunes Tagging, you can tag a song you hear, so you can preview and purchase it later in the iTunes Store. Songs that can be tagged are marked with a tag icon on the Now Playing screen.

Tag a song:

- Tap in the lower-left corner of the Now Playing screen.

Your tagged songs appear in the Radio menu under Tagged Songs. The next time you sync iPod nano to iTunes, your tagged songs are synced and removed from iPod nano. They appear in iTunes, where you can preview and purchase them on the iTunes Store.

Note: This feature may not be available with all radio stations.

Preview and purchase tagged songs in iTunes:

1. Sync iPod nano with your computer.
2. On your computer, click Tagged below Store, on the left side of the iTunes window.
3. Click the View button for the song you want.
4. To preview the song, double-click it or click the preview button. To buy the song, click the Buy button.

If the radio station doesn't support tagging, you can also see a list of songs you listened to recently. Later, you can use this information to find and purchase the song.

See recent songs:

- Tap on any Radio screen, and then tap Recent Songs.

You'll see the song title, artist name, and the radio station where you heard the song.

Setting your radio region

iPod nano can be used in many countries to receive FM radio signals. It comes with five preset signal ranges, identified by region: The Americas, Asia, Australia, Europe, and Japan.

Select a radio region:

1. On the Home screen, tap Settings.
2. Tap Radio, and then tap Radio Regions.
3. Tap your region.

A check appears next to the region you select.

Region settings are determined by international radio standards, not by actual geographic region. If you live in a country not listed in the Radio Regions menu, choose a region that best matches the radio frequency specifications in your country.

IPR2024-00006
Garmin EX1061 Page 32

Important: iPod nano is intended for the reception of public broadcasts only. Listening to transmissions that are not intended for the public is illegal in some countries and violators may be prosecuted. Check and obey the laws and regulations in the areas where you plan to use iPod nano.

The following table specifies the radio frequency range of each region in the Radio Regions menu, along with the increments between stations (indicated by a ± sign).

Radio region	Radio frequency specifications
Americas	87.5–107.9 MHz/ ± 200 kHz
Asia	87.5–108.0 MHz/ ± 100 kHz
Australia	87.5–107.9 MHz/ ± 200 kHz
Europe	87.5–108.0 MHz/ ± 100 kHz
Japan	76.0–90.0 MHz/ ± 100 kHz

IPR2024-00006
Garmin EX1061 Page 33

Fitness

7

iPod nano comes with built-in features to help you make the most of your fitness routines:

- Set a Daily Step Goal and let iPod nano count your steps while you walk, and track your progress and calories burned over time.
- Create Run workouts set to your favorite music and track your time, pace, and distance with real time motivational feedback.
- Connect iPod nano to Nike + iPod compatible gym equipment and track your progress from one workout to the next.
- Use iTunes to upload all your steps and workout data to the Nike+ website. Set a goal, track your progress, and compete with other Nike+ users.

You can set these preferences for your workouts in Fitness Settings (tap Settings on the Home screen, and then tap Fitness):

Walk	Set the number of steps you want to take for your Daily Step Goal. See "Using iPod nano to count steps" on page 35.
PowerSong	Choose a song to use for motivation during a workout. You can quickly switch to your PowerSong whenever you need a boost.
Spoken Feedback	Choose a male or female voice to give you feedback during a workout, or turn Spoken Feedback off.
Units of Measure	Use English or metric for weights and measurements.
Distances	Measure distances in miles or kilometers.
Height	Set your height for distance accuracy.
Weight	Set your weight for calorie accuracy.
Reset Calibration	Reset the calibration. See "Calibrating iPod nano" on page 37.

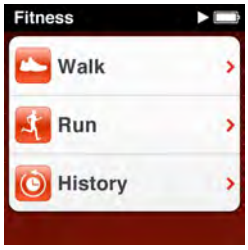
IPR2024-00006
Garmin EX1061 Page 34

Using iPod nano to count steps

iPod nano counts steps in the background, so you can listen to music or use iPod nano for other things at the same time. The Walk icon ( ) appears in the status bar while steps are being counted. Starting at midnight, any steps you take are automatically tracked for the day, so you don't need to do anything to get an accurate daily count.

Use iPod nano to count steps for a walk:

1 On the Home screen, tap Fitness, and then tap Walk.

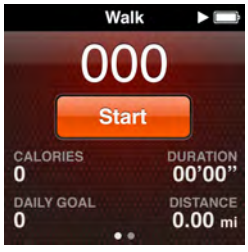


2 If you're using Fitness for the first time, flick the dials to set your height and weight.

If you skip setting your height and weight now, you can do it later in Settings > Fitness. You only need to set your height and weight once, unless your weight changes.

3 Tap Save.

4 Tap Start to begin counting steps.



5 Clip iPod nano to your waistband for better accuracy.

iPod nano counts steps whether you walk or run.

6 At the end of the session, tap Stop.

Set a Daily Step Goal:

1 On the Home screen, tap Settings, and then tap Fitness.

2 Tap Walk, and then tap OFF.

3 Use the dial to set the desired number of steps.

4 Tap Done.

Counting won't begin until you start it in Fitness.

5 Press and hold the screen to return to the Home screen, and then tap Fitness.

6 Tap Walk, and then tap Start.

Steps you take during a Run workout (or when using Nike + iPod-compatible workout equipment) aren't counted toward your Daily Step Goal.

IPR2024-00006
Garmin EX1061 Page 35

Creating workouts with music

You can create workouts on iPod nano to reach fitness goals of distance, time, or calories burned. Then add the music, podcast, audiobook, or radio station that gets you moving. iPod nano keeps a record of all your workout data, which you can upload to the Nike+ website if you wish.

While you're working out, iPod nano gives spoken feedback when you pause or resume your workout.

Set up a Run workout:

1 On the Home screen, tap Fitness.

2 Tap Run, and then tap one of the workout types (Basic, Time, Distance, or Calorie).

3 Tap a preset goal, or tap Custom.

4 Choose the audio content you want to listen to during your workout.

If you create a custom workout, you're asked to set a time, distance, or calorie goal before you see the audio choices.

5 Tap Start Workout.

Clip iPod nano to your waistband for better accuracy. You can run or walk during your workout and iPod nano will calculate the distance you traveled. If you set a Daily Step Goal, steps taken during a Run workout or while using Nike + iPod-compatible gym equipment won't count toward your Daily Step Goal total.

Workouts you create on iPod nano are saved so you can use them again.

Use a saved workout:

1 On the Home screen, tap Fitness, and then tap Run.

2 Flick up, and tap My Workouts.

3 Tap a saved workout, and then tap Start Workout.

Controlling iPod nano during a workout

You can use the iPod nano controls to pause and resume your workout, change songs, hear spoken feedback, or switch to a PowerSong for extra motivation. If you use Apple headphones with a remote, you can control your workout with the remote.

The most efficient way to control your workout is by setting iPod nano to pause and resume your workout when you double-click the Sleep/Wake button. For example, if you're stopped at a traffic light, double-click the Sleep/Wake button to pause, then double-click to resume once the light turns green. Or, if you're running a marathon and arrive at the finish line, a quick double-click pauses the workout so you can catch your breath before turning the screen on and ending your workout.

IPR2024-00006
Garmin EX1061 Page 36

Set the Sleep/Wake button to pause a workout:

1 On the Home screen, tap Settings.

2 Tap Music, and then tap Sleep/Wake Button.

3 Tap OFF to turn it On.

4 Tap Play/Pause.

The table below describes how to control iPod nano during a workout:

To	Do this
Pause a workout	Tap the screen, then tap ⏸ (if the screen is dark, click the Sleep/Wake button first). Double-click the Sleep/Wake Button if you set the preference to Play/Pause.
Resume a paused workout	Tap the screen, then tap Resume (if the screen is dark, click the Sleep/Wake button first). Double-click the Sleep/Wake Button if you set the preference to Play/Pause.
Choose a different song	Tap the screen, then tap ⏸ (if the screen is dark, click the Sleep/Wake button first). Then tap Change Music and make a selection. Double-click the Sleep/Wake Button if you set the preference to Next Track.
Play your PowerSong	Tap the screen, then tap PowerSong (if the screen is dark, click the Sleep/Wake button first). You can also press and hold two fingers on the screen to play your PowerSong. Set your PowerSong in Settings > Fitness before you start the workout.
End a workout	Tap the screen (if the screen is dark, click the Sleep/Wake button first), tap ⏸, and then tap End Workout.
Hear spoken feedback	Stop your workout. iPod nano speaks your workout statistics for quick reference. If you're using Apple earphones that have a remote, you can press and hold the center button to hear current statistics such as pace, distance, and calories burned as you're working out.

Calibrating iPod nano

For more accurate workout statistics, make sure your height and weight are set accurately and calibrate iPod nano more than one time. Each time you calibrate iPod nano, its accuracy improves.

Calibrate iPod nano:

1 Tap Run, and then set your height and weight if you haven't already done so.

2 Tap a workout type (see "Set up a Run workout:" on page 36).

3 Walk or run for at least one-quarter mile (0.4 kilometers).

4 End your workout, and then tap Calibrate.

The Calibrate button appears at the bottom of the workout summary if the workout qualified for calibration.

You can calibrate or recalibrate any time the Calibrate button appears at the bottom of a workout summary. If you want to start over, you can reset calibration.

IPR2024-00006
Garmin EX1061 Page 37

Reset calibration:

1. On the Home screen, tap Settings.
2. Tap Fitness, and then swipe up.
3. Tap Reset Calibration, and then tap Walk Calibration or Run Calibration.

   Choose the option that best reflects which pace you want to recalibrate. For example, if you mostly walked during calibration, choose that option.
4. Tap Reset Calibration again, or tap Cancel if you change your mind.
5. Start a Run workout and tap the Calibrate button when it appears.

If your weight has changed, you can update it in Fitness Settings.

Update your weight:

1. On the Home screen, tap Settings.
2. Tap Fitness, and then tap Weight.
3. Flick the dials to set your new weight, and then tap Done.

Viewing and managing fitness data

iPod nano tracks a range of exercise statistics, so you can monitor progress on your fitness goals. You can use iTunes to upload your steps and other workout information to the Nike+ website, where you can set a goal, challenge your friends, and track your progress.

View your step totals:

1. On the Home screen, tap Fitness, and then tap Walk.

   The first Walk screen shows these statistics:
   - Calories burned
   - Total time iPod nano has been tracking your steps
   - Your daily goal, if you set one
   - Distance covered
2. Swipe left to see step counts for the day, week, month, and total overall.

Note: Calories burned are estimates, and actual calories may vary. For more information, consult your physician.

History provides more detail about your walks and workouts.

View your exercise history:

1. On the Home screen, tap Fitness, and then tap History.
2. Tap an option:
   - Personal Bests lists best times for runs of different distances, from one kilometer to a marathon.
   - Workout Totals shows the total number of workouts tracked, and gives the greatest distance run, total distance run, total time, and total calories burned.
   - Date listings at the bottom give all your walk and workout totals by date. Walks and workouts are grouped by type, so you can find them easily.

IPR2024-00006
Garmin EX1061 Page 38

Clear workout data from iPod nano:

1. On the Home screen, tap Fitness, and then tap History.
2. Tap the month you want to clear.
3. Flick down, and then tap Clear.

   A dialog asks if you want to clear the workout history for the month.
4. Tap Delete All, or tap Cancel if you change your mind.

You can use iTunes to upload your steps and other workout information to the Nike+ website. You need a Nike+ account, which you can set up the first time you sync workout data in iTunes.

Upload your steps or workout information to Nike+:

1. Connect iPod nano to your computer and open iTunes.
2. Click Send in the dialog that appears, and then follow the onscreen instructions to set up your Nike+ account.

   Once you set up your account, a Nike + iPod tab appears in the iTunes window.
3. Click the Nike + iPod tab, and then select "Automatically send workout data to Nike+" if it isn't selected already.
4. Click Apply.

   To view and share your information on the Nike website, click Visit Nike+ in the Nike + iPod pane when iPod nano is connected to your computer, or go to www.nikeplus.com and log in to your account.

With a Nike + iPod Sport Kit (sold separately), you can set up and use a compatible heart rate monitor to track your heart rate on iPod nano as you exercise. When you connect iPod nano to a Nike + iPod compatible cardio machine, you may be able to control iPod nano from the equipment and save your workout data on iPod nano.

Set up the Nike + iPod Sport Kit on iPod nano:

1. Connect a Nike + iPod receiver to the dock connector on iPod nano.
2. On the Home screen, tap Settings.
3. Tap Fitness, and then tap Nike + iPod Sport Kit.

   You see this option in Settings only when the receiver is connected to iPod nano.
4. Tap the accessory you want to set up (Sensor, Remote, or Heart Rate Monitor).

   For information about setting up and using Nike + iPod, see the Nike + iPod documentation.

IPR2024-00006
Garmin EX1061 Page 39

Photos

8

Syncing photos

iPod nano lets you carry photos with you, so you can share them with your family, friends, and associates. You can sync photos from your computer, and view them as a slideshow on iPod nano or on your TV.

Adding photos from your computer

If you have a Mac and iPhoto 8.0 (part of iLife '09) or later, you can view your photos by events and faces you've identified. If you have a PC or Mac, you can also add photos to iPod nano from a folder on your hard disk.

Adding photos to iPod nano the first time might take some time, depending on how many photos are in your photo library.

Sync photos from a Mac to iPod nano using iPhoto:

1. In iTunes, select iPod nano in the device list and click the Photos tab.
2. Select "Sync Photos …," and then choose iPhoto from the pop-up menu.
3. Select whether you want to include all of your photos, or only selected ones.

   If you choose the second option, click the pop-up menu to make further refinements. Then select the Albums, Events, and Faces to sync.
4. Click Apply.

   Each time you connect iPod nano to your computer, photos are synced automatically.

Add photos from a folder on your hard disk to iPod nano:

1. Drag the images to a folder on your computer.

   If you want images to appear in separate photo albums on iPod nano, create folders within the main image folder and drag images to the new folders.
2. In iTunes, select iPod nano in the device list and click the Photos tab.
3. Select "Sync Photos …"
4. Select "Choose Folder …" from the pop-up menu, and then select the image folder.
5. Select either "All folders" or "Selected folders."

   If you choose the second option, select the folders that you want to sync.
6. Click Apply.

IPR2024-00006
Garmin EX1061 Page 40

Adding full-resolution image files to iPod nano

When you add photos to iPod nano, iTunes optimizes the photos for viewing. Full-resolution image files aren't transferred by default. Adding full-resolution image files is useful if you want to move them from one computer to another, but it isn't necessary for viewing the images on iPod nano.

Add full-resolution image files to iPod nano:

1. In iTunes, select iPod nano in the device list and click the Photos tab.
2. Select "Include full-resolution photos."
3. Click Apply.

   iTunes copies the full-resolution versions of the photos to the Photos folder on iPod nano. To retrieve them, see the following section, "Adding photos from iPod nano to a computer."

Adding photos from iPod nano to a computer

If you add full-resolution photos from your computer to iPod nano, they're stored in a Photos folder on iPod nano. You can connect iPod nano to a computer and add these photos to the computer.

Add photos from iPod nano to a computer:

1. Connect iPod nano to the computer.
2. In iTunes, select iPod nano in the device list and click the Summary tab.
3. In the Options section, select "Enable disk use."
4. Click Apply.

   When you use iPod nano as an external disk, the iPod nano disk icon appears on the desktop (Mac), or as the next available drive letter in Windows Explorer (Windows PC).
5. Drag image files from the Photos folder on iPod nano to the desktop or to a photo editing application on the computer.

   You can also use a photo editing application, such as iPhoto, to add photos stored in the Photos folder on iPod nano. See the documentation that came with the application for more information.

Removing photos from iPod nano

If iPod nano is being used as an external disk, you can delete full resolution images from the Photos folder on iPod nano.

Delete photos from only the Photos folder on iPod nano:

1. Connect iPod nano to the computer.
2. Navigate to the Photos folder on iPod nano and delete the photos you no longer want.
3. Eject iPod nano before disconnecting.

You can change sync settings to remove *all* photos from iPod nano, including full resolution images.

Delete all photos from iPod nano:

1. In iTunes, select iPod nano in the device list and click the Photos tab.
2. Select "Sync photos from: …"

   The checkbox is already selected, and clicking it again deselects it. A dialog appears asking for verification.
3. Click Remove Photos in the dialog that appears.

   No photos are removed until you click Apply. If you change your mind, select Sync Photos again.
4. Click Apply.

IPR2024-00006
Garmin EX1061 Page 41

Delete selected photos:

1 In iTunes, select iPod nano in the device list and click the Photos tab.

2 Select "Selected albums, events, and faces …"

3 Deselect the items you want to remove from iPod nano, and then click Apply.

Viewing photos on iPod nano

You can view photos on iPod nano individually, or as a slideshow.

Viewing individual photos

Your photos are grouped into albums for easy browsing on iPod nano. If you use iPhoto, you can also sync Events and Faces, and then view photos this way. When you view individual photos, you can zoom in or out and move a zoomed photo around to display a particular part of the image.

View photos on iPod nano:

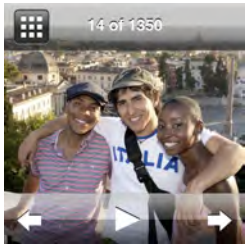
1 On the Home screen, tap Photos.

2 Tap an album or other group of photos (flick to see all the albums).

3 Flick up or down to see thumbnail images of your photos. Tap a thumbnail to view the full-size image.

4 Swipe left or right to scroll through all the photos in the album.

5 Tap a photo to see controls, and tap ▦ to return to the thumbnail view.



IPR2024-00006
Garmin EX1061 Page 42

Here are ways you can view and manipulate your photos:

To	Do this
Quickly find a photo in the thumbnail view	Flick up or down.
View a photo thumbnail at full size	Tap the photo thumbnail.
See the next or previous photo in an album	Tap the photo in the album, swipe left or right across the photo, and then tap ➡ or ⬅.
Quickly enlarge or reduce a photo	Double-tap the full size photo to zoom in. Double-tap again to zoom out. If you use Faces in iPhoto, double-tapping zooms in on the subject's face.
View a different part of a zoomed photo	Drag the photo on the screen.
Return to the album thumbnail view	Tap ▦.
View the album as a slideshow	Tap a photo in the album, and then tap ▶. If music is playing, it becomes the slideshow soundtrack.
Pause and resume a slideshow	Tap the screen to pause, then tap ▶ to resume.
Change slideshow settings	On the Home screen, tap Settings, and then tap Photos. Tap the settings you want to change. You can set the slideshow speed and choose a transition style, shuffle the photos, and have the slideshow repeat. You can also set the TV signal if you want to view the slideshow on your TV.

IPR2024-00006
Garmin EX1061 Page 43

Other Features

9

Tracking time

You can use the clock on iPod nano to keep track of time, count down to an event, or set an alarm.

Changing the clock face

iPod nano comes with different clock faces that change the function or style of the clock. Some clock faces even reflect the color of your iPod nano case.

Change the clock face:

1. On the Home screen, tap Settings.
2. Tap General, and then tap Date & Time.
3. Tap Clock Face, and then flick down to see more choices.
4. Tap a clock face, and then tap Set.

If Time On Wake is not turned on in Settings, you can also tap the clock face when it's visible, then tap the left and right arrows to scroll through all the available clock faces. Stop when you see the one you want, and it becomes the default clock face until you change it.

Here are some more ways to change how you view time on iPod nano:

To	Do this
Set the time, date, and time zone	On the Home screen, tap Settings > General > Date & Time, and then tap the setting you want to change (Date, Time, or Time Zone).
Show time with a 24-hour clock	On the Home screen, tap Settings > General > Date & Time, and then tap OFF next to 24 Hour Clock, to turn it On.
Show the clock face when iPod nano wakes from sleep	On the Home screen, tap Settings > General > Date & Time, and then tap OFF next to Time On Wake, to turn it On.
Remove the clock icon from the Home screen	On the Home screen, tap Settings > General > Home Screen, and then tap ON next to Clock, to turn it Off. If you've set the clock to show on waking, you can click the Sleep/Wake button to see the time, and you can change the clock face or set other Clock preferences in Settings.

IPR2024-00006
Garmin EX1061 Page 44

Using the stopwatch

iPod nano has a stopwatch for timing events and tracking intervals, such as laps. You can play music or other audio while you use the stopwatch.

Use the stopwatch:

1 On the Home screen, tap Clock.

2 Swipe left to see the stopwatch controls.

3 Tap Start.

- To record laps, tap Lap after each lap.
- To pause the stopwatch, tap Stop, and then tap Start to resume.

4 Tap Stop when you finish, and then tap ☰ next to the time in the status bar, to review lap times.

iPod nano stores the last session's lap statistics. Be sure to review lap times before you start a new session. Tapping Reset deletes the information.

Using the timer

You can use the countdown timer on iPod nano to set an alarm, or to set a sleep timer that turns off iPod nano automatically. The timer continues to run while iPod nano is turned off, but you won't hear the alarm sound.

Use iPod nano as an alarm clock:

1 On the Home screen, tap Clock.

2 Swipe left twice to see the timer controls.

3 Flick to set the hours and minutes until the alarm goes off, and then tap ⓘ.

4 Tap an alert sound, and then tap Set.

5 Tap Start when you're ready to start the timer.

IPR2024-00006
Garmin EX1061 Page 45

Delete an alarm:

1 On the Home screen, tap Clock.

2 Swipe left twice to see the timer controls.

3 Tap Stop.

You can set a sleep timer to turn off iPod nano automatically after playing music or other content for a specified period of time.

Set the sleep timer:

1 On the Home screen, tap Clock.

2 Swipe left twice to see the timer controls.

3 Flick to set the hours and minutes, and then tap ⓘ.

4 Tap Sleep iPod, and then tap Set.

5 Tap Start when you're ready.

Recording voice memos

You can record voice memos using the optional Apple Earphones with Remote and Mic (available for purchase at www.apple.com/ipodstore). The Voice Memo icon appears on the Home screen when you have saved Voice Memos on iPod nano, unless you turn this off in Settings.

Connect Apple Earphones with Remote and Mic (or a supported third-party accessory) to the iPod nano earphone port, and then tap Voice Memos on the Home screen. Here are ways to record and play back your recordings:

To	Do this
Start recording, or resume after pausing	Tap ● to begin recording. The status bar shows the elapsed time.
Pause recording	Tap ⏸.
Stop recording	Tap ■.
Play back a recording	Tap ☰ on the Voice Memos screen. Tap a recording, and then tap ▶ next to the memo.

IPR2024-00006
Garmin EX1061 Page 46

Your saved recordings are listed by date and time, but you can label recordings to help you identify them.

Label a recording:

1 On the Voice Memos screen, tap ≡.

2 Tap a recording in the list.

3 Tap Label, and then tap one of the choices.

You can choose Memo, Podcast, Interview, Lecture, Idea, or Meeting.

The recording appears in the list with the label you chose, along with the date and time of the recording.

Delete a recording:

1 Tap ≡ on the Voice Memos screen.

2 Tap Edit.

3 Tap ⊖ next to the recording, and then tap Delete.

4 When you finish, tap Done.

Sync voice memos with your computer:

- *If iPod nano is set to sync songs automatically:* Voice memos on iPod nano are synced to a playlist in iTunes named Voice Memos (and removed from iPod nano) when you connect iPod nano. See "Automatic syncing" on page 17.
- *If iPod nano is set to sync songs manually:* iTunes asks if you want to sync new voice memos the next time you sync. See "Managing iPod nano manually" on page 18.

Voice memos are saved as M4A files in a Recordings folder on iPod nano. If you enable iPod nano for disk use, you can copy voice memos from the folder. For information about using iPod nano as an external disk, see the following section, "Using iPod nano as an external disk."

Using iPod nano as an external disk

You can use iPod nano as an external disk to store data files. The iPod nano disk icon appears on the desktop (Mac), or as the next available drive letter in Windows Explorer (Windows PC). Drag files to or from iPod nano to copy them.

In external disk mode, you don't see songs you added using iTunes. And if you drag files to iPod nano in the Mac Finder or Windows Explorer, you won't be able to play them on iPod nano.

Enable iPod nano as an external disk:

1 In iTunes, select iPod nano in the device list and click the Summary tab.

2 In the Options section, select "Enable disk use."

3 Click Apply.

IPR2024-00006
Garmin EX1061 Page 47

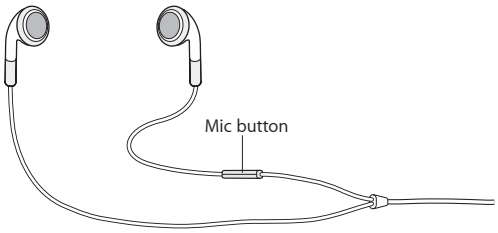
If you use iPod nano primarily as an external disk, you might want to keep iTunes from opening automatically when you connect iPod nano to your computer.

Prevent iTunes from opening automatically when you connect iPod nano to your computer:

1. In iTunes, select iPod nano in the device list and click the Summary tab.
2. In the Options section, deselect "Open iTunes when this iPod is connected."
3. Click Apply.

Using the Apple Earphones with Remote and Mic

The Apple Earphones with Remote and Mic (shown here) are available separately. They feature a microphone, volume buttons, and an integrated button that let you control audio playback and hear track announcements.



Connect the earphones to listen to music, or record a voice memo using the built-in microphone. Press the center button on the mic to control music playback and hear track announcements.

To	Do this
Pause a song or workout	Press the center button. Press again to resume playback.
Skip to the next song	Press the center button twice quickly.
Skip to the previous song	Press the center button three times quickly.
Fast-forward	Press the center button twice quickly and hold.
Rewind	Press the center button three times quickly and hold.
Adjust the volume	Press the + or – button.
Hear the current track announcement	Press and hold the center button until you hear the current song title and artist name. If you're listening to an audiobook, podcast, or iTunes U, you hear the book title and author's name or episode information.
Choose a different playlist	Press and hold the center button through the announcement of the current song title and artist name, until you hear the first playlist. Click the + or – button to move forward or backward through the list of playlists. When you hear the one you want, click the center button.

IPR2024-00006
Garmin EX1061 Page 48

Accessibility 10

Universal Access features

Accessibility features make it easier for users with visual, auditory, or other physical disabilities to use iPod nano. These features include:

- VoiceOver
- Mono Audio
- White on Black

You can turn these features on or off on iPod nano, or in iTunes.

Turn on accessibility features in iTunes:

1. In iTunes, select iPod nano in the device list and click the Summary tab.
2. In the Options section, select Configure Universal Access.
3. Select the options you want to use, and then click OK.
4. Click Apply.

See the sections below for information about turning accessibility features on or off on iPod nano.

For more information about accessibility features on your Mac and iPod nano, go to www.apple.com/accessibility.

VoiceOver

VoiceOver describes aloud what appears onscreen, so that you can use iPod nano without seeing the screen. VoiceOver speaks the language you specify in Accessibility settings on iPod nano.

VoiceOver is available for many languages, but not all.

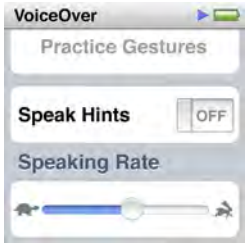
VoiceOver tells you about each element on the screen as it's selected. When an element is selected, it's enclosed by a black rectangle and VoiceOver speaks the name or describes the item. The rectangle is referred to as the VoiceOver cursor.

If text is selected, VoiceOver reads the text. If a control (such as a button or switch) is selected, VoiceOver may tell you the action of the item or provide instructions—for example, "double-tap to open."

Set up VoiceOver on iPod nano:

1. Connect earphones or headphones to iPod nano.
2. On the Home screen, tap Settings, and then tap General.
3. Flick up, and then tap Accessibility.

4 Tap VoiceOver, then flick up to set any of these options:



- *Speak Hints:* Explains how to interact with the item in the VoiceOver cursor. You may want to turn this on to help you learn how to use iPod nano, and turn it off later.
- *Speaking Rate:* Increases or decreases the rate of speech for VoiceOver. This does not affect the speech rate for audiobooks or podcasts.
- *Language:* Sets the language for VoiceOver. It should match the language set for iPod nano.

5 Tap VoiceOver, and then tap the On/Off switch to turn VoiceOver On.

If this is the first time you turned on VoiceOver on iPod nano, a dialog appears.

6 Tap OK in the dialog, and then double-tap OK to confirm.

If you can't see the screen, move your finger until you hear "OK button," and then double-tap with one finger.

If you do nothing for 15 seconds, the dialog disappears and VoiceOver turns off.

When VoiceOver is on, you use a different set of gestures to control iPod nano. If you change your mind and want to turn VoiceOver off, double-tap with two fingers to move the switch to Off. If you navigate away from the Settings screen, you need to use VoiceOver gestures to return to the setting and turn it off.

Turn off VoiceOver on iPod nano using VoiceOver gestures:

1 Swipe right or left with two fingers until you see or hear "Home. Settings."

If the icons have been rearranged, or if there are more than four Home screens, you may hear something different.

2 Slide one finger around the screen until you hear "Settings."

3 Double-tap to open Settings.

4 Slide your finger up or down the screen until you see or hear General, and then double-tap.

5 Slide your finger up or down the screen until you see or hear "Accessibility," and then double-tap.

6 Slide your finger up or down the screen until you see or hear VoiceOver, and then double-tap.

7 Double-tap when you hear "VoiceOver switch button on."

You hear "VoiceOver off" to confirm the setting. You can once again use standard gestures to control iPod nano.

IPR2024-00006
Garmin EX1061 Page 50

VoiceOver gestures

When VoiceOver is turned on, use the following gestures to control iPod nano:

To	Do This
Read the screen starting at the top	Flick up with two fingers.
Read the screen from the current selection	Flick down with two fingers.
Pause or continue speech when reading dialogs and other text	Tap the screen with one finger.
Select the item in the VoiceOver cursor	Tap the screen with one finger.
Activate the item in the VoiceOver cursor	Double-tap with one finger.
Scroll left one screen	Swipe right with two fingers.
Scroll right one screen	Swipe left with two fingers.
Scroll up one screen in a list or menu	Flick down with one finger.
Scroll down one screen in a list or menu	Flick up with one finger.
Start or stop the current action	Tap with two fingers.
Increase or decrease the value of a selected control	Flick up with one finger to increase the value, or flick down with one finger to decrease the value.
Return to the Home screen	Double-tap with one finger and hold.

Mono Audio

Mono Audio combines the sound of the left and right channels into a monaural signal that plays through both sides of your earphones. This enables users with a hearing impairment in one ear to hear both channels with the other ear.

Turn Mono Audio on or off:

1. On the Home screen, tap Settings, and then tap General.
2. Tap Accessibility.
3. Tap the On/Off switch next to Mono Audio.

White on Black

Use White on Black to invert the colors on the iPod nano screen, which may make it easier to read. When White on Black is on, the screen looks like a photographic negative.

Turn "White on Black" on or off:

1. On the Home screen, tap Settings, and then tap General.
2. Tap Accessibility.
3. Tap the On/Off switch next to "White on Black."

IPR2024-00006
Garmin EX1061 Page 51

Tips and Troubleshooting

11

Most problems with iPod nano can be solved quickly by following the advice in this chapter.

The 5 Rs: Reset, Retry, Restart, Reinstall, Restore

Remember these five basic suggestions if you have a problem with iPod nano. Try these steps one at a time until your issue is resolved. If one of the following doesn't help, read on for solutions to specific problems.

- Reset iPod nano. See "General suggestions," below.
- Retry with a different USB port if you cannot see iPod nano in iTunes.
- Restart your computer, and make sure you have the latest software updates installed.
- Reinstall iTunes software from the latest version on the web.
- Restore iPod nano. See "Updating and restoring iPod software" on page 56.

General suggestions

Most problems with iPod nano can be solved by resetting it.

Reset iPod nano:

- First, make sure iPod nano is charged. Then press the Sleep/Wake button and the Volume Down button for 6 seconds, until the Apple logo appears.

If iPod nano won't turn on or respond

- The iPod nano battery might need to be recharged. Connect iPod nano to a USB 2.0 port on your computer or to an Apple USB Power Adapter and let the battery recharge. Look for the lightning bolt icon on the iPod nano screen to verify that iPod nano is receiving a charge.

  Note: The USB port on most keyboards doesn't provide enough power to charge iPod nano. Connect iPod nano to a USB 2.0 port on your computer.
- Try the 5 Rs, one by one, until iPod nano responds.

If you want to disconnect iPod nano, but you see the message "Connected" or "Sync in Progress"

- If iPod nano is syncing music, wait for it to finish.
- Select iPod nano in the iTunes device list and click the Eject (⏏) button.
- If iPod nano disappears from the device list in iTunes, but you still see the "Connected" or "Sync in Progress" message on the iPod nano screen, disconnect iPod nano.

IPR2024-00006
Garmin EX1061 Page 52

- If iPod nano doesn't disappear from the device list in iTunes, drag the iPod nano icon from the desktop to the Trash if you're using a Mac. If you're using a Windows PC, eject the device in My Computer or click the Safely Remove Hardware icon in the system tray and select iPod nano. If you still see the "Connected" or "Sync in Progress" message, restart your computer and eject iPod nano again.

If iPod nano isn't playing music

- Make sure the earphone or headphone connector is pushed in all the way. To see an illustration, go to support.apple.com/kb/ts3700.
- Make sure the volume is adjusted properly. A maximum volume limit might be set. You can change or remove it in Settings. See "Setting the maximum volume limit" on page 24.
- Make sure you're using iTunes 10.0 or later (available at www.itunes.com/downloads). Songs purchased from the iTunes Store using earlier versions of iTunes won't play on iPod nano until you upgrade iTunes.
- If you're using the Apple Universal Dock, make sure iPod nano is seated firmly in the dock and make sure all cables are connected properly.

If you connect iPod nano to your computer and nothing happens

- Make sure you have installed the latest iTunes software from www.itunes.com/downloads.
- Try connecting to a different USB port on your computer.

  Note: A USB 2.0 port is recommended to connect iPod nano. USB 1.1 is significantly slower than USB 2.0. If you have a Windows PC that doesn't have a USB 2.0 port, in some cases you can purchase and install a USB 2.0 card.
- iPod nano might need to be reset (see page 52).
- If you're connecting iPod nano to a portable computer using the Apple Dock Connector to USB Cable, connect the computer to a power outlet before connecting iPod nano.
- Make sure you have the required computer and software. See "If you want to check the system requirements" on page 55.
- Check the cable connections. Disconnect the cable at both ends and make sure no foreign objects are in the USB ports. Then reconnect the cable. Make sure the connectors on the cables are oriented correctly. They can be inserted only one way.
- Try restarting your computer.
- If none of the previous suggestions solves your problems, you might need to restore iPod nano software. See "Updating and restoring iPod software" on page 56.

If music stops when the iPod nano screen turns off

- Make sure the earphone port is free of debris.
- Make sure the earphone or headphone connector is pushed in all the way. To see an illustration, go to support.apple.com/kb/ts3700.

If iPod nano displays a "Connect to Power" message

- This message may appear if iPod nano is exceptionally low on power and the battery needs to be charged before iPod nano can communicate with your computer. To charge the battery, connect iPod nano to a USB 2.0 port on your computer.

  Leave iPod nano connected to your computer until the message disappears and iPod nano appears in iTunes or the Finder. Depending on how depleted the battery is, you may need to charge iPod nano for up to 30 minutes before it will start up.

  To charge iPod nano more quickly, use the optional Apple USB Power Adapter.

IPR2024-00006
Garmin EX1061 Page 53

If iPod nano displays a "Use iTunes to restore" message

- Make sure you have the latest version of iTunes on your computer (download it from www.itunes.com/downloads).
- Connect iPod nano to your computer. When iTunes opens, follow the onscreen prompts to restore iPod nano.
- If restoring iPod nano doesn't solve the problem, iPod nano may need to be repaired. You can arrange for service at the iPod Service & Support website at www.apple.com/support/ipod.

If you can't add a song or other item to iPod nano

- The song may be in a format that iPod nano doesn't support. The following audio file formats are supported by iPod nano. These include formats for audiobooks and podcasting:
  - AAC (M4A, M4B, M4P, up to 320 Kbps)
  - Apple Lossless (a high-quality compressed format)
  - MP3 (up to 320 Kbps)
  - MP3 Variable Bit Rate (VBR)
  - WAV
  - AA (audible.com spoken word, formats 2, 3, and 4)
  - AIFF

  A song encoded using Apple Lossless format has CD-quality sound, but takes up only about half as much space as a song encoded using AIFF or WAV format. The same song encoded in AAC or MP3 format takes up even less space. When you import music from a CD using iTunes, it's converted to AAC format by default.

  If you have a song in iTunes that isn't supported by iPod nano, you can convert it to a format iPod nano supports. For more information, see iTunes Help.

  Using iTunes for Windows, you can convert nonprotected WMA files to AAC or MP3 format. This can be useful if you have a library of music encoded in WMA format.

  iPod nano doesn't support audible.com format 1, MPEG Layer 1, MPEG Layer 2, or WMA audio files.

If iPod nano displays a "Connect to iTunes to activate Genius" message

- You haven't turned on Genius in iTunes, or you haven't synced iPod nano since you turned on Genius in iTunes. See "Creating Genius playlists" on page 27.

If iPod nano displays a "Genius is not available for the selected song" message

- Genius is on but is unable to make a Genius playlist using the selected song. New songs are regularly added to the iTunes Store Genius database, so try again soon.

If iPod nano can't receive a radio signal

- Make sure the earphones or headphones are fully connected.
- Try relocating the earphone or headphone cord, and make sure the cord isn't coiled or twisted.
- Move to an area with better reception, such as near a window or outside.

If you accidentally set iPod nano to use a language you don't understand

- You can reset the language:
  1. From the Home screen, tap Settings.
  2. Tap the third menu item from the top (General).
  3. Flick to the end of the list and tap the last menu item (Language).
  4. Tap your language, and then tap the button at the top of the menu (Done).

IPR2024-00006
Garmin EX1061 Page 54

- You can also reset all settings (your synced content isn't deleted or modified). Tap Settings, then tap the last item in the menu (Reset Settings), and then tap the red button (Reset).
- If you can't recognize the Reset Settings menu item, you can restore iPod nano to its original state and choose a language. See "Updating and restoring iPod software" on page 56.

If iPod nano is unresponsive and you see a box around items on the screen

- VoiceOver may be turned on, and you must use VoiceOver gestures to turn it off (see "Turn off VoiceOver on iPod nano using VoiceOver gestures:" on page 50).

If iPod nano speaks the text on the screen

- VoiceOver may be turned on, and you must use VoiceOver gestures to turn it off (see "Turn off VoiceOver on iPod nano using VoiceOver gestures:" on page 50).

If you want to check the system requirements

To use iPod nano, you must have:

- One of the following computer configurations:
  - A Mac with a USB 2.0 port
  - A Windows PC with a USB 2.0 port or a USB 2.0 card installed
- One of the following operating systems:
  - Mac OS X v10.5.8 or later
  - Windows 7
  - Windows Vista
  - Windows XP Home or Professional with Service Pack 3 or later
- iTunes 10.0 or later (download it from www.itunes.com/downloads)

If your Windows PC doesn't have a USB 2.0 port, you can purchase and install a USB 2.0 card. For more information about cables and compatible USB cards, go to www.apple.com/ipod.

On the Mac, iPhoto 8.1 or later is required in order to use all iPod nano photo features. This software is optional. iPhoto might already be installed on your Mac, so check in the Applications folder.

On both Mac and Windows PC, iPod nano can sync digital photos from folders on your computer's hard disk.

If you want to use iPod nano with both a Mac and a Windows PC

- If you're using iPod nano with a Mac and you want to use it with a Windows PC, you must restore the iPod software for use with the PC (see "Updating and restoring iPod software" on page 56). Restoring the iPod software erases all data from iPod nano, including all songs.

  Important: Restoring the iPod software erases all data from iPod nano, including songs.

  You cannot switch from using iPod nano with a Mac to using it with a Windows PC, without erasing all data on iPod nano.

IPR2024-00006
Garmin EX1061 Page 55

Updating and restoring iPod software

You can use iTunes to update or restore iPod software. You should update iPod nano to use the latest software. You can also restore the software, which puts iPod nano back to its original state.

- *If you choose to update*, the software is updated, but your settings and songs aren't affected.
- *If you choose to restore*, all data is erased from iPod nano, including songs, videos, files, photos, and any other data. All iPod nano settings are restored to their original state.

Update or restore iPod software:

1. Make sure you have an Internet connection and have installed the latest version of iTunes from www.itunes.com/downloads.
2. Connect iPod nano to your computer.
3. In iTunes, select iPod nano in the device list and click the Summary tab.

   The Version section tells you whether iPod nano is up to date or needs a newer version of the software.
4. Click Update to install the latest version of the software.

   Important: Restoring the iPod software erases all data from iPod nano, including songs.
5. If necessary, click Restore to restore iPod nano to its original settings (this erases all data from iPod nano). Follow the onscreen instructions to complete the restore process.

IPR2024-00006
Garmin EX1061 Page 56

Safety and Cleaning

12

WARNING: To avoid injury, read all operating instructions and safety information in this guide before using iPod nano.

Keep this safety information and the *iPod nano User Guide* handy for future reference. For downloadable versions of the *iPod nano User Guide* and the latest safety information, visit support.apple.com/manuals/ipod.

Important safety and handling information

WARNING: Failure to follow these safety instructions could result in fire, electric shock, or other injury or damage.

Carrying and handling iPod nano iPod nano contains sensitive components. Do not drop, disassemble, microwave, burn, paint, or insert foreign objects into iPod nano. Do not use iPod nano if it has been damaged—for example, if iPod nano is cracked, punctured, or damaged by water.

The front cover of iPod nano is made of glass. This glass could break if iPod nano is dropped on a hard surface or is subjected to a substantial impact or is crushed, bent, or deformed. If the glass chips or cracks, do not touch or attempt to remove the broken glass. Stop using iPod nano until the glass is replaced by Apple or an Apple Authorized Service Provider. Glass cracked due to misuse or abuse is not covered under the warranty. If you are concerned about scratching or abrasion, use a case, sold separately.

Avoiding water and wet locations Do not expose iPod nano to water or rain, or handle iPod nano near wet locations—for example, near washbasins or toilets. Take care not to spill any food or liquid on iPod nano. In case iPod nano gets wet, unplug all cables, turn off iPod nano before cleaning, and allow it to dry thoroughly before turning it on again. Do not attempt to dry iPod nano with an external heat source, such as a microwave oven or hair dryer. Damage to iPod nano caused by contact with liquid is not covered under the warranty.

Repairing or modifying iPod nano Never attempt to repair or modify iPod nano by yourself. iPod nano does not contain any user-serviceable parts. Disassembling iPod nano may cause damage that is not covered under the warranty. If iPod nano has been submerged in water, punctured, or subjected to a severe fall, do not use it until you take it to an Apple Authorized Service Provider. Service should only be provided by Apple or an Apple Authorized Service Provider. For service information, go to www.apple.com/support/ipod.

Replacing the battery Do not attempt to replace the rechargeable battery in iPod nano yourself. The rechargeable battery should be replaced only by Apple or an Apple Authorized Service Provider. For more information about battery replacement services, go to www.apple.com/batteries/replacements.html.

Keeping the outside of iPod nano clean Clean iPod nano immediately if it comes into contact with any contaminants that may cause stains, for example, ink, dyes, makeup, dirt, food, oils, and lotions. To clean iPod nano, unplug all cables and turn off iPod nano (press and hold the Sleep/Wake button). Then use a soft, slightly damp, lint-free cloth. Avoid getting moisture in openings. Don't use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia, or abrasives to clean iPod nano.

Charging iPod nano To charge iPod nano, use only the included Apple Dock Connector to USB Cable with an Apple USB Power Adapter, or a high-power USB port on another device that is compliant with the USB 2.0 standard; another Apple branded product or accessory designed to work with iPod nano; or a third-party accessory certified to use Apple's "Made for iPod" logo.

Read all safety instructions for any products and accessories before using with iPod nano. Apple is not responsible for the operation of third-party accessories or their compliance with safety and regulatory standards.

When you use the Apple USB Power Adapter to charge iPod nano, make sure that the power adapter is fully assembled before you plug it into a power outlet. Then insert the Apple USB Power Adapter firmly into the power outlet. Do not connect or disconnect the Apple USB Power Adapter with wet hands.

The Apple USB Power Adapter may become warm during normal use. Always allow adequate ventilation around the Apple USB Power Adapter and use care when handling. Unplug the Apple USB Power Adapter if any of the following conditions exist:

- The power cord or plug has become frayed or damaged.
- The adapter is exposed to rain, liquids, or excessive moisture.
- The adapter case has become damaged.
- You suspect the adapter needs service or repair.
- You want to clean the adapter.

Avoiding hearing damage Permanent hearing loss may occur if the earbuds or headphones are used at high volume. Use only compatible earbuds or headphones with iPod nano. Turn on the audio and check the volume before inserting anything in your ear. You can adapt over time to a higher volume of sound that may sound normal but can be damaging to your hearing. If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. The louder the volume, the less time is required before your hearing could be affected. Hearing experts suggest that to protect your hearing:

- Limit the amount of time you use earbuds or headphones at high volume.
- Avoid turning up the volume to block out noisy surroundings.
- Turn the volume down if you can't hear people speaking near you.

For information about how to set a maximum volume limit on iPod nano, see "Setting the maximum volume limit" on page 24.

Driving and riding safely Use of iPod nano while driving a vehicle or riding a bicycle may be distracting. If you find using iPod nano disruptive or distracting while driving or riding, pull off the road and park before using iPod nano. Use of iPod nano alone or with headphones (even if used only in one ear) while driving or riding is not recommended and is illegal in some areas. Check and obey the laws and regulations on the use of mobile devices like iPod nano in areas where you drive or ride.

For vehicles equipped with an air bag An air bag inflates with great force. Do not store iPod nano or any of its accessories in the area over the air bag or in the air bag deployment area.

Aircraft Use of iPod nano may be prohibited while traveling in aircraft.

IPR2024-00006
Garmin EX1061 Page 58

Exercising Before starting any exercise program, you should consult with a physician and have a complete physical examination. Do a warmup or stretching exercise before beginning any workout. Be careful and attentive while exercising. Slow down, if necessary, before adjusting your device while running. Stop exercising immediately if you feel pain, or feel faint, dizzy, exhausted, or short of breath. By exercising, you assume the risks inherent in physical exercise, including any injury that may result from such activity.

Using connectors and ports Never force a connector into a port or apply excessive pressure to a button because this may cause damage that is not covered under warranty. If the connector and port don't join with reasonable ease, they probably don't match. Check for obstructions and make sure that the connector matches the port and that you have positioned the connector correctly in relation to the port.

Keeping iPod nano within acceptable temperatures iPod nano is designed to be operated in temperatures between 0º and 35º C (32º to 95º F) and stored in temperatures between -20º and 45º C (-4º to 113º F). Low- or high-temperature conditions might temporarily shorten battery life or cause iPod nano to temporarily stop working properly. Leaving iPod nano in a parked vehicle or in direct sunlight can cause iPod nano to exceed these storage or operating temperature ranges. Avoid dramatic changes in temperature or humidity when using iPod nano as condensation may form on or within iPod nano.

When you're using iPod nano or charging the battery, it is normal for iPod nano to get warm. The exterior of iPod nano functions as a cooling surface that transfers heat from inside the unit to the cooler air outside.

Potentially explosive atmospheres Turn off iPod nano when in any area with a potentially explosive atmosphere. Do not charge iPod nano, and obey all signs and instructions. Sparks in such areas could cause an explosion or fire resulting in serious injury or even death.

Areas with a potentially explosive atmosphere are often, but not always, marked clearly. Potential areas may include: fueling areas (such as gas stations); fuel or chemical transfer or storage facilities; vehicles using liquefied petroleum gas (such as propane or butane); areas where the air contains chemicals or particles (such as grain, dust, or metal powders); and any other area where you would normally be advised to turn off your vehicle engine.

Disposing of iPod nano properly For information about the proper disposal of iPod nano, including other important regulatory compliance information, see "Disposal and Recycling Information" on page 61.

IPR2024-00006
Garmin EX1061 Page 59

Learning More, Service, and Support

13

Look here for iPod-related software and service information.

To learn about	Do this
Service and support, discussions, tutorials, and Apple software downloads	Go to: www.apple.com/support/ipodnano
Using iTunes	Open iTunes and choose Help > iTunes Help. For an online iTunes tutorial (available in some areas only), go to: www.apple.com/support/itunes
Using iPhoto (on Mac OS X)	Open iPhoto and choose Help > iPhoto Help.
The latest information about iPod nano	Register iPod nano. To register, install iTunes on your computer and connect iPod nano.
Finding the iPod nano serial number	Look at the inside clip edge of iPod nano, or tap Settings > About and flick down. In iTunes (with iPod nano connected to your computer), select iPod nano in the device list and click the Summary tab.
Obtaining warranty service	First follow the advice in this guide, the onscreen help, and online resources. Then go to: www.apple.com/support/ipodnano

IPR2024-00006
Garmin EX1061 Page 60

Regulatory Compliance Information

FCC Compliance 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. See instructions if interference to radio or TV reception is suspected.

Radio and TV Interference

This computer equipment generates, uses, and can radiate radio-frequency energy. If it is not installed and used properly—that is, in strict accordance with Apple's instructions—it may cause interference with radio and TV reception.

This equipment has been tested and found to comply with the limits for a Class B digital device in accordance with the specifications in Part 15 of FCC rules. These specifications are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation.

You can determine whether your computer system is causing interference by turning it off. If the interference stops, it was probably caused by the computer or one of the peripheral devices.

If your computer system does cause interference to radio or TV reception, try to correct the interference by using one or more of the following measures:

- Turn the TV or radio antenna until the interference stops.
- Move the computer to one side or the other of the TV or radio.
- Move the computer farther away from the TV or radio.
- Plug the computer in to an outlet that is on a different circuit from the TV or radio. (That is, make certain the computer and the TV or radio are on circuits controlled by different circuit breakers or fuses.)

If necessary, consult an Apple Authorized Service Provider or Apple. See the service and support information that came with your Apple product. Or, consult an experienced radio/TV technician for additional suggestions.

Important: Changes or modifications to this product not authorized by Apple Inc. could void the EMC compliance and negate your authority to operate the product.

This product was tested for EMC compliance under conditions that included the use of Apple peripheral devices and Apple shielded cables and connectors between system components.

It is important that you use Apple peripheral devices and shielded cables and connectors between system components to reduce the possibility of causing interference to radios, TV sets, and other electronic devices. You can obtain Apple peripheral devices and the proper shielded cables and connectors through an Apple Authorized Reseller. For non-Apple peripheral devices, contact the manufacturer or dealer for assistance.

Responsible party (contact for FCC matters only):
Apple Inc. Corporate Compliance
1 Infinite Loop, MS 26-A
Cupertino, CA 95014

Industry Canada Statement

This device complies with Industry Canada license- exempt RSS standard(s). 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.

Cet appareil est conforme aux normes CNR exemptes de licence d'Industrie Canada. Le fonctionnement est soumis aux deux conditions suivantes : (1) cet appareil ne doit pas provoquer d'interférences et (2) cet appareil doit accepter toute interférence, y compris celles susceptibles de provoquer un fonctionnement non souhaité de l'appareil.

European Community

CE

Japan VCCI Class B Statement

情報処理装置等電波障害自主規制について

この装置は、情報処理装置等電波障害自主規制協議会 (VCCI) の基準に基づくクラス B 情報技術装置です。この装置は家庭環境で使用されることを目的としていますが、この装置がラジオやテレビジョン受信機に近接して使用されると、受信障害を引き起こすことがあります。

取扱説明書に従って正しい取扱をしてください。

Korea Class B Statement

B급 기기(가정용 방송통신기자재)

이 기기는 가정용(B급) 전자파적합기기로서 주로 가정에서 사용하는 것을 목적으로 하며, 모든 지역에서 사용할 수 있습니다.

Russia

ME67

Battery Replacement

The rechargeable battery should be replaced only by Apple or an Apple Authorized Service Provider. For more information about battery replacement services, go to www.apple.com/batteries/replacements.html.

Disposal and Recycling Information

Your iPod must be disposed of properly according to local laws and regulations. Because this product contains a battery, the product must be disposed of separately from household waste. When your iPod reaches its end of life, contact Apple or your local authorities to learn about recycling options.

For information about Apple's recycling program, go to: www.apple.com/recycling

Deutschland: Dieses Gerät enthält Batterien. Bitte nicht in den Hausmüll werfen. Entsorgen Sie dieses Gerätes am Ende seines Lebenszyklus entsprechend der maßgeblichen gesetzlichen Regelungen.

Nederlands: Gebruikte batterijen kunnen worden ingeleverd bij de chemokar of in een speciale batterijcontainer voor klein chemisch afval (kca) worden gedeponeerd.

台灣

廢電池請回收

China Battery Statement

警告：不要刺破或焚烧。该电池不含水银。

Taiwan Battery Statement

警告：請勿戳刺或焚燒。此電池不含汞。

Turkiye:

EEE yönetmeliğine (Elektrikli ve Elektronik Eşyalarda Bazı Zararlı Maddelerin Kullanımının Sınırlandırılmasına Dair Yönetmelik) uygundur.

European Union—Disposal Information:

This symbol means that according to local laws and regulations your product should be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. Some collection points accept products for free. The separate collection and recycling of your product at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

Union Européenne—informations sur l'élimination Le symbole ci-dessus signifie que vous devez vous débarasser de votre produit sans le mélanger avec les ordures ménagères, selon les normes et la législation de votre pays. Lorsque ce produit n'est plus utilisable, portez-le dans un centre de traitement des déchets agréé par les autorités locales. Certains centres acceptent les produits gratuitement. Le traitement et le recyclage séparé de votre produit lors de son élimination aideront à préserver les ressources naturelles et à protéger l'environnement et la santé des êtres humains.

Europäische Union—Informationen zur Entsorgung Das Symbol oben bedeutet, dass dieses Produkt entsprechend den geltenden gesetzlichen Vorschriften und getrennt vom Hausmüll entsorgt werden muss. Geben Sie dieses Produkt zur Entsorgung bei einer offiziellen Sammelstelle ab. Bei einigen Sammelstellen können Produkte zur Entsorgung unentgeltlich abgegeben werden. Durch das separate Sammeln und Recycling werden die natürlichen Ressourcen geschont und es ist sichergestellt, dass beim Recycling des Produkts alle Bestimmungen zum Schutz von Gesundheit und Umwelt beachtet werden.

Unione Europea—informazioni per l'eliminazione Questo simbolo significa che, in base alle leggi e alle norme locali, il prodotto dovrebbe essere eliminato separatamente dai rifiuti casalinghi. Quando il prodotto diventa inutilizzabile, portarlo nel punto di raccolta stabilito dalle autorità locali. Alcuni punti di raccolta accettano i prodotti gratuitamente. La raccolta separata e il riciclaggio del prodotto al momento dell'eliminazione aiutano a conservare le risorse naturali e assicurano che venga riciclato in maniera tale da salvaguardare la salute umana e l'ambiente.

Europeiska unionen—uttjänta produkter Symbolen ovan betyder att produkten enligt lokala lagar och bestämmelser inte får kastas tillsammans med hushållsavfallet. När produkten har tjänat ut måste den tas till en återvinningsstation som utsetts av lokala myndigheter. Vissa återvinningsstationer tar kostnadsfritt hand om uttjänta produkter. Genom att låta den uttjänta produkten tas om hand för återvinning hjälper du till att spara naturresurser och skydda hälsa och miljö.

Brasil—Informações sobre descarte e reciclagem

O símbolo acima indica que este produto e/ou sua bateria não devem ser descartadas no lixo doméstico. Quando decidir descartar este produto e/ou sua bateria, faça-o de acordo com as leis e diretrizes ambientais locais. Para informações sobre o programa de reciclagem da Apple, pontos de coleta e telefone de informações, visite www.apple.com/br/environment.

中国

有毒或有害物质	零部件			
	电路板	显示屏	电池	附件
铅 (Pb)	X	X	O	X
汞 (Hg)	O	O	O	O
镉 (Cd)	O	O	O	O
六价铬 (Cr, VI)	O	O	O	O
多溴联苯 (PBB)	O	O	O	O
多溴二苯醚 (PBDE)	O	O	O	O

O: 表示该有毒有害物质在该部件所有均质材料中的含量均在 SJ/T 11363-2006 规定的限量要求以下。

X: 表示该有毒有害物质至少在该部件的某一均质材料中的含量超出 SJ/T 11363-2006 规定的限量要求。

根据中国电子行业标准 SJ/T11364-2006 和相关的中国政府法规，本产品及其某些内部或外部组件上可能带有环保使用期限标识。取决于组件和组件制造商，产品及其组件上的使用期限标识可能有所不同。组件上的使用 期限标识 优先于产品 上任何与 之相冲突 的或不同的环保使用期限标识。

Apple and the Environment

At Apple, we recognize our responsibility to minimize the environmental impacts of our operations and products.

For more information, go to www.apple.com/environment.

IPR2024-00006
Garmin EX1061 Page 62

Index

A
accessibility
- Mono Audio 15, 51
- VoiceOver 15, 49
- White on Black 15, 16, 51

adding music
- from more than one computer 17
- manually 18
- methods 17
- tutorial 60

adding photos
- about 40
- all or selected photos 40
- from computer to iPod 40
- from iPod to computer 41
- full-resolution images 41

alarms
- deleting 46
- setting 45
- sleep timer 46

albums
- viewing songs from 21

Apple USB Power Adapter
- charging the battery 13
- safety 58

audiobooks
- adding to iPod 17
- playback controls 23
- rating 23

automatic syncing 17

B
backlight
- turning on 11

battery
- charge states when disconnected 14
- charging 13, 58
- rechargeable 14
- replacing 13, 14, 61
- very low 53

brightness 15

buttons
- Eject 13
- Sleep/Wake 5, 11, 15, 21, 36
- volume 5

C
calibrating for counting steps 37

charging the battery
- about 13, 58
- using the Apple USB Power Adapter 14, 58
- using your computer 13
- when battery very low 53
- while computer is asleep 12

cleaning iPod 58

clock
- 24-hour 15, 44
- changing the face 15, 44

compilations of songs 16

computer
- adding photos to iPod 40
- getting photos from iPod 41
- problems connecting iPod 53
- requirements 55

connecting iPod
- about 12
- charging the battery 13

converting unprotected WMA files 54

crossfading 25

D
date and time
- settings 15, 44

digital photos. *See* photos

disconnecting iPod
- about 13
- during music update 13
- troubleshooting 52

disk, using iPod as 47

disposal and recycling 61

Dock Connector to USB Cable 5, 12

downloading. *See* adding

E
earphones 5, 28
- with remote and mic 48

Eject button 13

ejecting before disconnecting 13, 18

equalizer 15

exercise. *See* Fitness

exercise warning 59

external disk, using iPod as 47

F
file formats, supported 54

Fitness 6
- calibrating iPod nano for accuracy 37
- counting steps 34
- Nike + iPod 39
- settings 34
- weight setting 38
- workout history 38
- *See also* workouts

full-resolution images 41

G
Genius Mixes
playing 7, 27
Genius playlist
creating 21, 27
saving 27
using on iPod 27
gestures
double-tap 10
flick 11
rotate 11
swipe 10
tap 10
touch and hold 10
getting help 57, 60
getting started with iPod 55
glass screen 57

H
handling information 57
hearing loss warning 28, 58
height setting 35
help, getting 57, 60
Home screen
about 6
customizing 15, 16
icons 6, 15
navigating 6
returning to 12

I
iPhoto
getting help 60
recommended version 55
iPod Dock 12
iPod Updater application 56
iTunes U
playback controls 23
syncing 22
iTunes
ejecting iPod 13
getting help 60
setting not to open automatically 48
Sound Check 24

L
language, resetting 54
languages, resetting 15
lists
navigating quickly 12, 20
Live Pause 31
lyrics
viewing on iPod 21

M
Mac OS X operating system 55
managing iPod manually 18
manually managing content 17
memos, recording 12, 46
menu items
choosing 12
reading shortened 12
returning to previous menu 12
Mono Audio 51
Multi-Touch screen 10
music
iPod not playing 53
rating 21, 26
tutorial 60
See also adding music; songs

N
Nike + iPod 39
Now Playing 6

O
operating system requirements 55
operating temperatures 59

P
pausing a song 15, 21, 22
pedometer. *See* workouts
photo library 40
photos
adding to iPod 40
deleting 41
full-resolution 41
importing 40
syncing 40
viewing on iPod 42
zooming 43
playlists
making on iPod 25, 27
podcasts
listening 22
playback controls 23
ports
USB 12, 55
power adapter. *See* Apple USB Power Adapter
PowerSong 37
previous menu, returning to 12
problems. *See* troubleshooting

R
radio 6
antenna 5, 29, 54
finding local stations 30
Live Pause 31
menu 29, 30
screens 29
setting radio regions 32
tagging songs 32
tuning 30
rating songs 21, 26
rechargeable batteries 14, 57
recording voice memos 46
registering iPod 60
repairing iPod 57
replacing battery 14, 61
requirements
computer 55
operating system 55
resetting iPod 12, 52
resetting the language 54
restoring iPod software 56
rewinding a song 21

S
Safely Remove Hardware icon 13
safety information 57
serial number 12, 60

IPR2024-00006
Garmin EX1061 Page 64

service and support 57, 60
sets of songs. *See* playlists
setting up 8
settings
  24-hour clock 15
  accessibility 15, 16, 49
  alarm 45
  brightness 15
  clock face 15
  compilations 16
  date and time 15
  distance 34
  equalizer 15, 25
  icons 15
  language 15
  playing songs at relative volume 15, 24
  PowerSong 37
  resetting all 16
  shuffle songs 15, 22
  sleep timer 46
  spoken feedback 34
  units of measure 34
  VoiceOver 15, 16, 49
  volume limit 16, 24
  wallpaper 15
  weight 38
shuffling songs 21, 22
sleep mode and charging the battery 8, 13
sleep timer 46
Sleep/Wake button 5, 11, 15, 21, 36
slideshows
  settings 43
  viewing on iPod 43
software
  iPhoto 55
  iPod Updater 56
songs
  crossfading 16
  fast-forwarding 21
  pausing 15, 21, 22, 37
  playing 21, 22
  playing at relative volume 15, 24
  rating 21, 26
  repeating 21
  replaying 21
  rewinding 21
  shuffling 15, 21, 22
  skipping ahead 15, 21
  viewing lyrics 21
Sound Check 15, 24
stopwatch 45
syncing
  music 17
  photos 40
  to Nike+ website 39
system requirements 55

T

tagging radio songs 32
timer. *See* alarms
troubleshooting
  connecting iPod to computer 53
  cross-platform use 55
  disconnecting iPod 52
  iPod not playing music 53
  resetting iPod 52
  restore message 54
  safety considerations 57
  setting incorrect language 54
  software update and restore 56
  unresponsive iPod 52
turning backlight on or off 11
turning iPod on or off 5, 11
turning the screen on or off 5, 11
tutorial 60

U

unsupported audio file formats 54
updating and restoring software 56
USB 2.0 port recommendation 12, 55
USB port on keyboard 12, 52

V

viewing
  lyrics 21
  photos 42
Voice Memos
  deleting 47
  labeling 47
  playing 46
  recording 46
  syncing with your computer 47
VoiceOver
  about 49
  gestures 51
  setting up 49
volume
  changing 24
  hearing safety 58
  relative 24
  setting maximum limit 16, 24

W

wallpaper 15
warranty service 60
weight
  resetting 38
  setting 35, 38
White on Black 51
Windows
  supported operating systems 55
  troubleshooting 55
WMA files, converting 54
workouts
  counting steps 35
  Daily Step Goal 35
  gym equipment 39
  heart monitor 39
  history 38
  Nike + iPod 39
  pausing and resuming 37
  recording 36, 38
  saved 36
  sending to Nike+ website 39
  setting up 36
  Sleep/Wake button settings 36
  spoken feedback 37
  viewing on the Nike+ website 39
  See also Fitness

Apple Inc.
© 2011 Apple Inc. All rights reserved.

Apple, the Apple logo, Finder, iLife, iPhoto, iPod, iPod nano, iTunes, Mac, Macintosh, Mac OS, the Made for iPod logo, and QuickTime are trademarks of Apple Inc., registered in the U.S. and other countries.

Multi-Touch and Shuffle are trademarks of Apple Inc.

iTunes Store is a service mark of Apple Inc., registered in the U.S. and other countries.

NIKE and the Swoosh design are trademarks of NIKE, Inc. and its affiliates and are used under license.

Other company and product names mentioned herein may be trademarks of their respective companies.

Mention of third-party products is for informational purposes only and constitutes neither an endorsement nor a recommendation. Apple assumes no responsibility with regard to the performance or use of these products. All understandings, agreements, or warranties, if any, take place directly between the vendors and the prospective users.

Every effort has been made to ensure that the information in this manual is accurate. Apple is not responsible for printing or clerical errors.

019-2083/2011-10