

Caliber No. of this watch: **E365**

Thank you for your purchase of this Citizen watch. Before using the watch, read this instruction manual carefully to ensure correct use.

Instruction manual on the web

You can access the web instruction manual of this watch using the QR code.

<https://www.citizenwatch-global.com/support/html/en/e365/e365.html>






- Refer to the web manual to check the latest news and information.
- You can also see how to use enhanced features and functions such as slide rules and tachymeters on the web site. It depends on models whether they are equipped with enhanced features and functions or not.



Safety precautions — IMPORTANT

This manual contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property. We encourage you to read the entire booklet (especially, pages **26 - 33**) and understand the meaning of the following symbols:

- Safety advisories are categorized and depicted in this manual as follows:

 DANGER	Highly likely to cause death or serious injury
 WARNING	Can cause serious injury or death
 CAUTION	Can or will cause minor or moderate injury or damage

- Important instructions are categorized and depicted in this manual as follows:
(Following symbols are examples of Pictograms.)

	Warning (caution) symbol followed by prohibited matters.
	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.

Features

■ Eco-Drive

No periodical battery replacement is needed. This watch is powered by light.

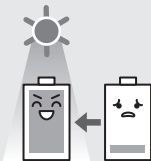
Once charged fully, it keeps running through 365 days even without additional charging.

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Before using this watch



This watch has a rechargeable cell which is charged by exposing the dial to light.

Expose the dial to direct sunlight regularly to charge the watch. For details of charging, see pages **13** -.

Band adjustment

We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury (excluding products containing the band adjustment tool).

Consult an authorized service center.

Protective stickers





Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

How to use a specially designed crown/button

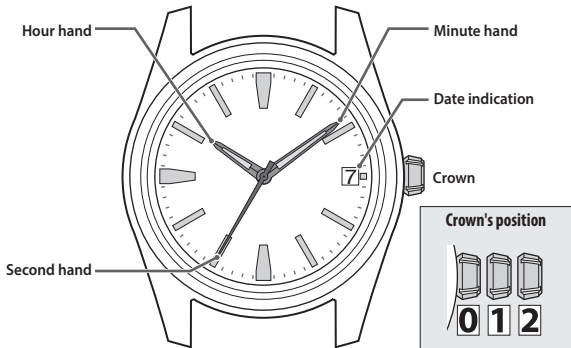
Some models are equipped with a specially designed crown and/or push button to prevent accidental operation.

Screw down crown/button

Unlock the crown/button prior to operate your watch.

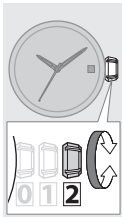
	Unlock		Lock	
Screw down crown		Rotate the crown counterclockwise until it releases from the case.		Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.
Screw down push button		Rotate the locking screw counterclockwise, and loosen until it stops.		Rotate the locking screw clockwise, and tighten firmly.

Component identification



- The illustrations in this instruction manual may differ from the actual appearance of your watch.

Setting the time



- 1 Pull the crown out to position **2** as the second hand points 0 second.**

The second hand stops.

- 2 Rotate the crown to set the time.**

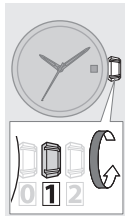
- Move the minute hand 4 or 5 minutes forward and move it back to set its position more precisely.
- Change of date indication shows it just became 0:00 AM. Take care the time set is AM or PM.

- 3 Push the crown in to position **0** in accordance with a reliable time source to finish the procedure.**

Adjusting the calendar

The date indication on this watch is based on the 31-day calendar. Calendar adjustment is required on the first days of March, May, July, October and December.

- Do not adjust the calendar between 9:00 PM and 1:00 AM. Otherwise, the calendar may not change correctly.



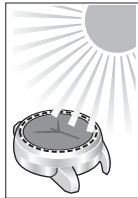
- 1 Pull the crown out to position 1.**
- 2 Rotate the crown counterclockwise to set the calendar.**
 - Clockwise rotation moves nothing.
- 3 Push the crown in to position 0 to finish the procedure.**

Charging your watch

This watch has a solar cell under the dial and stores the power generated by the cell in its built-in rechargeable cell. The cell is charged by exposing the dial to light such as direct sunlight or fluorescent lamps.

For optimal performance, be sure to:

- **Put the watch in a location where the dial is exposed to bright light such as by the window even when it is not used.**
- **Expose its dial to direct sunlight for 5 or 6 hours at least every month.**
- **Avoid leaving it in dark places for long periods of time.**



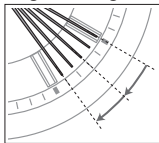
CAUTION

- Do not charge the watch at a high temperature (about 60°C (140°F) or higher) as doing so may cause movement malfunction.
 - If the watch is obscured from light by long sleeves frequently, supplemental charging may be needed to ensure continual operation.
-
- The watch stops charging automatically after finishing (overcharging prevention function). The function prevents damage to performance of the watch and rechargeable cell due to overcharging.

When the watch reaches a low charge state (insufficient charge warning function)

When the power reserve becomes low, the second hand moves once every two seconds. This is the insufficient charge warning function. Be sure to fully charge your watch immediately as outlined below.

- When the watch is sufficiently charged, the second hand will move normally.
- If you left the watch without charging for a few days after the insufficient charge warning movement has begun, the watch will be depleted of all power and stop.



During the insufficient charge warning state

The time and calendar are indicated correctly.

Charging time by environment

Below are the approximate charging times when exposing to light continuously. Please use this table as a reference only.

- **Exposing to direct sunlight is recommended to charge your watch.** A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	1 minute	6 minutes	40 hours
Outdoors (cloudy)	10,000	9 minutes	1 hour	70 hours
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3,000	30 minutes	3.5 hours	190 hours
Interior lighting	500	3 hours	25 hours	–

Duration without additional charging after charging the watch fully

About 1 year

When you will not use the watch for a long time

Do not keep this watch in a dark place. Keep it in a place where its dial is exposed to light.

You can save current consumption by pulling the crown out to position **2** to stop moving of the watch (power conserving status).


When the stopped watch is exposed to light

The second hand starts moving in two-second interval soon after the watch is exposed to light (quick start function).

- Light of indoor illumination may not be enough to keep it moving.
- Expose it brighter light and keep charging until the second hand moves every seconds.

Troubleshooting

Symptom and remedies

Symptom	Remedies	Page
Movement of a hand seems strange		
The second hand moves once every two seconds.	Insufficient charge warning function is active. Power reserve of the watch is nearly empty. Charge immediately.	15
The second hand does not move.	Push the crown in to position  .	–
No hands move.	Charge the watch under direct sunlight until the second hand moves normally.	16
Calendar is incorrect.		
The calendar on my watch changes at about noon.	Adjust the time again to set AM and PM correct.	12

Eco-Drive watch handling precautions

<Always Make Sure to Recharge Frequently>

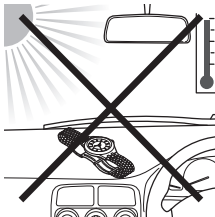
- For optimal performance, your watch should remain fully charged.
- Long sleeves may inhibit light transmission to your watch. This may result in your watch losing charge. In these cases supplemental charging may be necessary.
- When you take off the watch, place it in a bright location to ensure optimal performance.

CAUTION Recharging Precautions

- Do not charge the watch at a high temperature (about 60°C (140°F) or higher) as doing so may cause the movement to malfunction.

Ex.:

- Charging the watch too close to a light source which generates a large amount of heat such as an incandescent lamp or halogen lamp. When charging under an incandescent lamp, be sure to leave 50 cm (20 inches) or more between the lamp and the watch to avoid exposing the watch to excessive heat.
- Charging the watch in a location where the temperature may become extremely high such as on the dashboard of a vehicle.



<Replacement of Rechargeable Cell>

- This watch utilizes a special rechargeable cell that does not require periodical replacement. However power consumption may increase after using the watch for a number of years due to wear of internal components and deterioration of oils. This may cause stored power to be depleted at a faster rate.

WARNING Handling of Rechargeable Cell

- The rechargeable cell should never be removed from the watch. If for any reason it becomes necessary to remove the rechargeable cell from the watch, keep out of the reach of children to prevent accidental swallowing. If the rechargeable cell is accidentally swallowed, consult a doctor immediately.
- Do not dispose of the rechargeable cell with ordinary garbage. Please follow the instructions of your municipality regarding collection of batteries to prevent the risk of fire or environmental contamination.



WARNING Use Only the Specified Battery

- Never use a battery other than the rechargeable cell specified for use in this watch. Although the watch structure is designed so that it will not operate when another type of battery is installed, if a conventional watch battery or other type of battery is installed in the watch and the watch is recharged, there is the risk of overcharging which may cause the battery to rupture. This can cause damage to the watch and injury to the wearer. When replacing the rechargeable cell, always make sure to use the designated rechargeable cell.







Water resistance

WARNING Water resistance

- Refer to the watch dial and the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly. (The unit “1bar” is roughly equal to 1 atmosphere.)
- “WATER RESIST(ANT) ××bar” may also be indicated as “W.R.××bar”.
- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.

Name	Indication	Specification
	Dial or Case back	
Non-water resistant	—	Non-water resistant
Everyday-use water resistant watch	WATER RESIST	Water-resistant to 3 atmospheres
Upgraded everyday use water resistant watch	W. R. 5 bar	Water-resistant to 5 atmospheres
	W. R. 10/20 bar	Water-resistant to 10 and 20 atmospheres

- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to be worn while skin diving or scuba diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba diving or saturated diving using helium gas.

Water-related use					
					
Minor exposure to water (washing face, rain, etc.)	Swimming and general washing work	Skin diving, marine sports	Scuba diving using an air tank	Saturation diving using helium gas	Operate the crown or button when the watch is wet
NO	NO	NO	NO	NO	NO
OK	NO	NO	NO	NO	NO
OK	OK	NO	NO	NO	NO
OK	OK	OK	NO	NO	NO

Precautionary items and usage limitations



CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do NOT wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.
- Take off your watch before going to bed. It may cause an unexpected injury or a rash.

CAUTION Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do NOT operate the crown or any push buttons when the watch is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or an authorized service center for inspection and/or repair.
- Even if your watch has a high level of water resistance, please be careful of the following.
 - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
 - Do not pour water from a tap directly onto your watch.
 - Take off your watch before taking a bath.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair.
Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

CAUTION When Wearing Your Watch

<Band>

- Leather bands and rubber (urethane) bands will deteriorate over time due to perspiration or dirt.
In addition, they are made of natural material and will be worn, deformed and discolored over time. It is recommended to replace the band periodically.
- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- Do not stain a leather band with substances containing volatile materials, bleach, alcohol (including cosmetics). Discoloration and premature aging may be occurred. Ultraviolet light such as direct sunlight may cause discoloration or deformation.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.

- Please request adjustment or repair of the band in the following cases:
 - You notice an abnormality with the band due to corrosion.
 - The pin of the band is protruding.
- We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury (excluding products containing the band adjustment tool).
Consult an authorized service center. Other shops may charge for, or may not provide, the service.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature. Do not use the watch in places where the temperature is outside the operating temperature range as stated in the specifications.

<Magnetism>

- Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from keeping time accurately.
Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note the watch may operate erratically or not at all if exposed to intense static electricity.

<Chemicals, Corrosive Gasses and Mercury>

- Do not use the watch in environment with chemicals or corrosive gasses. If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<Protective Stickers>

- Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

 **CAUTION Always Keep Your Watch Clean**

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- The case and band of the watch come into direct contact with the skin. Corrosion of the metal or accumulated foreign matter may result in black residue coming from the bracelet when exposed to moisture or perspiration unnoticed soiling such as that caused by perspiration. Be sure to keep your watch clean at all times.
- The case and band of the watch come into direct contact with the skin. In rare circumstances, accumulated dirt, foreign matter may cause irritation with the skin. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician. In the case of accumulation of sweat or dirt on a metal band or case, clean thoroughly using a brush and neutral detergent. In the case of a leather or rubber (urethane) band, wipe clean using a dry cloth.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For a metallic, plastic or rubber (urethane) watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- For a leather band, wipe off dirt using a dry cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

When Luminous Paint is used for your watch

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place. It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission gradually becomes weaker as time passes.
- The duration of the light (“glow”) will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

Specifications

Model	E365	Type	Analog solar-powered watch
Timekeeping accuracy	Average monthly accuracy: ± 15 seconds when worn at normal operating temperatures between $+5^{\circ}\text{C}$ (41°F) and $+35^{\circ}\text{C}$ (95°F)		
Operating temperature range	-10°C (14°F) to $+60^{\circ}\text{C}$ (140°F)		
Display functions	<ul style="list-style-type: none">• Time: Hours, minutes, seconds• Calendar: Date		
Duration	<ul style="list-style-type: none">• After charged fully, the watch runs without additional charging: About 1 yearPower reserve upon insufficient charge warning function: About 4 days		
Battery	Rechargeable cell (lithium button cell), 1pc.		

Additional functions

- Solar power function
- Overcharging prevention function
- Insufficient charge warning function (two-second interval movement)
- Quick start function
- Quick date-indication adjustment





Specifications and contents are subject to change without prior notice.

When you use a diver's watch

Check if your watch is a diver's watch referring to the indication example below. When it is a diver's watch, be sure to read through "Precautions to be taken when diving" and "About water depth measurement function" on the following pages.

A "diver's watch" is the watch for diving. It has water resistance performance enough for SCUBA or other kind of diving and is equipped with special functions for diving. Indication such as "DIVER'S" or "xxx m" is shown on the dial or case back of a diver's watch.

Indication
example

	Diver's watch	Standard watch
Dial	 The dial of a diver's watch features a depth scale around the perimeter with markings at 10, 20, 30, 40, 50, 60, 70, 80, 90, 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, and 200 meters. The text "DIVERS 200m" is printed in the center of the dial.	 The dial of a standard watch shows a water resistance indicator "W.R. 20 bar" in the center. It does not have a depth scale.
Case back	 The case back of a diver's watch is engraved with "CITIZEN" in the center and "DIVER'S WATCH 200m" along the bottom edge.	 The case back of a standard watch is engraved with "CITIZEN" in the center and "W.R. 20 BAR" along the bottom edge.

(i)

Continued on the next page

Precautions to be taken when diving

When you use a diver's watch, read through this “Precautions to be taken when diving” after checking details of water resistance performance on our company web site.

<https://www.citizenwatch-global.com/support/maintenance/wr.html>



- Watches which have the name “Water resistant for saturation diving” or “Water resistant for diving” defined on the web page above are diver's watches.

Watches other than those should not be used for SCUBA or saturation diving.

PROHIBITED: Do not use this watch while diving when...

- Do not use your watch while diving when the watch stops or exhibits any abnormal operation.
- Do not use your watch for diving when the watch shows insufficient charge warning or low battery warning through moving the second hand every two-second.

CAUTION: Diving with the watch

- Persons using the diver's watch are strongly recommended to receive proper instruction and training pertaining to diving and observe those rules at all times.
- Please use this watch properly only after you fully understand the operating procedures and cautions.
Using this watch other than as indicated in this instruction manual may result in failure of the watch to function properly.
- Check the water-resistant indications on the watch face or the case back. Never dive beyond the indicated depth.

CAUTION: Check items before diving

Check the items below before using this watch for diving.

- Make sure that the watch is running correctly (check the movements of the time/calendar).
- Make sure that the watch is powered enough for diving:
 - Mechanical type: check if the mainspring is fully wound.
 - Battery type: check if the low battery warning function is deactivated (when the function is equipped).
 - Solar-powered type: Check if the watch is sufficiently charged and the insufficient charge warning function (2-second interval movement) is deactivated.

Precautions to be taken when diving

- Check to see if the crown is properly pushed in and the screw down push button is securely locked.
- Make sure that the band is firmly anchored to the watch body.
- Make sure that there are no cracks or other damage to the watch band or the glass face.
- Make sure that the rotating bezel (register ring) rotates properly.
 - For details of usage of the rotating bezel, see our company web site.

<https://www.citizenwatch-global.com/support/exterior/index.html>




 **CAUTION: During diving**

- Do not push any push buttons or pull out the crown in the water. Operating any of them in water may cause trouble including deterioration of water resistance.
- Be careful not to hit the watch against hard objects such as equipment or rocks.

 **CAUTION: After diving**

- Check to see if the crown is pushed in and the screw down push button is locked before removing the sea water, dirt, and sand attached to the watch with fresh water. Then, wipe the fresh water.

 **WARNING: To keep water resistance performance**

- The packing used for a watch is a consumable part and will deteriorate over long-term use. Deterioration may lead to water penetration, causing the watch to malfunction or stop. Consult an authorized service center for inspection (for a charge) every 2 or 3 years, and replace the packing, glass or other parts as necessary.



Precautions to be taken when diving

Performance for diving of a diver's watch





Indication example on the dial or case back	<ul style="list-style-type: none"> • DIVER'S xxx m • AIR DIVER'S xxx m • DIVER'S WATCH xxx m 	<ul style="list-style-type: none"> • DIVER'S WATCH xxx m FOR SATURATION DIVING • Professional DIVER'S xxx m • He-GAS DIVER'S xxx m
Specification example	xxx m water resistant	xxx m water resistant
Name	Water-resistant watch for SCUBA diving	Water-resistant watch for saturation diving
Performance for diving	SCUBA diving using an air tank	
	You cannot use it for saturation diving using helium gas.	Saturation diving using helium gas

Precautions to be taken when diving

- Diver's watches of our company conform with the standard ISO6425: 1996 or ISO 6425: 2018.
- For water resistance performance or functions in other scenes than diving, refer also to other precautions on the instruction manual.

Indication example on the dial or case back		<ul style="list-style-type: none"> • DIVER'S xxx m • AIR DIVER'S xxx m • DIVER'S WATCH xxx m 	<ul style="list-style-type: none"> • DIVER'S WATCH xxx m FOR SATURATION DIVING • Professional DIVER'S xxx m • He-GAS DIVER'S xxx m
Water-related use	 <p>Minor exposure to water (washing face, rain, etc.)</p>	OK	OK
	 <p>Swimming and general washing work</p>	OK	OK

Precautions to be taken when diving

Indication example on the dial or case back		<ul style="list-style-type: none"> • DIVER'S xxx m • AIR DIVER'S xxx m • DIVER'S WATCH xxx m 	<ul style="list-style-type: none"> • DIVER'S WATCH xxx m FOR SATURATION DIVING • Professional DIVER'S xxx m • He-GAS DIVER'S xxx m
Water-related use	 Skin diving, marine sports	OK	OK
	 SCUBA diving using an air tank	OK	OK
	 Saturation diving using helium gas	NO	OK
	 Operate the crown or button when the watch is wet	NO	NO

About water depth measurement function

When your watch has the water depth measurement function, be sure to read through articles below.

 **DANGER**

The water-depth measurement function of this watch is not certified as a measuring instrument by the authorities. Be sure to use a specialized instrument along with this watch when diving. Do not rely solely on this watch's function.

 **WARNING**

Do not use the water depth measurement function of the watch in the following cases:

- When actions or situation judgments involving risks are required.
- When the situation requires special treatments.
- When charging is not enough or the low battery warning function is activated.

CAUTION

- Measurement results may be inaccurate in the following cases:
 - When water depth changes sharply.
 - When any foreign object sticks around the hydraulic pressure sensor.

CAUTION: Before measurement

- Before diving, be sure to take instructions and training for safety diving.
- Check the items below.
 - Commercial specialized devices for diving are prepared.
 - The band of the watch is not worn or damaged.
 - No foreign objects stick around the hydraulic pressure sensor or water sensor.
 - The crown and buttons are locked.
 - The watch is charged enough or its battery life is long enough.
 - Indication such as “OVER” which means unavailability of measurement is not shown.
 - Time indicated on the watch is correct.



CAUTION: Diving at high altitude and in fresh water

- Be sure to complete special safety training before diving in fresh water or at high altitude.
- Do not use this watch at altitudes over 4 000 m (13 124 ft), because accurate measurement is not possible.
- The water depth measurement function measures pressure and convert the value into depth in sea water (density 1.025).
Therefore, when diving in fresh water (density 1.000), the actual depth will be 2.5 % deeper than the depth displayed on the watch.
Measurement example in fresh water:
20 m (66 ft) (indicated depth) x 1.025 = 20.5 m (68 ft) (actual depth)