

# ANALOGUE QUARTZ

## Cal. 5Y75

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NSY5Y75

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**INSTRUCTIONS  
INSTRUCTIONS  
INSTRUCCIONES  
BEDIENUNGSANLEITUNG**

**ISTRUZIONI  
INSTRUÇÕES**

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You are now the proud owner of a SEIKO Analogue Watch Cal. 5Y75. For best results, please read the instructions in this booklet carefully before using your SEIKO Analogue Watch. Please keep this manual handy for ready reference.

Vous voici l'heureux propriétaire d'une montre analogique SEIKO Cal. 5Y75. Pour en obtenir de bonnes performances, veuillez, avant d'utiliser la montre, lire attentivement les explications de ce mode d'emploi que vous conserverez pour toute référence ultérieure.

Usted es ahora un honrado poseedor del reloj analógico SEIKO Cal. 5Y75. Para obtener de él los mejores resultados, lea las instrucciones del presente panfleto con cuidado antes del uso de su reloj analógico SEIKO. Guarde este manual para fácil referencia.

Sie sind nun stolzer Besitzer einer SEIKO Analoguhr Kal. 5Y75. Um die bestmögliche Nutzung Ihrer Uhr zu gewährleisten, lesen Sie bitte die Anleitungen in diesem Heftchen sorgfältig durch, bevor Sie die Uhr in Gebrauch nehmen. Verwahren Sie dieses Heftchen, um sich jederzeit wieder informieren zu können.

Siete ora in possesso di un Orologio Analogico SEIKO Cal. 5Y75. Per ottenere i migliori risultati dall'uso del Vostro orologio Vi consigliamo di leggere attentamente le istruzioni contenute in questo manuale prima di passare ad utilizzare il Vostro Orologio Analogico. Conservate poi il manuale per qualsiasi eventuale futuro riferimento.

Você pode sentir-se orgulhoso de possuir um Relógio SEIKO Analógico Cal. 5Y75. Para obter os melhores resultados, leia atentamente as instruções contidas neste opúsculo antes de usar o seu Relógio SEIKO Analógico. Conserve este manual para referências futuras.

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# SEIKO ANALOGUE QUARTZ

## Cal. 5Y75

### FEATURES

The SEIKO Quartz Watch Cal. 5Y75 is an analogue watch powered by a solar cell. It is equipped with quick-start and energy depletion forewarning functions to ensure constant operation of the watch.

#### ■ TIME

Three-hand indication.

#### ■ CALENDAR

Date is displayed in numerals.

#### ■ SOLAR CELL

The solar cell converts light energy into electrical energy, thus powering the watch.

#### ■ CAPACITOR

Makes use of a capacitor to store and discharge solar energy, unlike other solar watches that use less efficient back-up batteries requiring replacement.

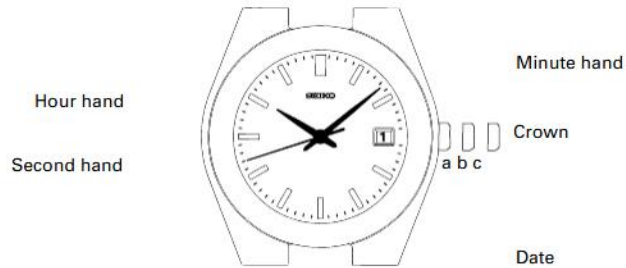
#### ■ QUICK-START FUNCTION

Even when the watch is left uncharged and the capacitor is completely drained, the watch starts operating in a few seconds once exposed to light.

#### ■ ENERGY DEPLETION FOREWARNING FUNCTION

When the energy in the capacitor is reduced to an extremely small amount, the second hand starts moving at two-second intervals to indicate that the watch needs recharging.

## DISPLAY AND CROWN OPERATION



- (a) Normal position : Free
- (b) First click:  
Clockwise : Date setting  
Counterclockwise : Free
- (c) Second click : Time setting

## HOW TO CHARGE AND START THE WATCH

Even when the watch completely stops operating, it resumes operation once exposed to light.

<Two-second interval operation>

<One-second interval operation>



Keep the watch exposed to light.



Normal operation

1. The watch is equipped with a quick-start function. To start the watch, expose the watch to sunlight or light of more than 3000 luxes (60W incandescent light at a distance of 6 to 12 cm (2.5 to 5 inches)), and the second hand starts moving at two-second intervals in a few seconds.
2. Keep the watch exposed to light until the second hand moves at one-second intervals; otherwise the watch may stop if the light source is removed.

**Notes:**

1. The charging time required varies with the intensity of light. (Refer to the table in "CHARGING/RECHARGING INFORMATION")
2. When the watch is fully charged, it will keep operating for approximately 3 days.
3. It is recommended that you keep the watch charged by exposing it to an appropriate light source from time to time, rather than letting it run down fully before recharging.
4. The watch is equipped with a system to prevent overcharge. Even if it is further exposed to light after being fully charged, no malfunction will result.
5. It is recommended that the watch be fully recharged before time setting is attempted.

**CHARGING/RECHARGING INFORMATION****Charging environment and time required**

Light Source			Illumination (Lux)	Charging Time Required		
Type of light	Distance between light and watch			For one-second interval operation	For full charge	To maintain one-day usage
Incandescent light	60W x 1	60 cm (2 ft.)	500	6 hr.	16 hr.	2 hr.
Fluorescent light	Most offices		700	5 hr.	10 hr.	1.4 hr.
	15W x 2	70 cm (2 ft. 4 in.)	1,000	3 hr.	8 hr.	55 min.
	15W x 2	20 cm (8 in.)	3,000	1 hr.	2.8 hr.	20 min.
	15W x 2	12 cm (5 in.)	5,000	50 min.	1.7 hr.	15 min.
	15W x 2	3 cm (1.2 in.)	10,000	20 min.	1 hr.	8 min.
Sunlight	Sunlight (Cloudy day)		10,000	20 min.	1 hr.	8 min.
	Sunlight (Fine day in summer)		100,000	3 min.	16 min.	1.5 min.

**Notes:**

1. The table above provides a general guideline of the relationship between the light source and the charging time required, which may vary slightly depending on the model.
2. When charging the watch, do not place it too close to hot light sources or expose it to direct sunlight for a long time, as a malfunction will result if the watch temperature exceeds 50°C (122°F).

## ENERGY DEPLETION FOREWARNING FUNCTION

When the energy retained in the capacitor is reduced to an extremely low level, the second hand starts moving at two-second intervals to indicate that the watch needs recharging.

In this case, immediately expose the watch to sunlight or strong artificial light and keep recharging it until the second hand moves at one-second intervals.

<Two-second interval operation>

<One-second interval operation>



Expose the watch  
to light.



Normal operation

Second hand

**Note:** When the second hand starts moving at two-second intervals, the watch will stop operating in about 15 hours.

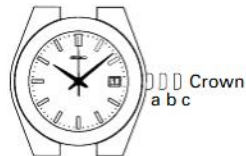
## REMARKS ON USING SOLAR WATCHES

- Wear the watch in such a manner that it is not covered by the cuff of your shirt or jacket. The second hand keeps moving at one-second intervals as long as it is exposed to light.
- Whenever possible, leave the watch in a bright place if you are not wearing it.
- To prevent a watch whose second hand is moving at two-second intervals from stopping during the night, leave it under a fluorescent light while you sleep. Then follow the instructions on page 11 if it is still not moving at one-second intervals the next day.

## REMARKS ON THE CAPACITOR

- Earlier solar watches relied on both the solar cell and a back up silver-oxide battery to keep the movement working. This meant that it was still necessary to change the back-up battery after several years. Now, however, a capacitor, which needs no replacement, takes the place of the back-up battery, making battery replacement completely unnecessary.
- Never insert a silver oxide battery in place of the capacitor as the watch will not operate.

## TIME SETTING



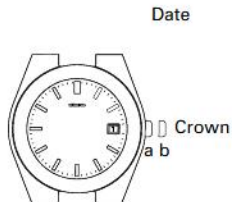
1. Pull out the crown all the way to the second click when the second hand is at the 12 o'clock position.
2. Turn the crown to set the hour and minute hands to the desired time.
3. Push the crown back in to the normal position in accordance with a time signal.

- a) Normal position
- b) First click
- c) Second click

### Notes:

1. When setting the hour hand, check that AM/PM is correctly set. The watch is so designed that the date changes once in 24 hours. Turn the hands past the 12 o'clock marker to determine whether the watch is set for the A.M. or P.M. period. If the date changes, the time is set for the A.M. period. If the date does not change, the time is set for the P.M. period.
2. When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.

## DATE SETTING



1. Pull out the crown to the first click.
2. Turn the crown clockwise until the previous day's date appears.
3. Pull out the crown to the second click, and advance the hour and minute hands until the desired time and date appear.
4. Push the crown back in to the normal position.

- a) Normal position  
b) First click

**Note:** Do not set the date between 9:00 p.m. and 1:00 a.m. as the date may not change properly. If it is necessary to set the date during that time period, first move the hands so that the time shown is either before or after this period, adjust the date and then reset the correct time.

## TO PRESERVE THE QUALITY OF YOUR WATCH

### ■ WATER RESISTANCE

#### • Non-water resistance

If "WATER RESISTANT" is not inscribed on the case back, your watch is not water resistant, and care should be taken not to get it wet as water may damage the movement. If the watch becomes wet, we suggest that you have it checked by an AUTHORIZED SEIKO DEALER or SERVICE CENTER.

#### • Water resistance (3 bar)

If "WATER RESISTANT" is inscribed on the case back, your watch is designed and manufactured to withstand up to 3 bar, such as accidental contact with splashes of water or rain, but it is not designed for swimming or diving.

#### • Water resistance (5 bar)\*

If "WATER RESISTANT 5 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 5 bar and is suitable for swimming, yachting and taking a shower.

#### • Water resistance (10 bar/15 bar)\*

If "WATER RESISTANT 10 BAR" or "WATER RESISTANT 15 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar/15 bar and is suitable for taking a bath and shallow diving, but not for scuba diving. We recommend that you wear a SEIKO Diver's watch for scuba diving.

- \* Before using the water resistance 5, 10, or 15 bar watch in water, be sure the crown is pushed in completely.  
Do not operate the crown when the watch is wet or in water.  
If used in sea water, rinse the watch in fresh water and dry it completely.
- \* When taking a shower with the water resistance 5 bar watch, or taking a bath with the water resistance 10 or 15 bar watch, be sure to observe the following:
  - Do not operate the crown when the watch is wet with soapy water or shampoo.
  - If the watch is left in warm water, a slight time loss or gain may be caused. This condition, however, will be corrected when the watch returns to normal temperature.

**NOTE:**

Pressure in bar is a test pressure and should not be considered as corresponding to actual diving depth since swimming movement tends to increase the pressure at a given depth. Care should also be taken on diving into water.

**■ TEMPERATURES**

Your watch works with stable accuracy between a temperature range of 5°C and 35°C (41°F and 95°F).

Do not leave your watch in very low temperatures below -5°C (+23°F) for a long time since the cold may cause a slight time loss or gain.

However, the above conditions will be corrected when the watch returns to normal temperature.

**■ SHOCKS & VIBRATION**

Light activities will not affect your watch, but be careful not to drop your watch or hit it against hard surfaces, as this may cause damage.

**■ MAGNETISM**

Your watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

**■ CHEMICALS**

Be careful not to expose the watch to solvents (e.g., alcohol and gasoline), mercury (i.e., from a broken thermometer), cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.

**■ CARE OF CASE AND BRACELET**

To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.

#### ■ PRECAUTION REGARDING CASE BACK PROTECTIVE FILM

If your watch has a protective film and/or a sticker on the case back, be sure to peel them off before using your watch. Otherwise, perspiration getting in under them may rust the case back.

#### ■ PERIODIC CHECK

It is recommended that the watch be checked once every 2 to 3 years. Have your watch checked by an AUTHORIZED SEIKO DEALER or SERVICE CENTER to ensure that the case, crown, gasket and crystal seal remain intact.

## SPECIFICATIONS

1. Frequency of crystal oscillator ..... 32,768 Hz (Hz = Hertz ... Cycles per second)
2. Loss/gain (monthly rate) ..... Less than 15 seconds at normal temperature range (5°C ~ 35°C) (41°F ~ 95°F)
3. Operational temperature range ..... -5°C ~ +50°C (23°F ~ 122°F)
4. Driving system ..... Step motor
5. Additional function ..... Second setting device, date setting device, quick-start function, energy depletion forewarning function and overcharge prevention function.
6. Duration of life  
    Full charge ..... 3 days on average.  
    2-second interval operation ..... 15 hours on average.
7. Capacitor ..... Button type capacitor, 1 piece.
8. IC (Integrated Circuit) ..... C-MOS-LSI, 1 piece.

\* The specifications are subject to change without prior notice, for product improvement.