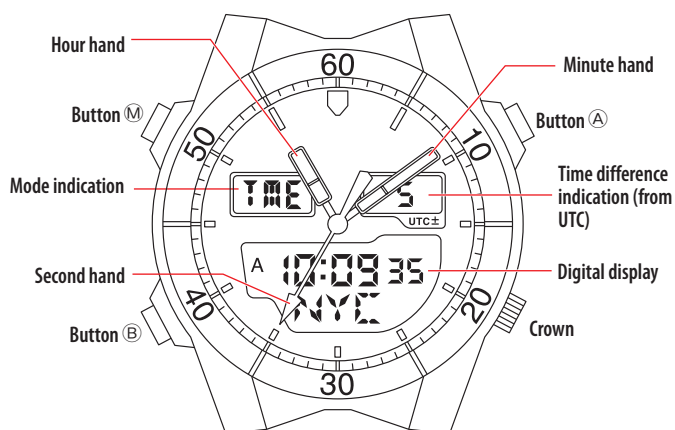- To see details of specifications and operations, refer to the instruction manual: 📄 U040 instruction manual

Component identification

- Hour hand
- Button Ⓜ
- Mode indication
- Second hand
- Button Ⓑ
- Minute hand
- Button Ⓐ
- Time difference indication (from UTC)
- Digital display
- Crown

- Actual appearance may differ from the illustration.
- Refer also to our web page for detail of usage of the scale and bezel on the watch. (**http://www.citizenwatch-global.com/support/pdf/enhanced/e.pdf**)

Using EL lights

The EL lights are turned on when you press button Ⓐ while the crown is pushed in and the mode is [TME], [CAL] or [SET].
- The lights are also turned on when pressing button Ⓐ or Ⓑ during time measurement using the chronograph.
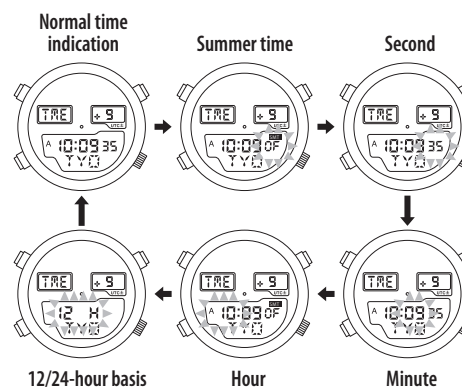
Setting the time

Setting the time of the analog section

1. **Pull out the crown when the second hand points 0 second.**
   The second hand stops.

2. **Rotate the crown to set the time.**
   - Move the hands 4 or 5 minutes forward and move them back to the right time to set the time more precisely.

3. **Push in the crown in accordance with a reliable time source to finish the procedure.**
   The second hand starts moving.

Setting the time of the digital section

- Press button Ⓜ to cancel setting of the time of the digital section.
- The setting is automatically canceled in about 2 minutes without any operation during the setting.

1. **Press and release the upper left button Ⓜ repeatedly to change the mode to [TME].**

2. **Press and release the lower left button Ⓑ repeatedly to indicate an area name you want on the digital display.**
   - For area names, refer to the table on "Using the world time".
   - Pressing and releasing button Ⓐ while Pressing and holding button Ⓑ also change the area name indication.

3. **Press and hold the lower left button Ⓑ for about 2 seconds.**
   [SUM] and [On] or [OF] starts blinking and the time becomes adjustable.
   - The blinking part is the target to adjust.

4. **Press and release the lower left button Ⓑ repeatedly to change the target to be set.**
   - Each time you press button Ⓑ, the target changes as follows:

Normal time indication → Summer time → Second → Minute → Hour → 12/24-hour basis → (back to Normal time indication)

5. **Press and release the upper right button Ⓐ to adjust the target.**
   - Press button Ⓐ in accordance with a reliable time source when setting the second.
   - Pressing and holding button Ⓐ changes indication continuously when setting the minute and the hour.
   - "A" or "P" is displayed to indicate AM or PM in 12-hour basis indication.

6. **Repeat steps 4 and 5 to set other targets.**

7. **Press and release the upper left button Ⓜ to finish the procedure.**

Setting the calendar

The calendar of this watch does not have to be adjusted manually until Thursday, December 31, 2099 including leap years. (perpetual calendar)
• Press button Ⓜ to cancel setting of the calendar.
• The setting is automatically canceled in about 2 minutes without any operation during the setting.

1. **Press and release the upper left button Ⓜ repeatedly to change the mode to [CAL].**

2. **Press and release the lower left button Ⓑ repeatedly to indicate an area name you want on the digital display.**
   • For area names, refer to the table on "Using the world time".
   • Pressing and releasing button Ⓐ while Pressing and holding button Ⓑ also change the area name indication.
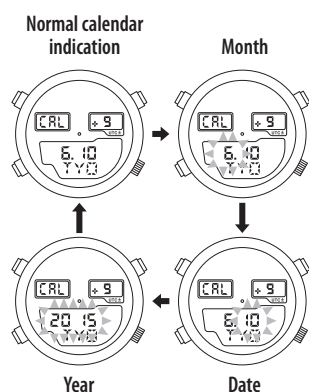
3. **Press and hold the lower left button Ⓑ for about 2 seconds.**
   The month indication starts blinking and the calendar becomes adjustable.
   • The blinking part is the target to adjust.

4. **Press and release the lower left button Ⓑ repeatedly to change the target to be set.**
   • Each time you press button Ⓑ, the target changes as follows:

Normal calendar indication   Month

Year   Date

5. **Press and release the upper right button Ⓐ to adjust the target.**
   • Pressing and holding button Ⓐ changes indication continuously.

6. **Repeat steps 4 and 5 to set other targets.**

7. **Press and release the upper left button Ⓜ to finish the procedure.**
   • The day of week is set automatically.

Using the world time

1. **Press and release the upper left button Ⓜ repeatedly to change the mode to [TME].**
   • Choose [CAL] to see calendar.

2. **Press and release the lower left button Ⓑ repeatedly to choose an area name on the digital display.**
   The time or calendar of the chosen area is indicated on the digital display.
   • Pressing and releasing button Ⓐ while Pressing and holding button Ⓑ also change the area name indication.

Table of time zones and representative areas

• The time zone in the table is based on UTC (Coordinated Universal Time).
• Countries or regions may change time zones for various reasons.

Time zone	Area name	Representative area
0	UTC	Coordinated Universal Time
	LON	London
+1	PAR	Paris
	ROM	Rome
+2	CAI	Cairo
	IST	Istanbul
+3	MOW	Moscow
	KWI	Kuwait
+4	DXB	Dubai
+5	KHI	Karachi
+5.5	DEL	New Delhi
+6	DAC	Dhaka
+7	BKK	Bangkok
+8	SIN	Singapore
	HKG	Hong Kong
	BJS	Beijing

Time zone	Area name	Representative area
+9	TYO	Tokyo
+10	SYD	Sydney
+11	NOU	Noumea
+12	AKL	Auckland
−10	HNL	Honolulu
−9	ANC	Anchorage
−8	LAX	Los Angeles
−7	DEN	Denver
−6	CHI	Chicago
	MEX	Mexico City
−5	NYC	New York
	YUL	Montreal
−4	CCS	Caracas
−3	RIO	Rio de Janeiro
	BUE	Buenos Aires

Using the zone-set function

You can hide unnecessary ones in the 30 areas and UTC, which the watch can indicate the time of; you can also activate/deactivate summer time for those areas separately.

• Press button Ⓜ to cancel setting.
• The setting is automatically canceled in about 2 minutes without any operation during the setting.

1. **Press and release the upper left button Ⓜ repeatedly to change the mode to [SET].**

2. **Press and release the lower left button Ⓑ repeatedly to choose an area name on the digital display.**

    • Pressing and releasing button Ⓐ while Pressing and holding button Ⓑ also change the area name indication.

3. **Press and hold the lower left button Ⓑ for about 2 seconds.**

    "ON" or "OF" (off) and the area name starts blinking and display/hide of the area becomes adjustable.

4. **Press and release the upper right button Ⓐ to select "ON" (display) or "OF" (hide) of the area.**

5. **Press and release the lower left button Ⓑ.**

    "ON" or "OF" (off) and "SUM" (summer time) starts blinking and the summer time setting becomes adjustable.

6. **Press and release the upper right button Ⓐ to set the summer time.**

7. **Repeat steps 2 to 6 to set other areas.**

8. **Press and release the upper left button Ⓜ to finish the procedure.**

Resetting the watch — All Reset

1. **Pull out the crown.**

2. **Press and release buttons Ⓐ, Ⓑ and Ⓜ at the same time.**
All the digital indication lights up.

3. **Push in the crown.**
The alarm sounds and the digital indication is turned off.

After All Reset

After All Reset, set the time and calendar and other settings. Set also the alarm.