

Winding an Automatic watch

The automatic mechanism on your watch is designed solely to maintain consistent power, so as to achieve greater accuracy. You do not have to wind automatic watch if you wear it every day since it has a self-winding capability. Having said that, the power on the mainspring does run down a bit each day if not in motion. Your physical activity while wearing the watch maintains whatever power level remains on the mainspring. As watchmakers, we recommend winding the watch before you put it on in the morning, also resetting the time. Most automatic watch owners will wind and reset the time on their watch 2 or 3 times a week, as the factory parameters of accuracy allow for 20 sec variance. Most watches will run for 40 hours on a full wind on its own in a static position. You need to wind your watch manually and then set the time to help restore its power.

So here are the proper steps on how to wind an automatic watch:

1. Turn the crown clockwise slowly and in a full rotation using your thumb and index finger.
2. Repeat the process for about 30-40 times for a full wind. Approximately 30 seconds.
3. Pull the crown out fully to reset the hands. If the watch has a date mechanism go past 12:00 once to determine am or pm.
4. With the time set anywhere outside of 10pm to 2 am - use the fast change position on the crown to set the date.

Servicing is recommended every 4-5 years.