**WEARING YOUR NEW ROLEX FOR THE FIRST TIME, OR AFTER NOT WORN FOR A FEW DAYS.**

Mechanical watches with automatic movements have a spring that is wound by the normal, daily motion of the wearer's arm. The arm movement causes a rotor inside the watch to transmit motion (energy) to the barrel, thus winding the mainspring.

An important feature of every automatic winding watch is 'power reserve'. **If the watch loses its power reserve because it has been idle for an extended period of time, you can wind it up manually (approximately 20 turns of the crown) to create an initial power reserve.** To retain the power reserve, as stated above, the watch must be worn continuously and actively. If you plan on wearing your watch daily, you may want to manually wind it once every two weeks to keep the wheels in motion and the oil from drying out. **If you do not plan on wearing it daily, we advise you wind the watch about three times a week to ensure continuous operation.** Finally, if you do not wear your automatic watch daily, you may want to use a winding box. This box mimics the natural motion of your arm to keep your automatic watch operating.

In contrast, a "manual" mechanical watch does require the watch’s mainspring to be hand-wound by turning the crown, and must be wound each time is loses that power.