Automatic watch winder - Màquina donar corda

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Based on the information available from common watch winder manufacturers and experts, here is a general idea of the ON-OFF cycle duration for watch winders sold on platforms like Amazon and AliExpress:

The fundamental principle of a watch winder's operation is not to run continuously, but to simulate the natural motion of the wrist through intermittent cycles.1 This approach is crucial for several reasons:

Prevents Over-winding: While most modern automatic watches have a slipping clutch that prevents over-winding, continuous winding can put unnecessary stress on this mechanism, leading to premature wear.2

Lubricant Distribution: Intermittent winding helps to distribute the lubricants within the watch's movement evenly, which is essential for its long-term health and accuracy.3

Simulates Natural Wear: The start-and-stop cycles more accurately mimic a person's wrist movements throughout the day.4

Typical ON-OFF Cycles and Settings
While specific cycle durations can vary, most watch winders, including those found on online marketplaces, operate on a similar principle:

Rotation Time (ON): The winder will typically rotate for a short period, generally between 30 seconds and 1 minute.5

Rest Time (OFF): After the rotation period, the winder will pause for a longer duration, often between 5 and 20 minutes, to allow the mainspring to relax.

Total Daily Operation: Many winders are programmed to operate in these cycles for a specific total duration per day, such as 8 to 12 hours, with a long rest period (e.g., 12 hours) in between.6

Turns Per Day (TPD)

Instead of focusing on the ON-OFF cycle duration in isolation, the most important factor is the Turns Per Day (TPD).7 This is the total number of rotations required to keep a specific watch fully wound.8

Average TPD: Most automatic watches require between 650 and 800 TPD.9

Rolex: Typically requires around 650 TPD in a bidirectional setting.10

Patek Philippe: Often needs around 800 TPD in a counterclockwise direction.11

Modern Movements: Some modern watches with longer power reserves might require a higher TPD, sometimes up to 1300 or more.12

Most of the watch winders available online have different settings (e.g., modes 1-5 or similar) that allow you to adjust the TPD and the direction of rotation (clockwise, counter-clockwise, or bidirectional) to match your specific watch's requirements.13

In summary, while the exact duration of the ON-OFF cycles may not be explicitly listed in the product description of a generic winder, the key is that they are short periods of rotation followed by longer periods of rest, all programmed to achieve the correct TPD for your watch.14 This is a standard feature you should look for, as it ensures proper care for your automatic timepiece.