



## DawnLite Natural Alarm Clock

### INSTRUCTION MANUAL

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# ENGLISH INSTRUCTIONS

## INSTRUCTION MANUAL FOR NATURAL ALARM CLOCK

### Introduction

Thank you for buying the DawnLite Natural Alarm Clock. Each morning, DawnLite will brighten your room gradually just like the rising of the sun, so that you wake in a natural way feeling refreshed and ready for the day ahead. Doing so can also help reset your circadian rhythms (or 'body clock') to enhance the quality of your sleep, and relieve mild symptoms of Seasonal Affective Disorder (S.A.D).

You can also use DawnLite at night to create your own sunset and so promote deeper, more restful sleep.

### Your Safety

- Do not remove the glass globe from the lamp unless the unit has been switched off, and the globe has been allowed to cool completely.
- DawnLite uses a 40W G9 halogen bulb.
- Keep away from water or damp conditions.
- Please do not open the base unit. There are no user serviceable parts inside.

## SETTING UP THE DAWNITE NATURAL ALARM CLOCK

### 12 or 24 Hour Clock?

When you plug your DawnLite in and switch it on for the first time, it will automatically start in 24 hour mode. To change to 12 hour mode:

1. Switch it off for 5 seconds
2. Press and hold the '+' button when you switch on again.

(Note After 12 midday in the 12 hour mode the bottom light on the left side of the display will illuminate).



### Setting the Time

1. Press and hold the Time Set for 2 seconds, the hours will flash, you can then release it and use the + and – buttons to set the hours.



2. Press and release the Time Set Button again and the minutes will flash. Use the + and – buttons to set the minutes.
3. Press and release the Time Set Button and the time is set.

### Setting the Alarm Time

1. Press and hold the Alarm Set for 2 seconds, the hours will flash, you can then release it and use the + and – buttons to set the hours.



2. Press and release the Alarm Set Button again and the minutes will flash. Use the + and – buttons to set the minutes.
3. Press and release the Alarm Set Button and the alarm time is set. (The alarm time that you set is the time when DawnLite will reach full brightness and the alarm beep will sound if it has been set.)

### Setting Sunrise Duration

1. Press and hold the Sunrise for 2 seconds and



the minutes will flash. Use the + and – buttons to change the duration of your sunrise. It can be set to 15, 30, 45 or 90 minutes. This is the length of time before the alarm goes off when the light will start to come on.

2. The screen will flash with 15 i.e. the default setting is the Sunrise to last for 15 minutes.
3. Press the + and – buttons to change the duration of the sunrise. It can be set to 15, 30, 45 or 90 minutes. Choose one of these as the time you want to pass before the light goes off completely.
4. To check this setting at any time just press and release the Sunrise button and the time set will appear on the display.

### Setting Sunset Duration

1. Press and hold the Sunset for 2 seconds.
2. The screen will flash with 15 i.e. the default setting is the Sunset to last for 15 minutes.



3. Press the + and – buttons to change the duration of the sunset. It can be set to 15, 30, 45 or 90 minutes. Choose one of these as the time you want to pass before the light goes off completely.
4. To check this setting at any time just press and release the Sunset button and the time set will appear on the display.

## Using your DawnLite Natural Alarm Clock

### Using DawnLite as a Bedside Lamp or Reading Light

Press the Snooze Button then you use the + and – buttons to adjust the intensity of the light. Set DawnLite to a low level to use it as a night light.



### Starting your Sunrise

- Once you have set the time and the Sunrise, check the setting on the slider at the right side of the base unit. You can choose whether you have:
  - just a Sunrise
  - just an alarm beep or
  - both a Sunrise and an alarm beep
- Once you have set the Sunrise and the slider DawnLite will start automatically

### To Continue to Snooze

- Once the sunrise has reached full brightness and/or the beep goes off, you can snooze for a while by simply depressing the snooze button. This will leave the light on, but turn the beep off. The beep will sound again after 5 minutes.

- You can repeat this five times - a total of 25 minutes.
- To turn the alarm off and leave the light on, press the Snooze and + button to turn the alarm off. Alternatively, you can move the slider switch to Alarm Off position. (You will need to switch it back to the required position in the evening so that the DawnLite wakens you the following morning).

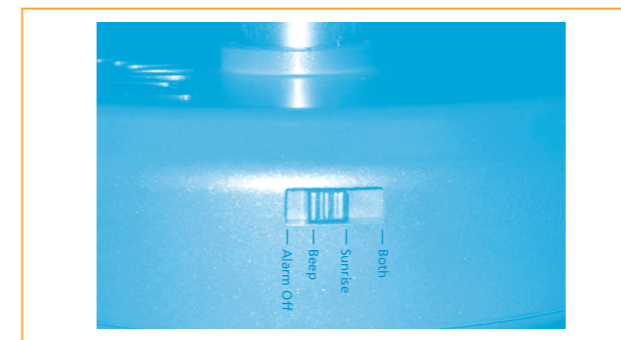
### Starting Your Sunset

- If you want to create a sunset when you go to bed or after you have been using the DawnLite for reading or as a bedside lamp, simply press the Sunset button and the Snooze button together.
- If you do not want a sunset after you have been using the DawnLite for reading or as a bedside lamp simply press the Snooze button to turn the DawnLite off.



## Slider Controls

- Position one, the beep and sunrise are both off.
- Position two the Beep only, but no Sunrise.
- Position three, only the Sunrise but no Beep.
- Position four, beep and the Sunrise will both be on.



## Important Notes

If you want to delete all the settings on your DawnLite Natural Alarm Clock, simply remove and then re-insert the battery from the bottom of the base unit.

Replace the battery once a year.

## DawnLite Guarantee

The DawnLite is guaranteed against any manufacturing defect for a period of 24 months from the date of purchase. This is in addition to your statutory rights. To return the unit please ensure that it is packed in its original carton and the plug is prevented from moving to avoid damaging your DawnLite.

## Contact Us

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## Technical information

Specification subject to change without notice.

Supply 230V 50HZ  
Lamp type G9 40W maximum  
Safety EN60601  
Class I Medical Device

