



Sleep Trainer Clock

User Manual

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CLOCK SCREEN OVERVIEW

The sun time is valid from 6:00 to 18:59.

Ear lights

Snooze
Alarm 1
Alarm 2
Snap



Week
PM/AM

Temperature

The moon time is valid from 19:00 to 5:59 (next day).



Light
ON/OFF

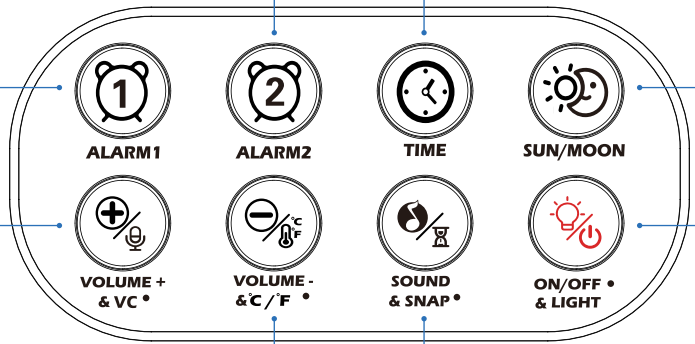
Short press: Select light colour and five lighting effects.

Long press (3 seconds): Power ON/OFF.

OPERATING INSTRUCTIONS ● Short press Long press (three seconds)

- Alarm clock 1 ON/OFF
 - Setting Alarm clock 1
- Sun/Moon ON/OFF
 - Setting Sun/Moon time

- Alarm clock 2 ON/OFF
 - Setting Alarm clock 2
- Display brightness
 - Setting time



- Volume
 - Fahrenheit or Celsius switch
 - Sleep sounds
 - Snap/Timer
-
- Volume +
 - Voice Control screen
 - Selecting light colour
 - Power ON/OFF

SNOOZE ● Light ON\OFF. Adjust light intensity. When the alarm goes off, press the button to enter the snooze.



SOUND & SNAP •

Short press ●

HOW TO CHOOSE AND PLAY THE SEVEN SLEEP SOUNDS

1. ● Press the button to play sound.
2. ● Short press again to play the next song, press or to adjust the volume.
3. Press any button to exit playing.

Long press |











SNAP TIMER FUNCTION

1. | Long press the button to enter the Snap Timer, the icon and **00:00** will flash on the display.
2. ● Short press the button to select the timer duration (15m, 30m, 45m, or 60m), you can also adjust the minutes with the or buttons.
3. If the time displayed is longer than one minute and you tap the button, it will set as the Snap Timer function.
4. Touch the button to pause the timer after it has started.
5. Touch the button again to resume the timer.
6. Long press the button to re-set Snap Timer function.
7. Press the button to exit the Snap Timer function.
8. Max Snap Timer setting: 99 minutes **99:00**



SUN/MOON

SETTING THE SLEEP TRAINER TIME

1.  Long press the  button to enter the desired wake time setting. When the  icon is flashing, press  or  to adjust the time.
2. Then, press  for the desired sleep time setting. When the  icon is flashing, press  or  to adjust the time.
3. When the setting is complete, press the  to exit.

HOW IT WORKS

- The screen's flashing sun/moon icons and clock's ear-lights will gently alert your child when it's time to wake or sleep.

TIME TO WAKE UP

- When the set wake-up time arrives, the clock's ears will glow green and the sun icon flashes. These effects will remain active for one hour in case your child sleeps in.
- If your child wakes early, they'll quickly learn to stay in bed until they see the glowing green ears and flashing sun icon.

TIME TO SLEEP














- When the set bedtime arrives, the clock's ears will glow blue and the moon icon flashes. These effects will remain active for 45 mins in case your child is not quite ready to fall asleep.

Note: The sleep training function differs from the traditional alarm clock function. Its flashing sun/moon icons and coloured lights act as visual cues to teach your child when to wake up or go to bed for more consistent sleep habits. Whereas Alarm 1 and 2 only use sound to provide an auditory wake-up signal.




TIME

SETTING THE CLOCK

1. Long press the  button until the clock flashes on the display.
2. Press  or  button repeatedly to set the hour and press  to store.
3. Press  or  button repeatedly to set the minute and press  to store.
4. Press  or  button to choose 12/24H format and press  to store.
5. Press  or  button repeatedly to select the day of the week.
6. Press the  button to set the time and exit.

SETTING THE SCREEN BRIGHTNESS















In standby mode, press  button to select the brightness of screen.



Note: If you don't press any button for 20 seconds, the setting will store and exit.



SETTING THE ALARM

1.  Long press the  button until hour flashes on the display. Press  or  button repeatedly to set the hour and press  to store.
2. Press  or  button repeatedly to set the minute and press  to store.
3. Press  or  button to select alarm tone from the six options on the display and press  to store.
4. Press  button to select the alarm ON day. Press  button to select OFF day. Press the  button to confirm.

Note: Pay attention to the week day icon on the right, as it shows when the alarm clock is on or if it has been cancelled.




Mon	Thur
Tue	Fri
Wed	

Monday to
Friday alarm
on and
weekend
alarm off.

Mon	Thur
Tue	Fri
Wed	Sat
	Sun

Every
day alarm
on.

SETTING THE ALARM VOLUME

1. In standby mode, press  or  to set the alarm volume from the four options.
2. Turn the alarm on or off in standby mode by pressing .

Note: To set Alarm 2, simply follow the same directions above but use the Alarm 2 button.





VOLUME +
& VC •

Short press  to increase the volume.

Long press  to set up Voice Control.

SETTING UP VOICE CONTROL

1. In standby mode, long press the  button to turn on/off the Voice Control and the  icon will show.
2. Voice Control remains effective even after the screen automatically turns off after 20 seconds without any operation.
3. The screen can be awakened by sound (50~60 dB) or touch.



VOLUME -
& C/F •

Short press  to decrease the volume.

Long press  to choose between fahrenheit or celsius.

CHOOSING BETWEEN FAHRENHEIT OR CELSIUS

1. Press and hold the 'thermometer icon' button for three seconds to choose your preference.

SAFETY INFORMATION

WARNING

Don't replace any element of the alarm clock or make any modifications.

The alarm clock is not waterproof so please keep it dry and safely away from any liquids.

Keep the alarm clock away from fireplaces or any other heat source.

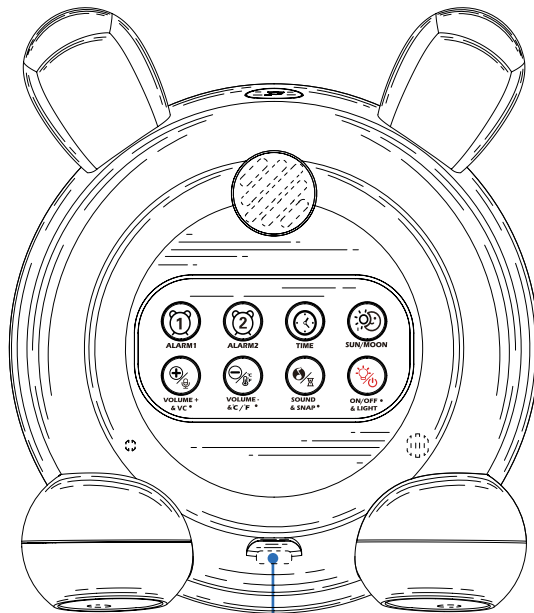
Recycling instructions.

The alarm clock contains hazardous waste materials, including lead, cadmium, beryllium, mercury and bromine fire retardants. Please ensure safe handling and disposal of all parts to reduce the chance of any environmental damage or personal harm.

SPECIFICATIONS

Front screen:	Digital panel
Night light colours:	Five choices
Setting and control buttons:	Nine buttons
Transducer:	23mm
Rated speaker output power:	1W
Input power:	5V/1A
Power connector:	Type-C
Built-in battery:	3.7V/1800mAh lithium battery
Standby time:	60 hours
Product size:	126x155x55mm (WxHxD)
Net weight/gross weight:	270 g / 400 g
Outer shell:	Plastic

POWER SUPPLY CONNECTION



Type-C 5V 2A

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This warranty excludes defects resulting from alterations of the product, accident, misuse, abuse or neglect. To claim the warranty, you must return the product to the retailer from which it was purchased or if that retailer is part of a National network, a store within that chain, along with satisfactory proof of purchase. The retailer will then return the goods to Directed Electronics.

Directed Electronics will repair, replace or refurbish the product at its discretion. The retailer will contact you when the product is ready for collection. You will bear all costs involved in claiming this warranty, including the cost of the retailer sending the product to Directed Electronics.

**Please scan this QR code
for customer support:**



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