



Sleep Trainer Clock

User Manual

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BUTTONS AND CONTROL PANEL DIAGRAM

 **SHORT PRESS**

Alarm 2 On/Off   Display brightness

 **LONG PRESS**

Setting Alarm 2   Setting time

 Alarm 1 On/Off

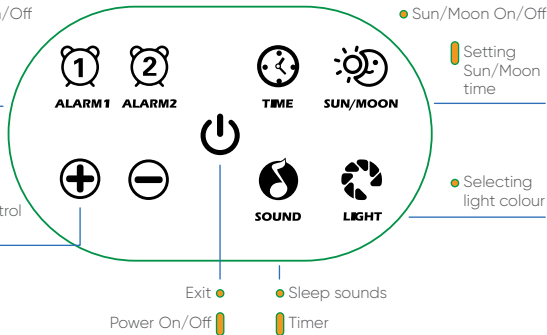
 Sun/Moon On/Off

 Setting Alarm 1

 Setting Sun/Moon time

 Voice Control On/Off

 Selecting light colour



SNOOZE



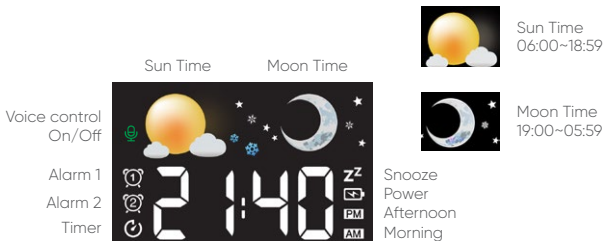
Snooze control.

When the alarm goes off, press the Snooze button to temporarily silence the alarm and reset it to sound again after a short, preset, interval. Long press the Snooze button to turn off alarm.

LED light control.

Short press to adjust LED light brightness from low, medium to high.

OPERATING INSTRUCTIONS



How it works:

The screen's flashing sun/moon icons and the clock's coloured lighting 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 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 clock and flashing sun icon.











Time to sleep.

When the set bedtime arrives, the clock 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.



SUN/MOON






SETTING THE SLEEP TRAINER TIME

1.  Long press the  button for two seconds 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.







SOUND

HOW TO CHOOSE AND PLAY THE SEVEN SLEEP SOUNDS

1.  Short 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.

SETTING THE TIMER FUNCTION
















1.  Long press the  button to set when the Timer turns off clock lights or sleep sound.
2. Press the  button again to select the Timer duration  15, 30, 60 minutes.
3. With the Timer function activated, the LED light and sleep sounds will be turned off as set every time.

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,  means it's Friday.
6. Press the  button to set the time and exit.















Note: If you don't press any button for 20 seconds while setting the clock, the setting will be cancelled.

SETTING THE SCREEN BRIGHTNESS

In standby mode, Press  button to select the brightness of LCD display



SETTING THE ALARM

1.  Long press the  button until hour 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 select alarm tone from the six options on the display; and press  to store.
5. Press  button to select the alarm ON day. Press  button to select OFF day. Press the  button to confirm.

 Daily

 Weekdays (Monday to Friday)

 Weekends (Saturday and Sunday)

SETTING THE ALARM VOLUME

In standby mode, press  or  to set the alarm volume from the four options.



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.

SNOOZE



SETTING SNOOZE CONTROL

1. When alarm sounds, press the  button to temporarily silence the alarm.
2. The **Z^z** icon will flash on the display and the alarm will sound again after approximately nine minutes.
3. With the Snooze function activated, press the  button again to stop snoozing.
4. The **Z^z** icon will disappear on the display.

Note: While the Snooze function is activated, you can press snooze three times.

TURNING THE SCREEN LIGHT ON OR OFF

In standby mode, press the  button to turn on/off the light and press again to choose between three levels of brightness.

VOICE CONTROL FUNCTION

In standby mode, long press the  button for two seconds to turn on/off the voice control function.

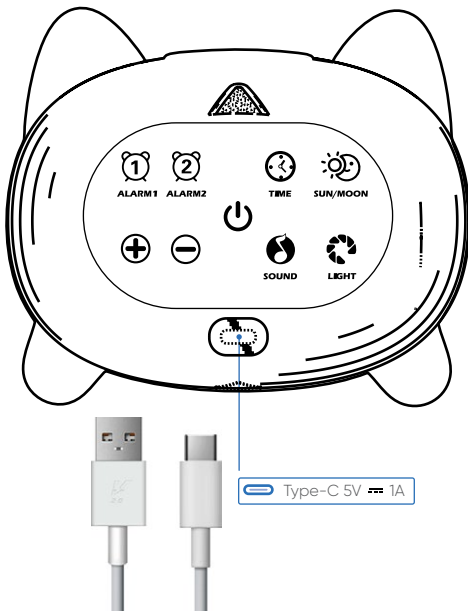
The  icon will appear on the display.



If there is no sound wake up within 20 seconds, it will turn off the screen and night light to enter the power saving mode.

Note: The voice control function is turned off by default when the power is connected, and the screen is steady on. Voice control is turned on by default for non-power supply.

POWER SUPPLY CONNECTION



SPECIFICATIONS

Front screen:	Digital panel
Night light colours:	Five choices
Setting and control buttons:	Ten buttons
Transducer:	23mm
Rated output power:	1W
Input power:	5V/1A
Power connector:	Type-c
Built-in battery:	3.7V/1800mA lithium battery
Standby time:	60 hours
Product size:	125 * 120 * 89 mm WxHxD)
Net weight/gross weight:	190 g / 300g
Outer shell:	Plastic

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