

3rd
Generation

Wake-Up Light User Manual

EN



Thanks for selecting our products.

IMPORTANT SAFETY INFORMATION

- Danger** • Water and electricity are a dangerous combination. Do not use this appliance in wet surroundings (e.g. in the bathroom or near a shower or swimming pool).





- Keep the adapter dry.
- Do not let water run into the appliance or spill water onto the appliance.
- This appliance is for indoor use only.

- Warning** • If the adapter, cord or appliance has been damaged in any way, liquid has spilled or objects have fallen into and/or onto the appliance, the appliance has been exposed to rain or moisture, does not operate normally or has been dropped or damaged, it should not be operated.
- Only use the appliance in combination with the adapter supplied.
 - If the adapter (cord) is damaged, always have it replaced with one of the original type in order to avoid a hazard.





- Caution** • The appliance has no on/off switch. To disconnect the appliance, remove the adapter from the wall socket. The adapter must remain easily accessible at all times.
- If you often wake up too early or with a headache, reduce the set light intensity level and/or the set Sunrise Simulation time.
 - If you often wake up by the alarm sound, increase the set light intensity level or the set Sunrise Simulation time.

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Alarm

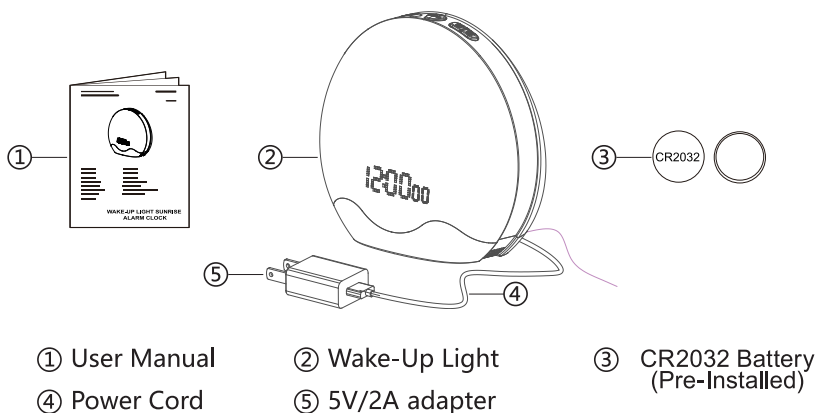
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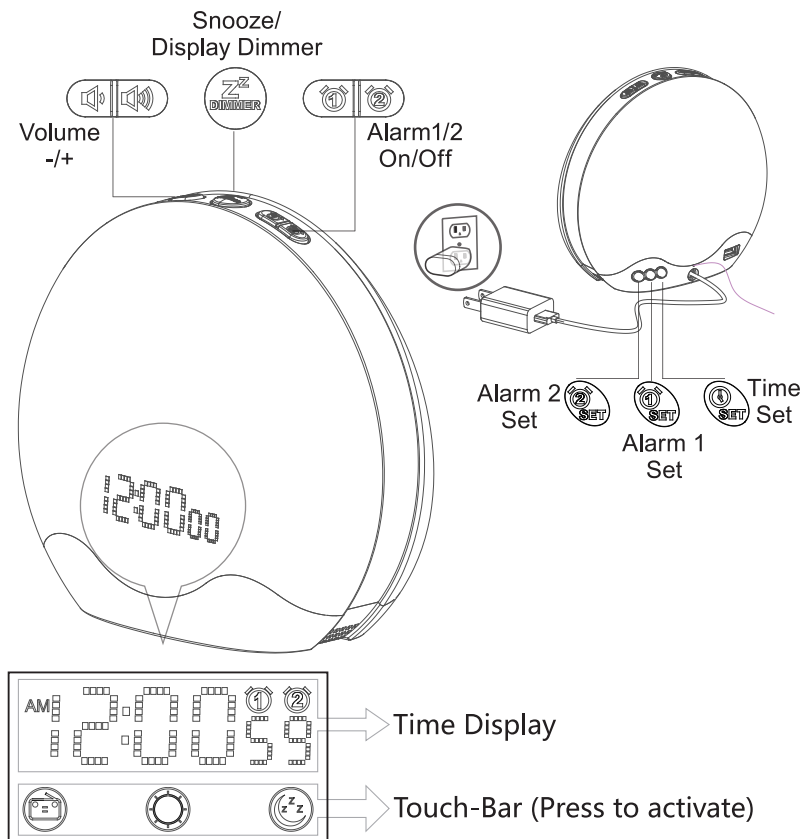
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The effects of Wake-Up Light

The Wake-Up Light gently prepares your body for waking up during the last 10 to 60 minutes, depending on the Sunrise Simulation time you set. In the early morning hours our eyes are more sensitive to light than when we are awake. During that period the relatively low light levels of a simulated natural sunrise prepare our body.

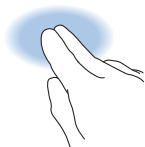
If the Sunrise Simulation is active (default is 30 minutes), the light intensity of the lamp gradually increases to the set level and the light color changes from deep morning red to bright daylight. The light gently prepares your body for waking up at the set time. To make waking up an even more pleasant experience, you can use natural wake-up sounds or the FM radio to wake up to.



Navigating the menu



On the display you can select and set the Time, Alarm, bedside light, FM Radio or Fall-asleep.



NOTE: All your personalized settings will be permanently stored in the memory, they will not be erased by removing the adapter from the electrical outlet. You can change all settings at any time, the last setting will be stored.

NOTE: If the display is blank, move your hand towards the lower part of the Wake-up Light to show the display menu. You will see the menu buttons.

Display icons

Prompt icons



Radio



Alarm-Sound



Volume



Alarm1/2



Snooze



Light Mode



Light Brightness

Touch Buttons



FM Radio



Light



Fall-asleep



Return



Confirm



Close



FM Frequency-



Automatic search



FM Frequency+



Set-/ Light Brightness-



Set+/ Light Brightness+



Light mode

Pulling out Insulation Sheet

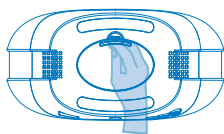
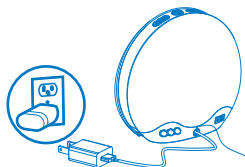


Fig.1

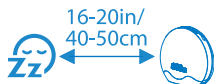
The Wake-Up Light comes with a pre-installed CR2032 battery. Pull out the insulating sheet to initiate memory mode(Fig.1).

NOTE: When the Wake-Up Light is not plugged in, the attached battery stays memory mode. Normally, the battery lasts 2 years, please replace it when the battery is exhausted.

Power on



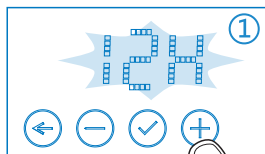
Please use a 5V/2A adapter to connect the Wake-Up Light and power on. Some functions will be limited if the adapter power is less than 5V/2A.






Place the Wake-up Light 16-20in/40-50cm from your head, for example on a bedside table.

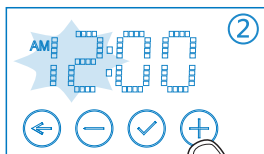
Setting the clock time

You have to set the clock time when you plug in the appliance for the first time.

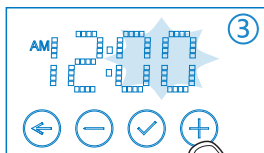


① Press the  /  button to adjust it to 12-hour or 24-hour format. And Press the  button to confirm, then next;

✓ Setting the clock time



- ② Press the / button to set Hours;
And press the button to confirm, then next;



- ③ Press the / button to set Minutes;
And press the button to complete.



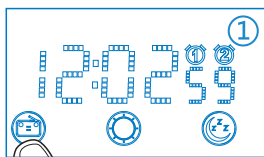
USER TIP:

During the process, you can touch the button at any step to return to previous steps.

NOTE(Next use):

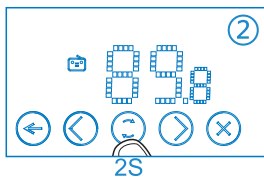
Press and hold button on the back to enter time setting process, and the operation steps are the same as above.

🔍 Searching for FM channels



Both the Fall-asleep and FM Radio are based on FM channels. Please search FM channels first.

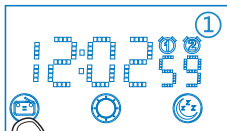
Tip: Make sure to unwind the antenna fully and move it around until you receive the best reception.



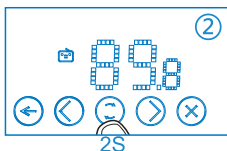
- ① Press button to turn on the FM radio.
② Press for 2 seconds to automatically search for channels (frequency from 76.0MHz to 108MHz).



Listening to the Radio



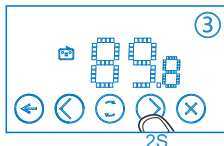
① Press button to turn on the FM radio.



• Automatic tuning steps:

② Press for 2 seconds to automatically search for channels (frequency from 76.0MHz to 108MHz).

• Adjust the channels manually



③ Press and hold button to adjust channels manually after automatic channel searching.

USER TIP: After searching for FM channels for the first time, you can step into the previous channel directly just by clicking the button.

Click the to adjust in 0.1MHz.

• FM Volume

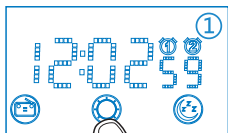
When FM is enabled, click to adjust the radio volume.


The volume ranges from 01 to 20.

• Press button to turn off radio.


• Press button to return to home screen.

Using light as a bedside lamp



① Press  button to turn on the Light .

• Adjust the lighting mode:

② Press  to adjust the lighting mode.
There are 12 lighting effects.





1: Sunrise-Mode;

2~6: Color-Mode(Red, Green, Cyan, Blue, Purple);

7~12: Effect-Mode(autochromic, clockwise, counterclockwise, aurora, flame, Snowy mountain).

• Light Brightness

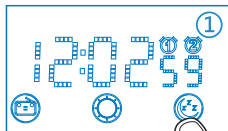
③ Use the  /  button to adjust the light brightness while it is lightening. The brightness ranges from 01 to 20.




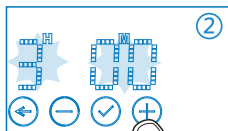
• Press  button to turn off light.



• Press  button to return to home screen.

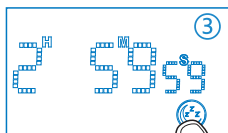
Fall-asleep




① Press  button to turn on Fall-asleep. And you need to select a timer.

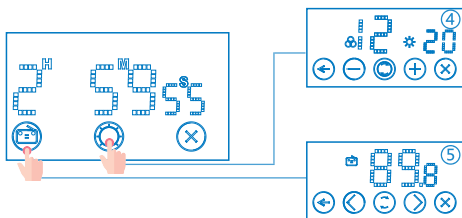


② Press  button to adjust the timer with it flashing. The timer ranges from 10MIN to 3H, and ALL time. (ALL means that the command is always enabled). And press the  button to complete.



• Adjust the Fall-sleep profiles


③ You can continue to click  button to adjust the FM parameters and light mode. And the volume and light brightness will fade until the timer is ended.



④ You can continue to adjust the light, See page 10 for details.


⑤ You can continue to adjust FM radio, See page 9 for details.

• Preview current time

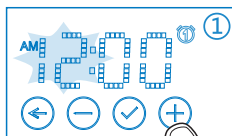
After Sleep Timer is started, press and hold  to check the current time.




• Press  button to turn off fall-asleep.

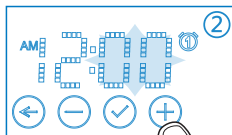
①② Setting alarms(Alarm 1)




Press and hold  **button on the back to enter Alarm1 setting process. The following steps are completed by touching menu.**

When you set your alarm, you set the alarm-time (steps①-②), the alarm-sounds(steps③-④) and the sunrise profiles (steps⑤-⑥) you want to wake up to.






① Press the  /  button to set Alarm-hours;
And press the  button to confirm, then next;



② Press the  /  button to set Alarm-Minutes;
And press the  button to confirm, then next;



③ Press the  /  button to set alarm-sounds;
And press the  button to confirm, then next;




The range is:

OFF: No Sound;

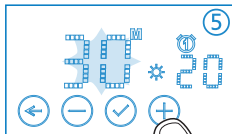
1~5 : Wake-Up ringtones(Ocean-Sound, Telephone, Valley Echo, Piano Music, Soft Music);

6: FM Radio(The channel that the Radio wakes up depends on the channel you listened to last time).



④ Press the  /  button to adjust Alarm Volume;
And press the  button to confirm, then next
(Volume level 01 to 20);

①② Setting alarms(Alarm 1)

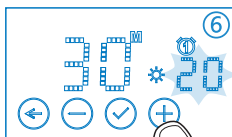


⑤ Press the \ominus / \oplus button to set sunrise time in advance; And press the \checkmark button to confirm, then next;

The range is:

OFF: SUNRISE OFF

10~60MIN: Sunrise minutes before the alarm goes off.



⑥ Press the \ominus / \oplus button to set maximum brightness of Sunrise; And press the \checkmark button to complete.
(Sunrise level 01 to 20).

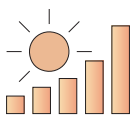


USER TIP :

During the process, you can touch the \leftarrow button at any step to return to the previous steps.

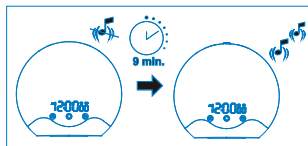
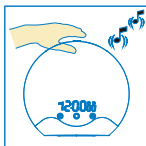
NOTE(Alarm 2): Alarm 2 works in the same way as alarm 1.

Zz Snoozing




When the wake-up curve has ended (when the set maximum light intensity has been reached) and the alarm sound is playing, you can tap the Zz button to snooze.

The lamp stays on, but the sound is muted. After 9 minutes, the alarm sound starts playing again.




Turning the alarm off


When the alarm goes off, you can turn it off by pressing  button. If you turn off the alarm, the alarm profile is deactivated for that day.

Note: The light and sound automatically turn off 30 minutes after the alarm has gone off.

Alarm on/off button

Press  if you want to switch the alarm on or off. The corresponding icon appears on the display when you switch on the alarm. It disappears when you switch off the alarm.

Dimmer button

In the time display interface, click the  to adjust the brightness of the screen to 100%-75%-25%-OFF in turns.



USER TIP: Please adjust the screen brightness appropriately in order not to be dazzled in dark environment.

FM Volume button

Click  to adjust the radio volume. See page 9 for more details.




Alarm set button

Press and hold  or  button to enter alarm setting process.
See page 12 for more details.



Time set button

Press and hold  button to enter time setting process.
See page 7 for more details.



Charging your USB device

You can use the USB port to charge your USB device
(max 1000 mA).



Cleaning and storage

- Clean the appliance with a soft cloth.
- If you are not going to use the appliance for an extended period of time, remove the adapter from the wall socket and store the appliance in a safe, dry location where it will not be crushed, banged, or subject to damage.
- Do not throw away the product with the normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you help to preserve the environment.
- Follow your country's rules for the separate collection of electrical and electronic products. Correct disposal helps prevent negative consequences for the environment and human health.

? Specifications

Model	FZ05
Rated input voltage adapter	100-240V
Rated input frequency adapter	50/60Hz
Rated output power adapter	10W
USB charging port	5V, 1000mA
Nominal light output (level 1 - 20)	1 ~ 270 lux at 45cm
Nominal light color (Mode 1 - 12)	1600W
Physical characteristics	
Dimensions (height × width × Depth)	16.4×18.1×8.2cm
Weight main unit / adapter	Approx 0.36kg / 0.04kg
Cord length adapter	150cm
Operating conditions	
Temperature	0°C to 40°C
Relative humidity	15% to 90% (no condensation)
FM	
Operating frequency	76.0 MHz - 108.0 MHz



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