

**WAKE**

**USER GUIDE**

**TALA**

1. English
2. Français
3. Deutsch
4. Español,



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2. General Controls
3. Set up with App / Set up without App
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7. Settings
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9. Smart Home Integration
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11. Warranty and support



## INTRODUCTION

Wake calmly with a crescendo of light and sound.

Designed to promote healthy sleep and waking habits, supporting enhanced cognitive function for greater alertness during the day and more restful nights.

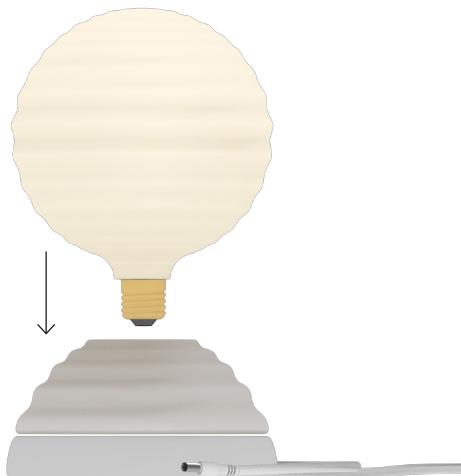
Wake Up with gradual increase of light simulating sunrise to ease your body into the day, ending with an optional crescendo of gentle alarm sounds.

Wind down in the evening with a simulated sunset over a customisable period of time to help promote melatonin production and relaxation before sleep.

Sleep sounds including natural soundscapes and white noises can be played to help mask any environmental disruptions and ease you into peaceful sleep.

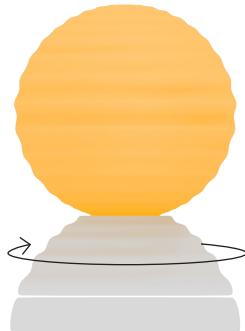
## GETTING STARTED

1. Place the Wake on a bedside table about 50cm from your face.
2. Screw the bulb securely into the base.
3. Connect the power adapter to the base, and plug it into a power outlet. The LCD screen should illuminate.
4. Rotate the lamp clockwise to brighten the light.

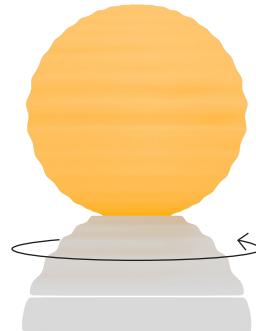




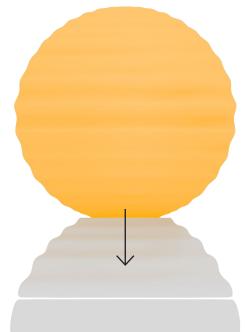
## CONTROLS



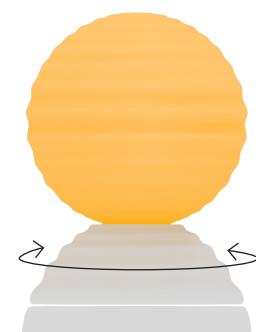
Rotate Clockwise:  
Increase brightness



Rotate Counterclockwise:  
Decrease brightness



Press the lamp body:  
Open menu and confirm



Rotate within menu:  
Scroll through options



## CONNECTING THE APP (OPTIONAL)

1. Download the Tala app from the App Store or Google Play Store.



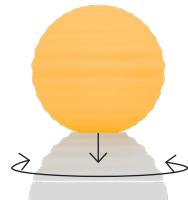
2. Open the app and select 'Add Device' or the '+' symbol.  
2.4 GHz wireless home network and bluetooth connection is required.

Add Device

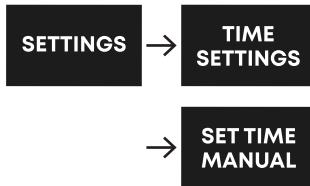


## SETTING THE TIME (IF NOT USING THE APP)

1. Press the lamp body to access the menu
2. Go to 'SETTINGS' > 'TIME SETTINGS'
3. Select 'MANUAL' and follow prompts to set the time.



Note: the time will not automatically update without app connection.





## SETTING AN ALARM

### Preview and set next alarm

1. Press the lamp body once to preview the next alarm.
2. Press again to edit the alarm and time.  
Press to confirm.
3. Adjust Wake Up Duration and alarm sounds in  
'ALARM SETTINGS'

NEXT ALARM  
**07:00**

### Turn off next alarm

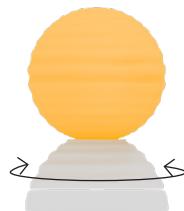
1. Press the lamp body once to preview the next alarm.
2. Press again to edit the next alarm and rotate to  
change 'NEXT ALARM ON' to 'OFF'
3. Press to confirm.

NEXT ALARM  
**OFF**

## ALARM CONTROLS

### Stop Alarm

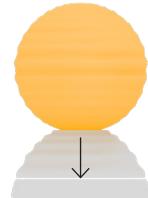
1. Rotate counterclockwise to dim the light and stop the alarm
2. Rotate clockwise to stop the alarm without changing the light.





## Snooze

1. Press the body to snooze the alarm.
2. The lamp will fade down and restart after 9 minutes.  
Snooze duration is customisable in 'ALARM SETTINGS'.



## SLEEP SOUND AND WIND DOWN

### Turn on sleep sounds

1. Go to 'START SLEEP SOUND' in the menu.
2. Default duration is 30 minutes before fading off. Adjust duration and track in 'SLEEP SOUND SETTINGS'.
3. Press again to edit the alarm and time.  
Press to confirm.

START  
SLEEP  
SOUND

### Adjust sleep sound volume

While sleep sound is playing:

1. Press the body, select 'SLEEP SOUND VOLUME'.
2. Rotate to change volume. Press to confirm.

SLEEP  
SOUND  
10%



## Stop sleep sound

1. Press the body, navigate to 'SLEEP SOUND VOLUME'.
2. Set volume to 0%. Press to confirm.
3. Display will show 'SLEEP SOUND OFF'.

SLEEP  
SOUND  
OFF

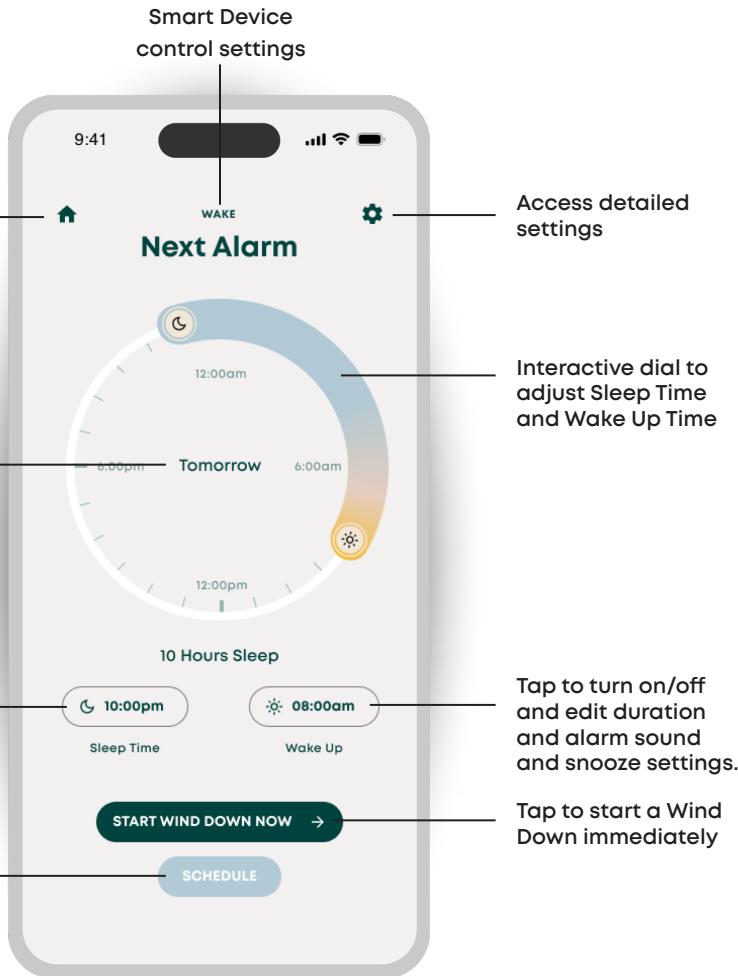
## Start wind down

1. Press the body and navigate to 'START WIND DOWN' in the menu.
2. The light will dim over 30 minutes.  
Wind down duration is customisable in 'WIND DOWN SETTINGS'.

START  
WIND DOWN



## APP INTERFACE WAKE DASHBOARD





## APP INTERFACE

### SCHEDULE ALARMS

Set up Sleep and Wake Up schedules for the full week in the Schedule manager. Keeping to a regular Sleep and Wake routine can improve sleep quality with more regulated circadian rhythms. Schedule can be paused at any time.

**Tap to edit day schedule.**

**Stop scheduled Sleep and Wake up times.**

**Interactive dial control to adjust Sleep Time and Wake Up Time**

**Apply settings to multiple days**

**Confirm to save**



## DEVICE SETTINGS

### ALARM SETTINGS

#### DURATION 40 MINS

Duration of the gradual dimming of the light before the set Alarm time.

#### SOUND BIRD 1

Alarm sound track. Choose from 4 nature and instrumental tracks.

#### VOLUME 40%

Alarm sound volume.

#### SNOOZE 9 MINS

Snooze duration before Wake Up light and Alarm sound is repeated.

### SLEEP SOUND SETTINGS

#### DURATION 40 MINS

Duration of the gradual dimming of the light before the set Alarm time.

#### SOUND RAIN

Sleep sound track. Choose from 6 nature and White Noise tracks.

#### VOLUME 40%

Sleep Sound volume.

### WIND DOWN SETTINGS

#### DURATION 40 MINS

Duration of the gradual dimming of the light before desired Sleep Time.

#### SLEEP SOUND ON

If ON, Sleep Sound will start playing automatically at the end of the Wind Down.

### TIME SETTINGS

#### SET TIME AUTO

Change Time Source from AUTO (if connected to the Tala App) or MANUAL.

#### DISPLAY 24 HR

Change between 12 hour and 24 hour time display

### DISPLAY SETTINGS

#### DISPLAY ON CLICK

Display will turn off after 10 seconds of inactivity. Display will illuminate when lamp is interacted with.

#### DISPLAY ALWAYS ON

Display is always illuminated.



## DETAILED SETTINGS

Connect Wake to the Tala App to further tailor your Wake experience.



### Display Brightness

Dynamic - Lamp display brightness will adjust according to the light output from the lamp.

Manual - Set constant display brightness.

### Alarm Sound Delay

Set a delay between the Wake Up time before the Alarm Sound starts.

### Max Light Brightness

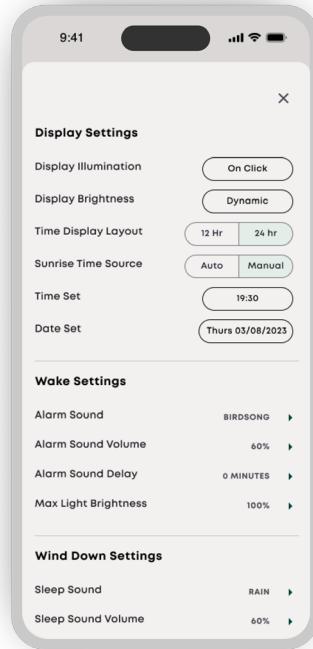
Set the maximum brightness the light will reach at the Wake Up time.

### Nighttime brightness

Set a minimum brightness at end of wind down for nightlight mode.

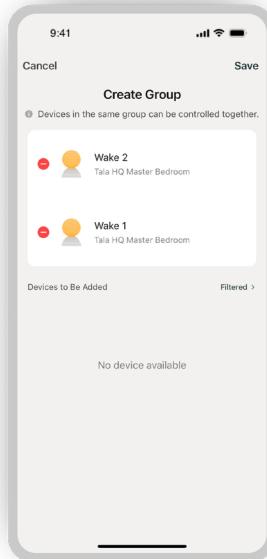
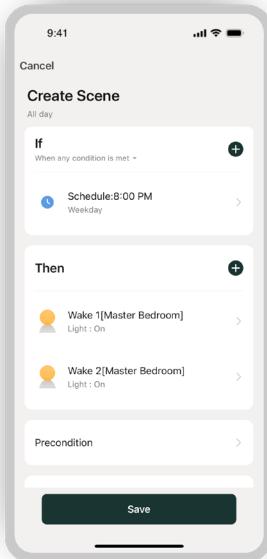
### Sleep Sound Start

Determine when the Sleep Sound will start during a wind down.





## CONNECTIVITY AND SMART CONTROLS



### Scene Automation

'Scenes' help to personalise and automate multiple devices.

Automate device actions based on time, location, or other conditions (e.g., turn on all Wake lamps at 8:00 PM)



### Group management

Link multiple Wake lamps for unified control.

1. Set up two or more devices separately on the Tala app.
2. Open one of the device's control panel and select 'Create Group'. Add the additional devices
3. All devices can be managed through one dashboard.



## SMART HOME INTEGRATION

Connect to Google Assistant or Amazon Alexa for voice control and connect your Tala Smart products with other Google or Alexa compatible devices in your home.

### Works with Google Home



1. Install the Google home app on your smartphone.
2. Link your 'Tala' app account to your Google assistant. Your Tala smart devices will then appear in the Google Home app.
3. You can now control your devices with your voice, try saying "OK, Google" followed by:
  - "Turn on Wake"
  - "Start Wind Down on Wake"
  - "Set brightness to 50%"

### Works with Amazon Alexa



1. Install the Alexa home app on your smartphone.
2. Enable the 'Tala' Skill on Alexa in More > Skills & Games. Once linked Alexa will detect your 'Tala' smart products.
3. You can now control your devices with your voice, try saying "Alexa" followed by:
  - "Turn on Wake"
  - "Start Wind Down on Wake"
  - "Set brightness to 50%"



## TROUBLESHOOTING

<b>Bulb won't turn on.</b>	<ul style="list-style-type: none"><li>- Ensure the bulb is securely screwed in, the power cable is attached, and power is on..</li><li>-</li></ul>
<b>Time shown does not align with real time.</b>	<ul style="list-style-type: none"><li>- If using the app, verify Time Source is set to AUTO and phone's location permissions are allowed for the app.</li><li>- If not using the app, verify 'SET TIME' in 'TIME SETTINGS' is 'MANUAL' and reset the time.</li></ul>
<b>LCD display not illuminating</b>	<ul style="list-style-type: none"><li>- Check if 'ON CLICK' mode is set, where screen will only illuminate when interacting with the device.</li><li>- Adjust lamp brightness, if display brightness is set to 'DYNAMIC' it will increase brightness with bulb brightness.</li><li>- Ensure display brightness is 50% or higher if set to 'MANUAL' brightness.</li></ul>
<b>App cannot find device.</b>	<ul style="list-style-type: none"><li>- Check the app is the latest version.</li><li>- Factory Reset device in 'SETTINGS' &gt; 'FACTORY RESET' &gt; 'CONFIRM' and try connect again.</li><li>- Ensure phone's WiFi and Bluetooth are on. Wake requires 2.4GHz wireless home network.</li></ul>
<b>Wake alarm light dims too quickly or too slowly.</b>	<ul style="list-style-type: none"><li>- Adjust the Wake Alarm duration in 'ALARM SETTINGS' &gt; 'DURATION'</li></ul>
<b>Wind down light dims too quickly or too slowly.</b>	<ul style="list-style-type: none"><li>- Adjust the Wind Down duration in 'WIND DOWN SETTINGS' &gt; 'DURATION'</li></ul>
<b>Alarm sound did not play at Wake Up time.</b>	<ul style="list-style-type: none"><li>- Ensure Alarm Volume is set to 30% or higher to ensure you can hear it is on.</li><li>- Check 'ALARM SOUND DELAY' is set to 0 Minutes on the app.</li></ul>
<b>Sleep sound not playing.</b>	<ul style="list-style-type: none"><li>- Ensure Sleep Sound Volume is set to 30% or higher to ensure you can hear it is on.</li><li>- During Wind Down, ensure Sleep Sound is turned on in the Wind down settings and 'SLEEP SOUND START' is set correctly on the app settings.</li></ul>
<b>Next Alarm is started at incorrect time or did not start.</b>	<ul style="list-style-type: none"><li>- Ensure 'NEXT ALARM' is turned on in the app or on the device.</li><li>- Ensure your Schedule in the app is 'PAUSED' or no alarm is set for the next day.</li><li>- If on 'MANUAL' Time Source, ensure time is set correctly</li><li>- If on 'AUTO' Time Source, ensure app has permission to read your phone's location.</li></ul>
<b>Scheduled alarm started at incorrect time or did not start.</b>	<ul style="list-style-type: none"><li>- Ensure your Schedule in the app is not 'PAUSED'.</li><li>- Check the 'NEXT ALARM' has not been changed the night before.</li><li>- If on 'MANUAL' Time Source, ensure date is set correctly</li><li>- If on 'AUTO' Time Source, ensure app has permission to read your phone's location.</li></ul>

If your issue cannot be addressed above, Factory Reset the device by navigating to 'SETTINGS' > 'FACTORY RESET'.

Replacement Wake bulbs can be purchased at [tala.co.uk](http://tala.co.uk) (UK/EU) or [talalighting.com](http://talalighting.com) (USA)



## Care and Cleaning

We recommend cleaning with a soft dry cloth. If required, further cleaning can be achieved with warm, soapy water. Do not use abrasive materials as these will damage the finish of the product. Do not use alcohol or other solvents.

## Warranty and after-care

This product has a two-year warranty. If there appears to be a functional defect with the product during this time, please contact our team at [customerservice@tala.co.uk](mailto:customerservice@tala.co.uk).

This symbol  indicates that electrical and electronic equipment (WEEE) should not be mixed with general household waste. For recovery and recycling, please take this product to a designated collection point where it will be accepted free of charge. Many retailers offer this instore. Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: —Reorient or relocate the receiving antenna. —Increase the separation between the equipment and receiver. —Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. —Consult the dealer or an experienced radio/TV technician for help. Caution: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

FCC Responsible party / FCC Partie responsable / Entidad Responsable de la FCC:

Tala North America, Inc.

909 Rose Avenue, Suite 660 North Bethesda, MD 20852

United States

[www.tala.co.uk](http://www.tala.co.uk)

## Join the Community

Instagram: @tala | Facebook: TalaHQ | Pinterest: TalaLED | Tag: lighttoliveby

Tala Energy Ltd, 25B Vyner Street, London, UK, E2 9DG | [hello@tala.co.uk](mailto:hello@tala.co.uk)

Tala Europe B.V, Bertus Aafjeshove 40, Nieuwegein 3437JN, Netherlands

Tala North America Inc, 909 Rose Avenue, Suite 660, North Bethesda, MD 20852, USA

FRENCH

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# FRENCH

## INTRODUCTION

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Designed to promote healthy sleep and waking habits, supporting enhanced cognitive function for greater alertness during the day and more restful nights.

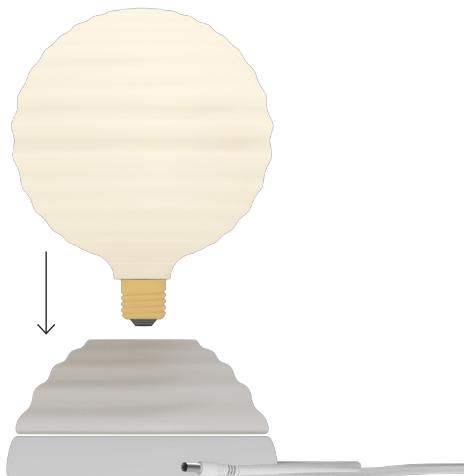
Wake Up with gradual increase of light simulating sunrise to ease your body into the day, ending with an optional crescendo of gentle alarm sounds.

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Sleep sounds including natural soundscapes and white noises can be played to help mask any environmental disruptions and ease you into peaceful sleep.

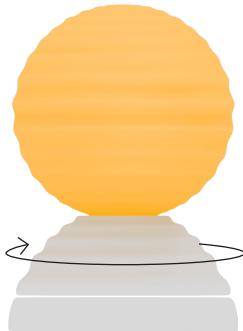
## GETTING STARTED

1. Place the Wake on a bedside table about 50cm from your face.
2. Screw the bulb securely into the base.
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4. Rotate the lamp clockwise to brighten the light.

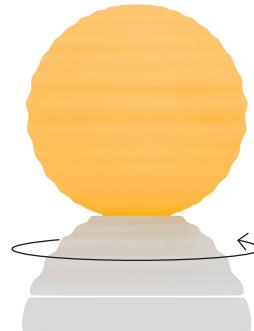


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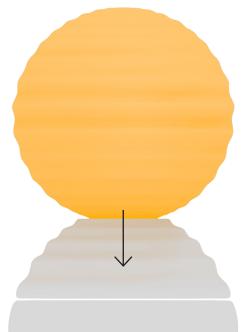
## CONTROLS



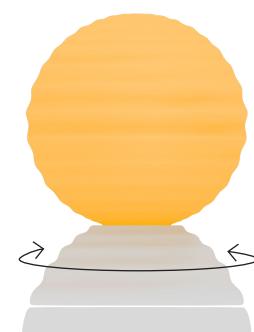
Rotate Clockwise:  
Increase brightness



Rotate Counterclockwise:  
Decrease brightness



Press the lamp body:  
Open menu and confirm



Rotate within menu:  
Scroll through options

FRENCH

## CONNECTING THE APP (OPTIONAL)

1. Download the Tala app from the App Store or Google Play Store.



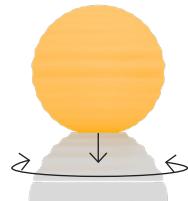
2. Open the app and select 'Add Device' or the '+' symbol.  
2.4 GHz wireless home network and bluetooth connection is required.

Add Device

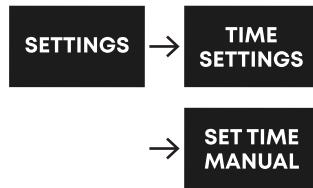


## SETTING THE TIME (IF NOT USING THE APP)

1. Press the lamp body to access the menu
2. Go to 'SETTINGS' > 'TIME SETTINGS'
3. Select 'MANUAL' and follow prompts to set the time.



Note: the time will not automatically update without app connection.



# FRENCH

## SETTING AN ALARM

### Preview and set next alarm

1. Press the lamp body once to preview the next alarm.
2. Press again to edit the alarm and time.  
Press to confirm.
3. Adjust Wake Up Duration and alarm sounds in  
'ALARM SETTINGS'

NEXT ALARM  
**07:00**

### Turn off next alarm

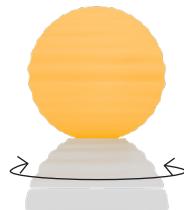
1. Press the lamp body once to preview the next alarm.
2. Press again to edit the next alarm and rotate to  
change 'NEXT ALARM ON' to 'OFF'
3. Press to confirm.

NEXT ALARM  
**OFF**

## ALARM CONTROLS

### Stop Alarm

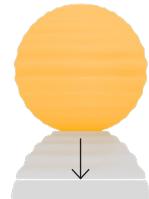
1. Rotate counterclockwise to dim the light and stop the alarm
2. Rotate clockwise to stop the alarm without changing the light.



# FRENCH

## Snooze

1. Press the body to snooze the alarm.
2. The lamp will fade down and restart after 9 minutes.  
Snooze duration is customisable in 'ALARM SETTINGS'.



## SLEEP SOUND AND WIND DOWN

### Turn on sleep sounds

1. Go to 'START SLEEP SOUND' in the menu.
2. Default duration is 30 minutes before fading off. Adjust duration and track in 'SLEEP SOUND SETTINGS'.
3. Press again to edit the alarm and time.  
Press to confirm.

START  
SLEEP  
SOUND

### Adjust sleep sound volume

While sleep sound is playing:

1. Press the body, select 'SLEEP SOUND VOLUME'.
2. Rotate to change volume. Press to confirm.

SLEEP  
SOUND  
10%

# FRENCH

## Stop sleep sound

1. Press the body, navigate to 'SLEEP SOUND VOLUME'.
2. Set volume to 0%. Press to confirm.
3. Display will show 'SLEEP SOUND OFF'.

SLEEP  
SOUND  
OFF

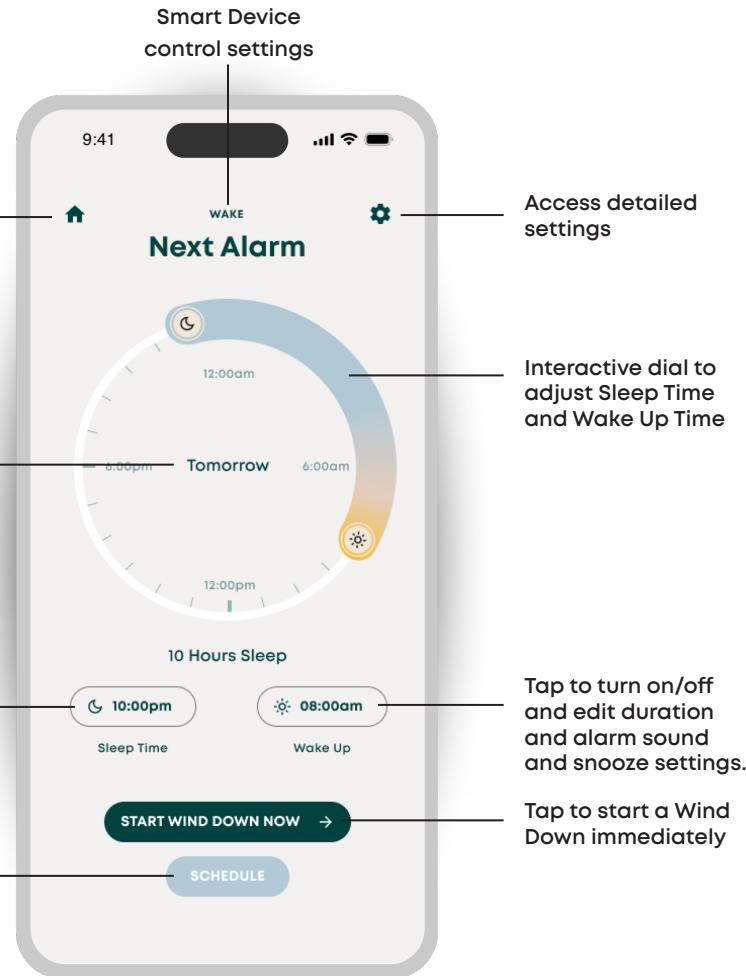
## Start wind down

1. Press the body and navigate to 'START WIND DOWN' in the menu.
2. The light will dim over 30 minutes.  
Wind down duration is customisable in 'WIND DOWN SETTINGS'.

START  
WIND DOWN

# FRENCH

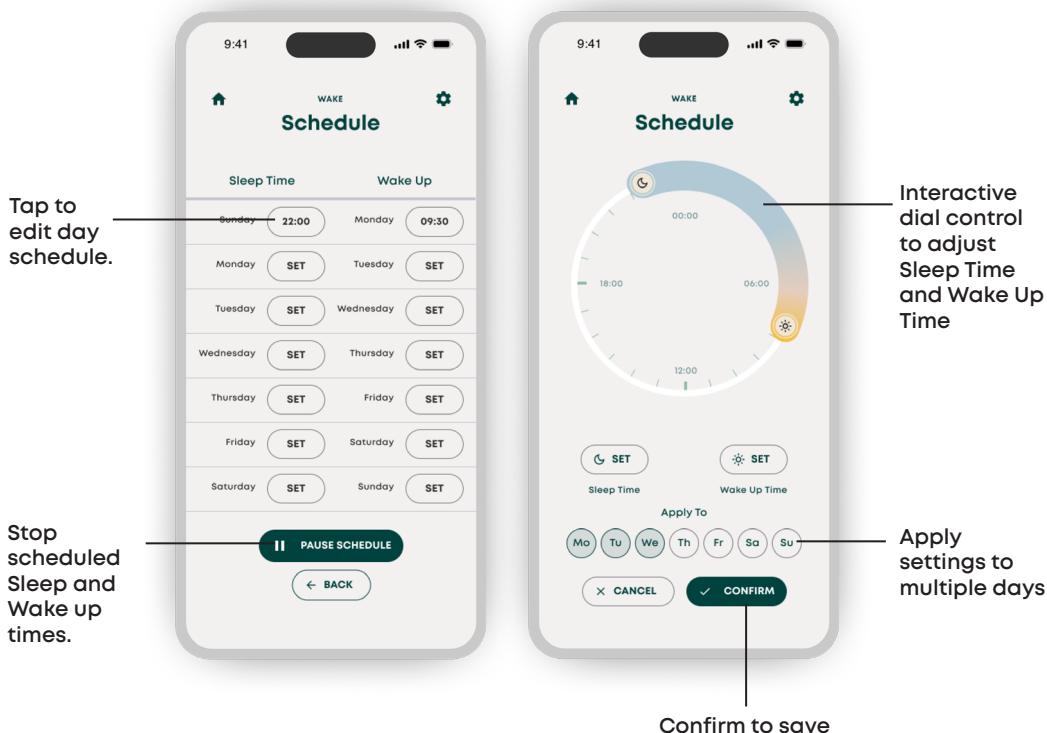
## APP INTERFACE WAKE DASHBOARD



# FRENCH

## APP INTERFACE SCHEDULE ALARMS

Set up Sleep and Wake Up schedules for the full week in the Schedule manager. Keeping to a regular Sleep and Wake routine can improve sleep quality with more regulated circadian rhythms. Schedule can be paused at any time.



# FRENCH

## DEVICE SETTINGS

### ALARM SETTINGS

**DURATION**  
**40 MINS**

Duration of the gradual dimming of the light before the set Alarm time.

**SOUND**  
**BIRD 1**

Alarm sound track. Choose from 4 nature and instrumental tracks.

**VOLUME**  
**40%**

Alarm sound volume.

**SNOOZE**  
**9 MINS**

Snooze duration before Wake Up light and Alarm sound is repeated.

### SLEEP SOUND SETTINGS

**DURATION**  
**40 MINS**

Duration of the gradual dimming of the light before the set Alarm time.

**SOUND**  
**RAIN**

Sleep sound track. Choose from 6 nature and White Noise tracks.

**VOLUME**  
**40%**

Sleep Sound volume.

### WIND DOWN SETTINGS

**DURATION**  
**40 MINS**

Duration of the gradual dimming of the light before desired Sleep Time.

**SLEEP**  
**SOUND**  
**ON**

If ON, Sleep Sound will start playing automatically at the end of the Wind Down.

### TIME SETTINGS

**SET TIME**  
**AUTO**

Change Time Source from AUTO (if connected to the Tala App) or MANUAL.

**DISPLAY**  
**24 HR**

Change between 12 hour and 24 hour time display

### DISPLAY SETTINGS

**DISPLAY**  
**ON CLICK**

Display will turn off after 10 seconds of inactivity. Display will illuminate when lamp is interacted with.

**DISPLAY**  
**ALWAYS ON**

Display is always illuminated.

## DETAILED SETTINGS

Connect Wake to the Tala App to further tailor your Wake experience.



### Display Brightness

Dynamic - Lamp display brightness will adjust according to the light output from the lamp.

Manual - Set constant display brightness.

### Alarm Sound Delay

Set a delay between the Wake Up time before the Alarm Sound starts.

### Max Light Brightness

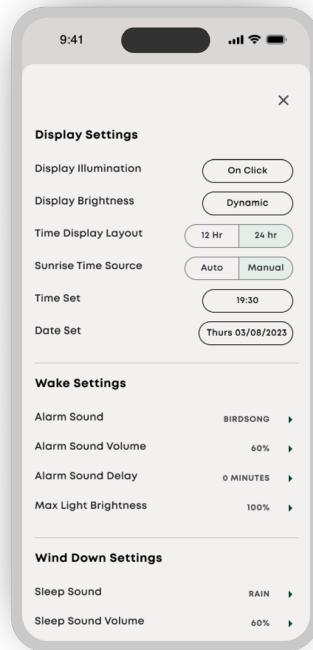
Set the maximum brightness the light will reach at the Wake Up time.

### Nighttime brightness

Set a minimum brightness at end of wind down for nightlight mode.

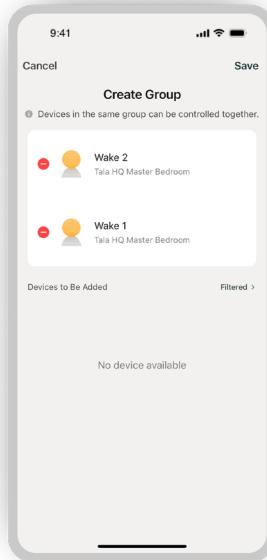
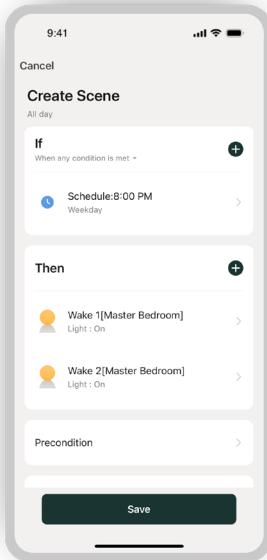
### Sleep Sound Start

Determine when the Sleep Sound will start during a wind down.



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## CONNECTIVITY AND SMART CONTROLS



### Scene Automation

‘Scenes’ help to personalise and automate multiple devices.

Automate device actions based on time, location, or other conditions (e.g., turn on all Wake lamps at 8:00 PM)



### Group management

Link multiple Wake lamps for unified control.

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## SMART HOME INTEGRATION

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3. You can now control your devices with your voice, try saying "OK, Google" followed by:
  - "Turn on Wake"
  - "Start Wind Down on Wake"
  - "Set brightness to 50%"

### Works with Amazon Alexa



1. Install the Alexa home app on your smartphone.
2. Enable the 'Tala' Skill on Alexa in More > Skills & Games. Once linked Alexa will detect your 'Tala' smart products.
3. You can now control your devices with your voice, try saying "Alexa" followed by:
  - "Turn on Wake"
  - "Start Wind Down on Wake"
  - "Set brightness to 50%"

# FRENCH

## TROUBLESHOOTING

<b>Bulb won't turn on.</b>	<ul style="list-style-type: none"><li>- Ensure the bulb is securely screwed in, the power cable is attached, and power is on..</li><li>-</li></ul>
<b>Time shown does not align with real time.</b>	<ul style="list-style-type: none"><li>- If using the app, verify Time Source is set to AUTO and phone's location permissions are allowed for the app.</li><li>- If not using the app, verify 'SET TIME' in 'TIME SETTINGS' is 'MANUAL' and reset the time.</li></ul>
<b>LCD display not illuminating</b>	<ul style="list-style-type: none"><li>- Check if 'ON CLICK' mode is set, where screen will only illuminate when interacting with the device.</li><li>- Adjust lamp brightness, if display brightness is set to 'DYNAMIC' it will increase brightness with bulb brightness.</li><li>- Ensure display brightness is 50% or higher if set to 'MANUAL' brightness.</li></ul>
<b>App cannot find device.</b>	<ul style="list-style-type: none"><li>- Check the app is the latest version.</li><li>- Factory Reset device in 'SETTINGS' &gt; 'FACTORY RESET' &gt; 'CONFIRM' and try connect again.</li><li>- Ensure phone's WiFi and Bluetooth are on. Wake requires 2.4GHz wireless home network.</li></ul>
<b>Wake alarm light dims too quickly or too slowly.</b>	<ul style="list-style-type: none"><li>- Adjust the Wake Alarm duration in 'ALARM SETTINGS' &gt; 'DURATION'</li></ul>
<b>Wind down light dims too quickly or too slowly.</b>	<ul style="list-style-type: none"><li>- Adjust the Wind Down duration in 'WIND DOWN SETTINGS' &gt; 'DURATION'</li></ul>
<b>Alarm sound did not play at Wake Up time.</b>	<ul style="list-style-type: none"><li>- Ensure Alarm Volume is set to 30% or higher to ensure you can hear it is on.</li><li>- Check 'ALARM SOUND DELAY' is set to 0 Minutes on the app.</li></ul>
<b>Sleep sound not playing.</b>	<ul style="list-style-type: none"><li>- Ensure Sleep Sound Volume is set to 30% or higher to ensure you can hear it is on.</li><li>- During Wind Down, ensure Sleep Sound is turned on in the Wind down settings and 'SLEEP SOUND START' is set correctly on the app settings.</li></ul>
<b>Next Alarm is started at incorrect time or did not start.</b>	<ul style="list-style-type: none"><li>- Ensure 'NEXT ALARM' is turned on in the app or on the device.</li><li>- Ensure your Schedule in the app is 'PAUSED' or no alarm is set for the next day.</li><li>- If on 'MANUAL' Time Source, ensure time is set correctly</li><li>- If on 'AUTO' Time Source, ensure app has permission to read your phone's location.</li></ul>
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If your issue cannot be addressed above, Factory Reset the device by navigating to 'SETTINGS' > 'FACTORY RESET'.

Replacement Wake bulbs can be purchased at [tala.co.uk](http://tala.co.uk) (UK/EU) or [talalighting.com](http://talalighting.com) (USA)

# FRENCH

## Care and Cleaning

We recommend cleaning with a soft dry cloth. If required, further cleaning can be achieved with warm, soapy water. Do not use abrasive materials as these will damage the finish of the product. Do not use alcohol or other solvents.

## Warranty and after-care

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This symbol  indicates that electrical and electronic equipment (WEEE) should not be mixed with general household waste. For recovery and recycling, please take this product to a designated collection point where it will be accepted free of charge. Many retailers offer this instore. Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: —Reorient or relocate the receiving antenna. —Increase the separation between the equipment and receiver. —Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. —Consult the dealer or an experienced radio/TV technician for help. Caution: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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FCC Responsible party / FCC Partie responsable / Entidad Responsable de la FCC:

Tala North America, Inc.

909 Rose Avenue, Suite 660 North Bethesda, MD 20852

United States

[www.tala.co.uk](http://www.tala.co.uk)

## Join the Community

Instagram: @tala | Facebook: talaHQ | Pinterest: TalaLED | Tag: lightt oliveby

Tala Energy Ltd, 25B Vyner Street, London, UK, E2 9DG | [hello@tala.co.uk](mailto:hello@tala.co.uk)

Tala Europe B.V, Bertus Aafjeshove 40, Nieuwegein 3437JN, Netherlands

Tala North America Inc, 909 Rose Avenue, Suite 660, North Bethesda, MD 20852, USA

DEUTSCH

## **CONTENTS**

1. Introduction
2. General Controls
3. Set up with App / Set up without App
4. Wake up and Wind Down controls
5. App interface
6. Scheduling Wake Ups and Wind Downs
7. Settings
8. Connectivity and Smart Controls
9. Smart Home Integration
10. Troubleshooting
11. Warranty and support

## INTRODUCTION

Wake calmly with a crescendo of light and sound.

Designed to promote healthy sleep and waking habits, supporting enhanced cognitive function for greater alertness during the day and more restful nights.

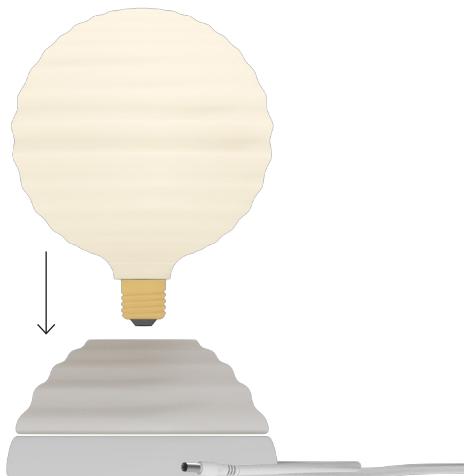
Wake Up with gradual increase of light simulating sunrise to ease your body into the day, ending with an optional crescendo of gentle alarm sounds.

Wind down in the evening with a simulated sunset over a customisable period of time to help promote melatonin production and relaxation before sleep.

Sleep sounds including natural soundscapes and white noises can be played to help mask any environmental disruptions and ease you into peaceful sleep.

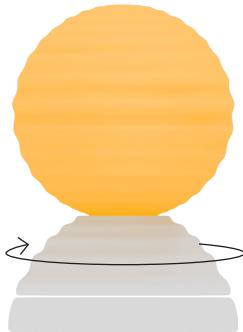
## GETTING STARTED

1. Place the Wake on a bedside table about 50cm from your face.
2. Screw the bulb securely into the base.
3. Connect the power adapter to the base, and plug it into a power outlet. The LCD screen should illuminate.
4. Rotate the lamp clockwise to brighten the light.

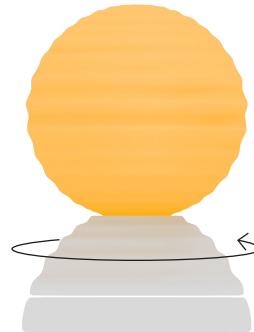


DEUTSCH

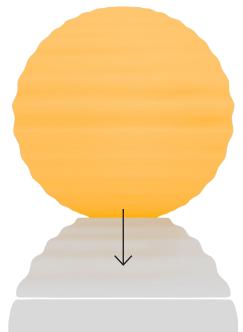
## CONTROLS



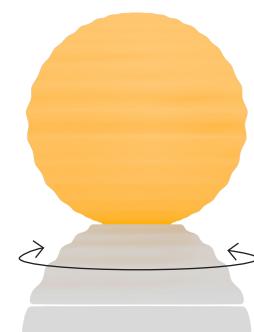
Rotate Clockwise:  
Increase brightness



Rotate Counterclockwise:  
Decrease brightness



Press the lamp body:  
Open menu and confirm



Rotate within menu:  
Scroll through options

DEUTSCH

## CONNECTING THE APP (OPTIONAL)

1. Download the Tala app from the App Store or Google Play Store.



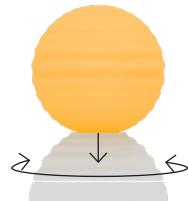
2. Open the app and select 'Add Device' or the '+' symbol.  
2.4 GHz wireless home network and bluetooth connection is required.

Add Device

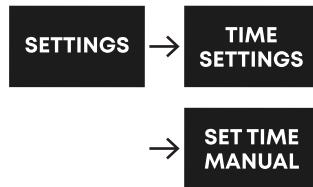


## SETTING THE TIME (IF NOT USING THE APP)

1. Press the lamp body to access the menu
2. Go to 'SETTINGS' > 'TIME SETTINGS'
3. Select 'MANUAL' and follow prompts to set the time.



Note: the time will not automatically update without app connection.



# DEUTSCH

## SETTING AN ALARM

### Preview and set next alarm

1. Press the lamp body once to preview the next alarm.
2. Press again to edit the alarm and time.  
Press to confirm.
3. Adjust Wake Up Duration and alarm sounds in  
'ALARM SETTINGS'

NEXT ALARM  
**07:00**

### Turn off next alarm

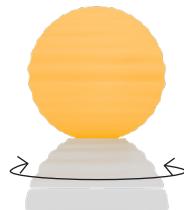
1. Press the lamp body once to preview the next alarm.
2. Press again to edit the next alarm and rotate to  
change 'NEXT ALARM ON' to 'OFF'
3. Press to confirm.

NEXT ALARM  
**OFF**

## ALARM CONTROLS

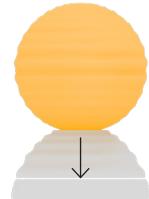
### Stop Alarm

1. Rotate counterclockwise to dim the light and stop the alarm
2. Rotate clockwise to stop the alarm without changing the light.



## Snooze

1. Press the body to snooze the alarm.
2. The lamp will fade down and restart after 9 minutes.  
Snooze duration is customisable in 'ALARM SETTINGS'.



## SLEEP SOUND AND WIND DOWN

### Turn on sleep sounds

1. Go to 'START SLEEP SOUND' in the menu.
2. Default duration is 30 minutes before fading off. Adjust duration and track in 'SLEEP SOUND SETTINGS'.
3. Press again to edit the alarm and time.  
Press to confirm.

START  
SLEEP  
SOUND

### Adjust sleep sound volume

While sleep sound is playing:

1. Press the body, select 'SLEEP SOUND VOLUME'.
2. Rotate to change volume. Press to confirm.

SLEEP  
SOUND  
10%

## Stop sleep sound

1. Press the body, navigate to 'SLEEP SOUND VOLUME'.
2. Set volume to 0%. Press to confirm.
3. Display will show 'SLEEP SOUND OFF'.

SLEEP  
SOUND  
OFF

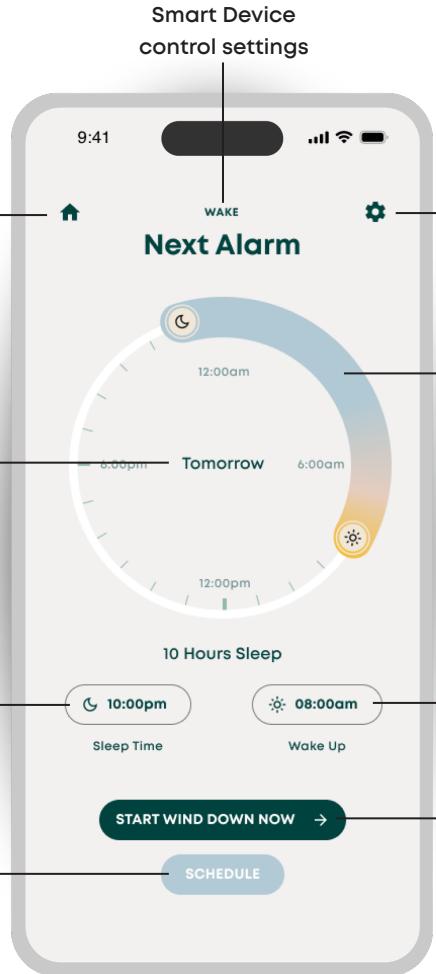
## Start wind down

1. Press the body and navigate to 'START WIND DOWN' in the menu.
2. The light will dim over 30 minutes.  
Wind down duration is customisable in 'WIND DOWN SETTINGS'.

START  
WIND DOWN

DEUTSCH

## APP INTERFACE WAKE DASHBOARD



Tap to turn on/off  
and edit duration  
and sleep sound  
settings.

Tap access  
Schedule manager

START WIND DOWN NOW

Tap to turn on/off  
and edit duration  
and alarm sound  
and snooze settings.

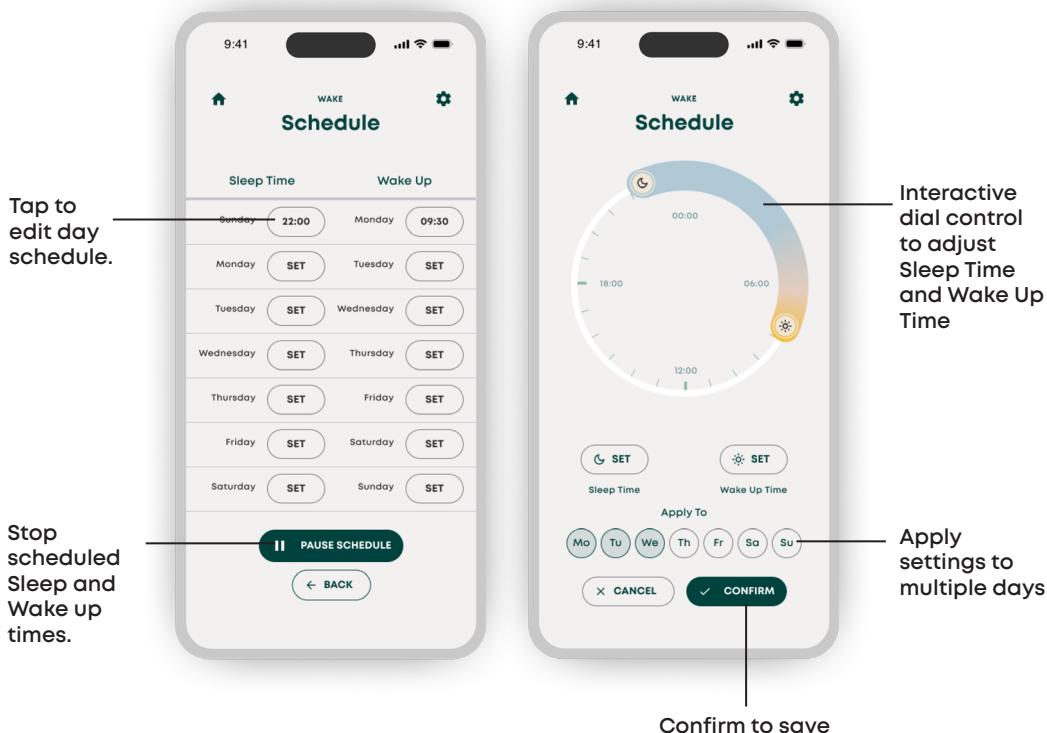
Tap to start a Wind Down immediately

DEUTSCH

## APP INTERFACE

### SCHEDULE ALARMS

Set up Sleep and Wake Up schedules for the full week in the Schedule manager. Keeping to a regular Sleep and Wake routine can improve sleep quality with more regulated circadian rhythms. Schedule can be paused at any time.



## DEVICE SETTINGS

### ALARM SETTINGS

**DURATION**  
**40 MINS**

Duration of the gradual dimming of the light before the set Alarm time.

**SOUND**  
**BIRD 1**

Alarm sound track. Choose from 4 nature and instrumental tracks.

**VOLUME**  
**40%**

Alarm sound volume.

**SNOOZE**  
**9 MINS**

Snooze duration before Wake Up light and Alarm sound is repeated.

### SLEEP SOUND SETTINGS

**DURATION**  
**40 MINS**

Duration of the gradual dimming of the light before the set Alarm time.

**SOUND**  
**RAIN**

Sleep sound track. Choose from 6 nature and White Noise tracks.

**VOLUME**  
**40%**

Sleep Sound volume.

### WIND DOWN SETTINGS

**DURATION**  
**40 MINS**

Duration of the gradual dimming of the light before desired Sleep Time.

**SLEEP**  
**SOUND**  
**ON**

If ON, Sleep Sound will start playing automatically at the end of the Wind Down.

### TIME SETTINGS

**SET TIME**  
**AUTO**

Change Time Source from AUTO (if connected to the Tala App) or MANUAL.

**DISPLAY**  
**24 HR**

Change between 12 hour and 24 hour time display

### DISPLAY SETTINGS

**DISPLAY**  
**ON CLICK**

Display will turn off after 10 seconds of inactivity. Display will illuminate when lamp is interacted with.

**DISPLAY**  
**ALWAYS ON**

Display is always illuminated.

## DETAILED SETTINGS

Connect Wake to the Tala App to further tailor your Wake experience.



### Display Brightness

Dynamic - Lamp display brightness will adjust according to the light output from the lamp.

Manual - Set constant display brightness.

### Alarm Sound Delay

Set a delay between the Wake Up time before the Alarm Sound starts.

### Max Light Brightness

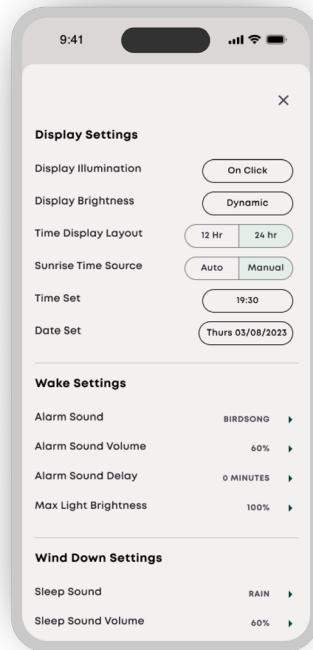
Set the maximum brightness the light will reach at the Wake Up time.

### Nighttime brightness

Set a minimum brightness at end of wind down for nightlight mode.

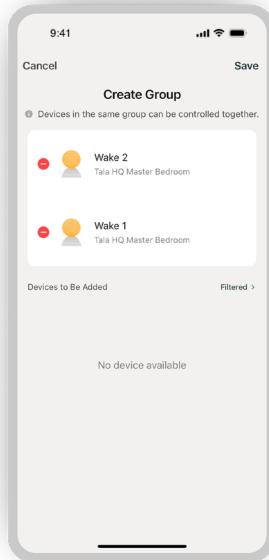
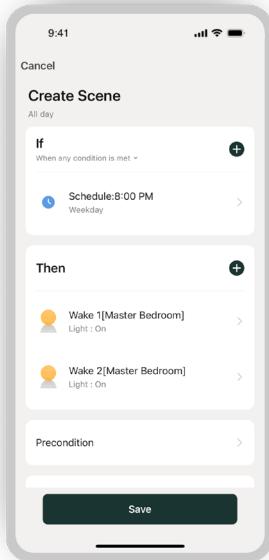
### Sleep Sound Start

Determine when the Sleep Sound will start during a wind down.



DEUTSCH

## CONNECTIVITY AND SMART CONTROLS



### Scene Automation

‘Scenes’ help to personalise and automate multiple devices.

Automate device actions based on time, location, or other conditions (e.g., turn on all Wake lamps at 8:00 PM)



### Group management

Link multiple Wake lamps for unified control.

1. Set up two or more devices separately on the Tala app.
2. Open one of the device’s control panel and select ‘Create Group’. Add the additional devices
3. All devices can be managed through one dashboard.

## SMART HOME INTEGRATION

Connect to Google Assistant or Amazon Alexa for voice control and connect your Tala Smart products with other Google or Alexa compatible devices in your home.

### Works with Google Home



1. Install the Google home app on your smartphone.
2. Link your 'Tala' app account to your Google assistant. Your Tala smart devices will then appear in the Google Home app.
3. You can now control your devices with your voice, try saying "OK, Google" followed by:
  - "Turn on Wake"
  - "Start Wind Down on Wake"
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# DEUTSCH

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# ESPANOL

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# ESPANOL

## INTRODUCTION

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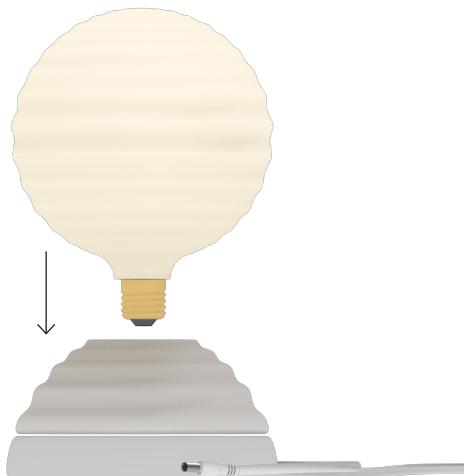
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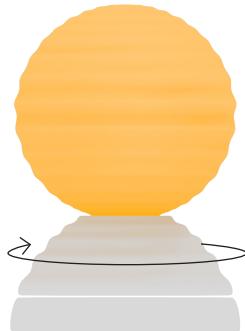
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4. Rotate the lamp clockwise to brighten the light.

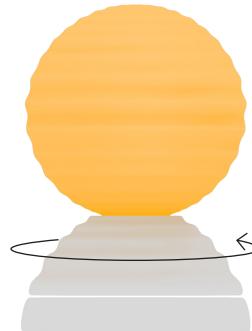


# ESPANOL

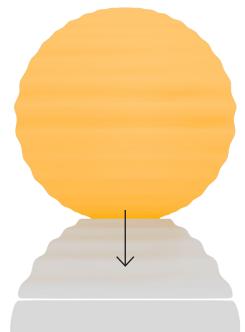
## CONTROLS



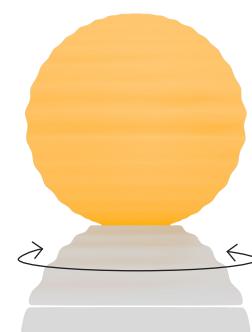
Rotate Clockwise:  
Increase brightness



Rotate Counterclockwise:  
Decrease brightness



Press the lamp body:  
Open menu and confirm



Rotate within menu:  
Scroll through options

ESPANOL

## CONNECTING THE APP (OPTIONAL)

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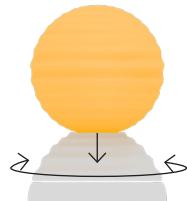
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2.4 GHz wireless home network and bluetooth connection is required.

Add Device

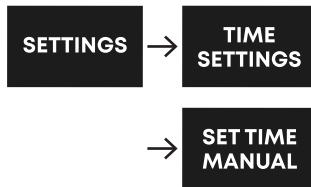


## SETTING THE TIME (IF NOT USING THE APP)

1. Press the lamp body to access the menu
2. Go to 'SETTINGS' > 'TIME SETTINGS'
3. Select 'MANUAL' and follow prompts to set the time.



Note: the time will not automatically update without app connection.



# ESPAÑOL

## SETTING AN ALARM

### Preview and set next alarm

1. Press the lamp body once to preview the next alarm.
2. Press again to edit the alarm and time.  
Press to confirm.
3. Adjust Wake Up Duration and alarm sounds in  
'ALARM SETTINGS'

NEXT ALARM  
**07:00**

### Turn off next alarm

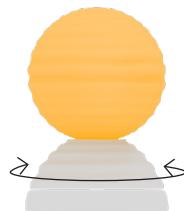
1. Press the lamp body once to preview the next alarm.
2. Press again to edit the next alarm and rotate to  
change 'NEXT ALARM ON' to 'OFF'
3. Press to confirm.

NEXT ALARM  
**OFF**

## ALARM CONTROLS

### Stop Alarm

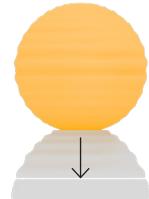
1. Rotate counterclockwise to dim the light and stop the alarm
2. Rotate clockwise to stop the alarm without changing the light.



# ESPANOL

## Snooze

1. Press the body to snooze the alarm.
2. The lamp will fade down and restart after 9 minutes.  
Snooze duration is customisable in 'ALARM SETTINGS'.



## SLEEP SOUND AND WIND DOWN

### Turn on sleep sounds

1. Go to 'START SLEEP SOUND' in the menu.
2. Default duration is 30 minutes before fading off. Adjust duration and track in 'SLEEP SOUND SETTINGS'.
3. Press again to edit the alarm and time.  
Press to confirm.

START  
SLEEP  
SOUND

### Adjust sleep sound volume

While sleep sound is playing:

1. Press the body, select 'SLEEP SOUND VOLUME'.
2. Rotate to change volume. Press to confirm.

SLEEP  
SOUND  
10%

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## Stop sleep sound

1. Press the body, navigate to 'SLEEP SOUND VOLUME'.
2. Set volume to 0%. Press to confirm.
3. Display will show 'SLEEP SOUND OFF'.

SLEEP  
SOUND  
OFF

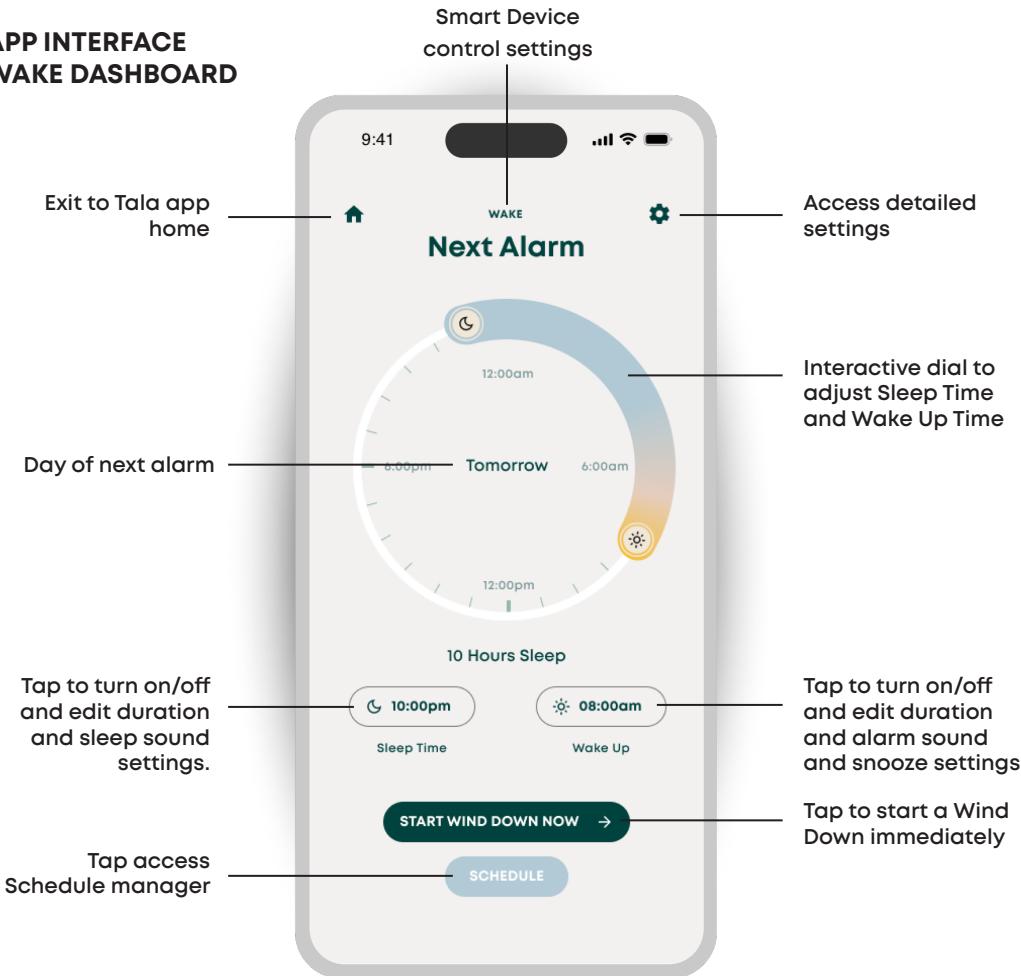
## Start wind down

1. Press the body and navigate to 'START WIND DOWN' in the menu.
2. The light will dim over 30 minutes.  
Wind down duration is customisable in 'WIND DOWN SETTINGS'.

START  
WIND DOWN

# ESPANOL

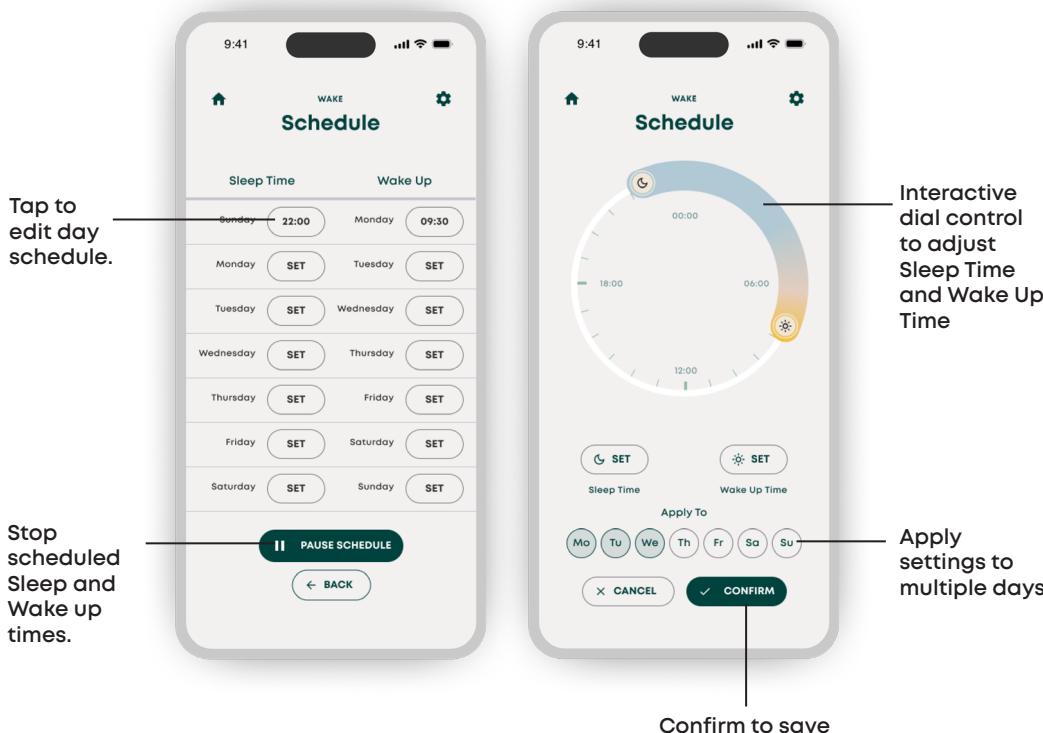
## APP INTERFACE WAKE DASHBOARD



# ESPANOL

## APP INTERFACE SCHEDULE ALARMS

Set up Sleep and Wake Up schedules for the full week in the Schedule manager. Keeping to a regular Sleep and Wake routine can improve sleep quality with more regulated circadian rhythms. Schedule can be paused at any time.



# ESPANOL

## DEVICE SETTINGS

### ALARM SETTINGS

#### DURATION 40 MINS

Duration of the gradual dimming of the light before the set Alarm time.

#### SOUND BIRD 1

Alarm sound track. Choose from 4 nature and instrumental tracks.

#### VOLUME 40%

Alarm sound volume.

#### SNOOZE 9 MINS

Snooze duration before Wake Up light and Alarm sound is repeated.

### SLEEP SOUND SETTINGS

#### DURATION 40 MINS

Duration of the gradual dimming of the light before the set Alarm time.

#### SOUND RAIN

Sleep sound track. Choose from 6 nature and White Noise tracks.

#### VOLUME 40%

Sleep Sound volume.

### WIND DOWN SETTINGS

#### DURATION 40 MINS

Duration of the gradual dimming of the light before desired Sleep Time.

#### SLEEP SOUND ON

If ON, Sleep Sound will start playing automatically at the end of the Wind Down.

### TIME SETTINGS

#### SET TIME AUTO

Change Time Source from AUTO (if connected to the Tala App) or MANUAL.

#### DISPLAY 24 HR

Change between 12 hour and 24 hour time display

### DISPLAY SETTINGS

#### DISPLAY ON CLICK

Display will turn off after 10 seconds of inactivity. Display will illuminate when lamp is interacted with.

#### DISPLAY ALWAYS ON

Display is always illuminated.

# ESPANOL

## DETAILED SETTINGS

Connect Wake to the Tala App to further tailor your Wake experience.



### Display Brightness

Dynamic - Lamp display brightness will adjust according to the light output from the lamp.

Manual - Set constant display brightness.

### Alarm Sound Delay

Set a delay between the Wake Up time before the Alarm Sound starts.

### Max Light Brightness

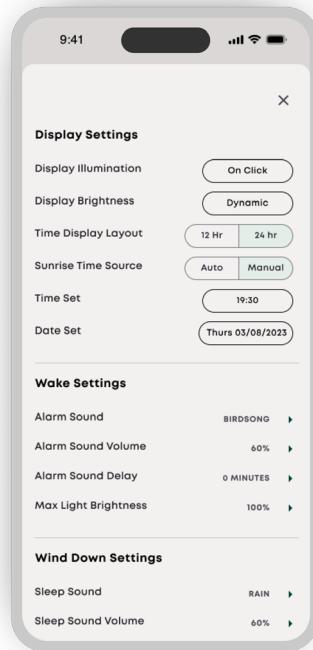
Set the maximum brightness the light will reach at the Wake Up time.

### Nighttime brightness

Set a minimum brightness at end of wind down for nightlight mode.

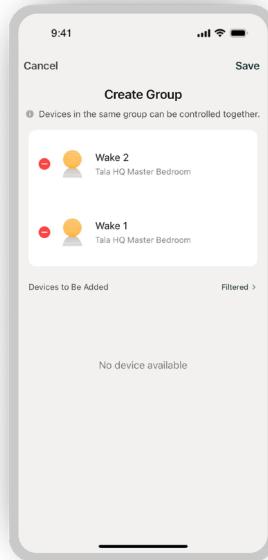
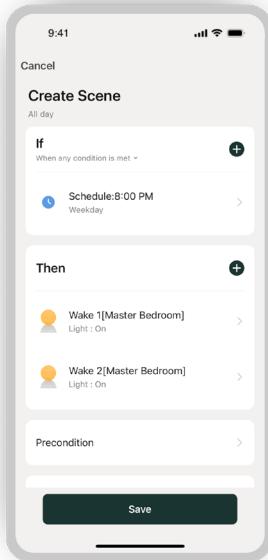
### Sleep Sound Start

Determine when the Sleep Sound will start during a wind down.



# ESPANOL

## CONNECTIVITY AND SMART CONTROLS



### Scene Automation

‘Scenes’ help to personalise and automate multiple devices.

Automate device actions based on time, location, or other conditions (e.g., turn on all Wake lamps at 8:00 PM)



### Group management

Link multiple Wake lamps for unified control.

1. Set up two or more devices separately on the Tala app.
2. Open one of the device’s control panel and select ‘Create Group’. Add the additional devices
3. All devices can be managed through one dashboard.

# ESPANOL

## SMART HOME INTEGRATION

Connect to Google Assistant or Amazon Alexa for voice control and connect your Tala Smart products with other Google or Alexa compatible devices in your home.

### Works with Google Home



1. Install the Google home app on your smartphone.
2. Link your 'Tala' app account to your Google assistant. Your Tala smart devices will then appear in the Google Home app.
3. You can now control your devices with your voice, try saying "OK, Google" followed by:
  - "Turn on Wake"
  - "Start Wind Down on Wake"
  - "Set brightness to 50%"

### Works with Amazon Alexa



1. Install the Alexa home app on your smartphone.
2. Enable the 'Tala' Skill on Alexa in More > Skills & Games. Once linked Alexa will detect your 'Tala' smart products.
3. You can now control your devices with your voice, try saying "Alexa" followed by:
  - "Turn on Wake"
  - "Start Wind Down on Wake"
  - "Set brightness to 50%"

# ESPANOL

## TROUBLESHOOTING

<b>Bulb won't turn on.</b>	<ul style="list-style-type: none"><li>- Ensure the bulb is securely screwed in, the power cable is attached, and power is on..</li><li>-</li></ul>
<b>Time shown does not align with real time.</b>	<ul style="list-style-type: none"><li>- If using the app, verify Time Source is set to AUTO and phone's location permissions are allowed for the app.</li><li>- If not using the app, verify 'SET TIME' in 'TIME SETTINGS' is 'MANUAL' and reset the time.</li></ul>
<b>LCD display not illuminating</b>	<ul style="list-style-type: none"><li>- Check if 'ON CLICK' mode is set, where screen will only illuminate when interacting with the device.</li><li>- Adjust lamp brightness, if display brightness is set to 'DYNAMIC' it will increase brightness with bulb brightness.</li><li>- Ensure display brightness is 50% or higher if set to 'MANUAL' brightness.</li></ul>
<b>App cannot find device.</b>	<ul style="list-style-type: none"><li>- Check the app is the latest version.</li><li>- Factory Reset device in 'SETTINGS' &gt; 'FACTORY RESET' &gt; 'CONFIRM' and try connect again.</li><li>- Ensure phone's WiFi and Bluetooth are on. Wake requires 2.4GHz wireless home network.</li></ul>
<b>Wake alarm light dims too quickly or too slowly.</b>	<ul style="list-style-type: none"><li>- Adjust the Wake Alarm duration in 'ALARM SETTINGS' &gt; 'DURATION'</li></ul>
<b>Wind down light dims too quickly or too slowly.</b>	<ul style="list-style-type: none"><li>- Adjust the Wind Down duration in 'WIND DOWN SETTINGS' &gt; 'DURATION'</li></ul>
<b>Alarm sound did not play at Wake Up time.</b>	<ul style="list-style-type: none"><li>- Ensure Alarm Volume is set to 30% or higher to ensure you can hear it is on.</li><li>- Check 'ALARM SOUND DELAY' is set to 0 Minutes on the app.</li></ul>
<b>Sleep sound not playing.</b>	<ul style="list-style-type: none"><li>- Ensure Sleep Sound Volume is set to 30% or higher to ensure you can hear it is on.</li><li>- During Wind Down, ensure Sleep Sound is turned on in the Wind down settings and 'SLEEP SOUND START' is set correctly on the app settings.</li></ul>
<b>Next Alarm is started at incorrect time or did not start.</b>	<ul style="list-style-type: none"><li>- Ensure 'NEXT ALARM' is turned on in the app or on the device.</li><li>- Ensure your Schedule in the app is 'PAUSED' or no alarm is set for the next day.</li><li>- If on 'MANUAL' Time Source, ensure time is set correctly</li><li>- If on 'AUTO' Time Source, ensure app has permission to read your phone's location.</li></ul>
<b>Scheduled alarm started at incorrect time or did not start.</b>	<ul style="list-style-type: none"><li>- Ensure your Schedule in the app is not 'PAUSED'.</li><li>- Check the 'NEXT ALARM' has not been changed the night before.</li><li>- If on 'MANUAL' Time Source, ensure date is set correctly</li><li>- If on 'AUTO' Time Source, ensure app has permission to read your phone's location.</li></ul>

If your issue cannot be addressed above, Factory Reset the device by navigating to 'SETTINGS' > 'FACTORY RESET'.

Replacement Wake bulbs can be purchased at [tala.co.uk](http://tala.co.uk) (UK/EU) or [talalighting.com](http://talalighting.com) (USA)

# ESPANOL

## Care and Cleaning

We recommend cleaning with a soft dry cloth. If required, further cleaning can be achieved with warm, soapy water. Do not use abrasive materials as these will damage the finish of the product. Do not use alcohol or other solvents.

## Warranty and after-care

This product has a two-year warranty. If there appears to be a functional defect with the product during this time, please contact our team at [customerservice@tala.co.uk](mailto:customerservice@tala.co.uk).

This symbol  indicates that electrical and electronic equipment (WEEE) should not be mixed with general household waste. For recovery and recycling, please take this product to a designated collection point where it will be accepted free of charge. Many retailers offer this instore. Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: —Reorient or relocate the receiving antenna. —Increase the separation between the equipment and receiver. —Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. —Consult the dealer or an experienced radio/TV technician for help. Caution: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**NOTE 2:** Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC Responsible party / FCC Partie responsable / Entidad Responsable de la FCC:

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## Join the Community

Instagram: @tala | Facebook: talaHQ | Pinterest: TalaLED | Tag: lightt oliveby

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