

# SOUND AND LIGHT THERAPY BLUETOOTH® ALARM CLOCK

## CONTENTS:

Sound and Light Therapy Bluetooth® Alarm Clock, USB Power Cord, and Power Adapter

## POWER:

Power by connecting the included USB cable to a USB port or the provided adapter.

## FRONT:

- Display is hidden when not illuminated
- Five Touch Function
  - **Power** – Tap to turn unit on, tap to set a sleep timer, hold to turn unit off
  - **Snooze** – Press and hold to change date and time then tap to cycle through, press to snooze during an alarm for 5 minutes
  - **Sun** – Long press to cycle through light, tap to change brightness
  - **Minus and Plus** – Tap to change volume and date/time when in date/time mode

## FRONT:



\*Simulated time display.

## SIDE:



## SIDE:

- **Alarm Switch** – Slide to the left to turn alarm off, slide to the right to turn alarm on.
- **Micro USB port** – Use ONLY the included USB cable

## DOWNLOADING APP:

- Go to the App Store or Google Play to download the Sound & See app.
- App is not available for Windows phones

## CONNECTING:

- DO NOT connect via Bluetooth settings
- **App:** Turn on Bluetooth then open the Sound & See app. Go to Settings in the app and press Add Device. Press the Sound & See Light icon. All functions on the app should now be functional
- **Play Audio:** go to Sounds on the app and pause audio then go to your device's Bluetooth settings and connect to Sound & See Music. You will now be able to stream your favorite audio from your device to your Noise Machine.

## Troubleshooting:

- If phone is not connecting or "Sound & See" is not in the device App menu- disconnect power from Wake Up Light and Noise Machine for 30 seconds then try reconnecting via the Sound & See App

## APP FEATURES:

- **Color** – Turn light on/off, change color, change brightness, and select effects. Note: Tap the Power Button at the center for the Color Wheel to reset Effects. Tap again to turn lights on
- **Sounds** – Control volume and sound options
- **Clock** – Set a sleep timer and alarm. Make sure the Alarm Switch on the unit itself is set to the right before setting an alarm
- **Settings** – Add a device, update the apps software, set time, and set the sound the alarm will play

## SAFETY WARNINGS: PLEASE READ ALL SAFETY WARNINGS BEFORE USE.

- Not intended for children under 14 years of age.
- Keep out of reach of children.
- App includes a Flash feature which, when used with Fast speed setting, may affect individuals who are susceptible to photosensitive epilepsy or other photo sensitivities.
- Use this product only for its intended use. Do not use attachments of any kind.
- This item has no user serviceable components. Do not disassemble.
- Do not expose to extreme temperatures or moisture
- Thoroughly inspect products before every use. If the product appears worn, frayed/splintered, cracked, or broken in any manner, discontinue use and discard immediately.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. Computers, tablets, Smart Phones, and music players must have built-in BLUETOOTH® wireless technology.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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.

**WARNING:** 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 RF Radiation Exposure Statement Caution: To maintain compliance with the FCC's RF exposure guidelines, place the product at least 20cm from nearby persons.