

LIGHT-TO-RISE

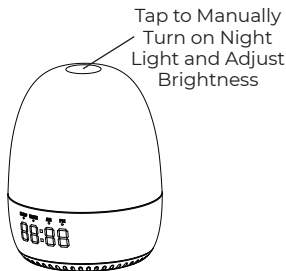
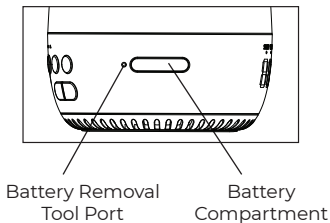
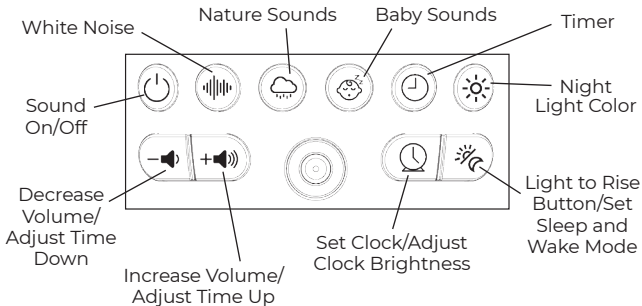
SLEEP TRAINER, SOUND MACHINE, AND NIGHT LIGHT
MONITOR DE SUEÑO, MÁQUINA DE RUIDO Y LUZ DE NOCHE
ENTRAÎNEUR DE SOMMEIL, MACHINE À SONS ET VEILLEUSE
INSTRUTOR DE SONO, MÁQUINA DE SOM E LUZ NOTURNA
ALLENATORE DEL SONNO, MACCHINA DEL SUONO E LUCE NOTTURNA
SCHLAFTRAINER, KLANGGERÄT UND NACHTLICHT
スリープトレーナー、サウンドマシン、夜用ライト
睡眠训练器、声机和夜灯

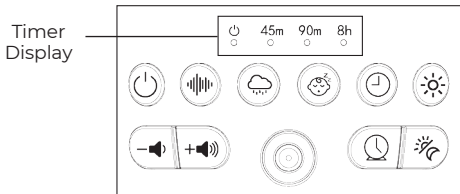
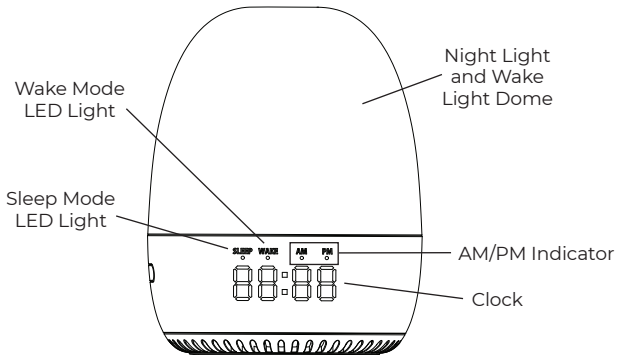
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BUTTON OVERVIEW

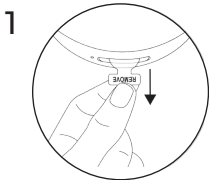




SETUP

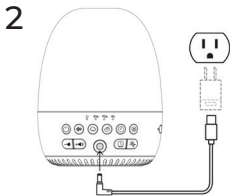
1. Connect the Battery

- Pull and remove the battery insulator tab from within the battery compartment
- When this battery is connected, your settings will be maintained when the sound machine is unplugged. The unit must be plugged into an outlet to operate.



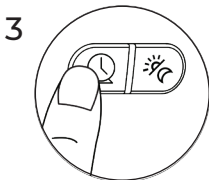
2. Connect to Power

- USB power supply is not included



3. Set Clock

- Press Clock button to begin setting hour
- Use +/- buttons to adjust hour. Passing 12 will adjust AM/PM
- Press Clock button to begin setting minute
- Use +/- buttons to adjust minute
- Press Clock button to complete clock set up
- Press and hold Clock button to adjust clock brightness



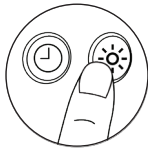
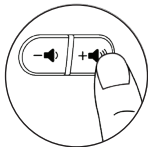
4. Set Sleep Mode

• What is Sleep Mode?

- Sleep Mode is when the night light turns on and automatically turns off one hour later. The light will gradually dim during the last 5 minutes. You can customize the night light color and brightness.

• How to Set Sleep Mode Time and Night Light

- Press Light to Rise Button. The Sleep Mode LED light on the front of the unit will begin to flash
- Use +/- buttons to adjust Sleep hour. Passing 12 will adjust AM/PM
- Press Light to Rise button to begin setting Sleep minute
- Use +/- button to adjust Sleep minute
- Press Night Light Color button to change selected color
- Tap the top of the Night Light dome to change selected brightness
- Press Light to Rise button to save Sleep Mode settings and to begin setting Wake Mode



• How to Turn Sleep Mode On or Off

- The LED Sleep Light on the front of the unit will be illuminated if Sleep Mode is on
- Press and hold the Light to Rise button until the Sleep Mode LED light turns on or off

5. Set Wake Mode

• What is Wake Mode?

- Wake Mode involves a yellow light coming on 30 minutes before your set Wake Time. The yellow light will start off dim and gradually intensify during the first 5 minutes. At Wake Time, the yellow light will change to green and automatically turn off 1 hour later. You cannot customize the Wake Light color or brightness.

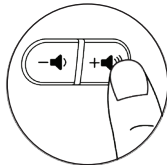
• How to Set the Wake Mode Light Time

- After pressing the Light to Rise button to set Sleep Mode, the Wake Mode LED at the front of the unit will begin to flash
- Use +/- buttons to set Wake hour. Passing 12 will adjust AM/PM
- Press Light to Rise button to begin setting Wake minute
- Use +/- buttons to adjust Wake minute
- Press Light to Rise button to save Wake Mode settings



• How to Turn Wake Mode On or Off

- The LED Wake Light on the front of the unit will be illuminated if Wake Mode is on
- Press and hold the Light to Rise button until the Wake Mode LED light turns on or off



6. Manual Operation of Night Light

- You can choose to manually operate the night light, choose its color, choose its brightness, and set a timer for the night light to turn off
- **To Manually Turn On and Customize Night Light**
 - Tap the top of the Night Light dome to turn on the Night Light
 - Continue tapping the top of the Night Light dome to change selected brightness
 - Press the Night Light color button to change selected color



7. Manual Operation of Sound

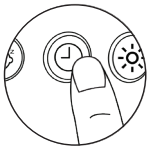
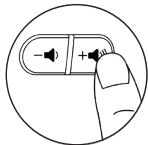
- You can manually operate the sound. You can customize sound type, volume, and set a timer for the sound to turn off
- **To Manually Operate Sound**
 - Press the Sound On/Off button to turn the sound on
 - Press the White Noise button, Nature Sounds button, or Baby Sounds button to cycle through each category of sounds. A “ding” will indicate when you’ve reached the last sound option
 - Increase or decrease the sound volume by pressing the Increase Volume or Decrease Volume button. A “ding” will indicate when you’ve reached the maximum sound volume
 - To set a time for the sound to turn off, press the Timer button to cycle through selected timer options



For additional tips, setup information, features, and technical details about Light to Rise, scan the QR code or visit <https://yogasleep.com/light-to-rise>



Sound Selection



This unit uses a CR2032 lithium coin battery; replace only with a new CR2032 battery.



IMPORTANT: Do not unplug unit while changing battery in order to preserve memory backup feature.

1. Eject the battery by inserting the provided battery removal tool into the hole to the left of the battery holder.
2. Slide out battery holder until it stops and remove original battery.

KEEP OLD BATTERY AWAY FROM CHILDREN AND PETS.

3. Insert new CR2032 battery into the battery holder with the positive side (+) facing upward.
4. Slide battery holder back into unit until closed.

KEEP PROVIDED TOOL AWAY FROM CHILDREN AND PETS.

DISPOSAL OF BATTERIES

The batteries used to power this product are classified as being “waste batteries” in reference to proper disposal of batteries at their end-of-life. DO NOT dispose of the batteries with your normal household trash and waste. DO NOT dispose of the batteries with electronic waste. Many jurisdictions have trash and sanitation departments that have separate policies and avenues for the safe disposal of waste batteries; and if applicable, ensuring environmentally safe and sustainable recycling for the reuse of material resources. Please contact your local trash, waste and sanitation department to learn how to properly dispose of your waste batteries in accordance with your local regulations.

FCC NOTICE

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- 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:

1. Reorient or relocate the receiving antenna
2. Increase the separation between the equipment and receiver
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
4. 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.

WARRANTY INFORMATION AND THE YOGASLEEP CUSTOMER SERVICE PROMISE

English

If you need service (even beyond the warranty period outlined below), PLEASE contact us! (help@yogasleep.com | 1 (800) 999 6962) A live, knowledgeable service team member will be happy to assist you.

We are proud of our sound machines and stand behind our products.

LIMITED ONE-YEAR FACTORY WARRANTY:

Yogasleep warrants its products (with exceptions as indicated below), to the original purchaser, to be free of defects for a period of one year from the date of purchase. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state. This limited warranty covers all parts and/or workmanship against defects or breakages in normal intended use. This limited warranty does not cover damage caused by accidental dropping, rough handling, or misuse of the product; including tampering. Do not alter or tamper with the quality label, or imprinted product information on the bottom or back of the actual sound machine — this will void your warranty.

Our ultimate promise to you is that we do our best to make high quality sound machines. We really do care about your enjoyment of our products. We want to hear from you any time you think our product has disappointed you. Please contact us. We stand behind these products, expect them to last, and will make every reasonable effort to make you happy.

NOTICE FOR AUSTRALIAN CUSTOMERS

The warranty above does not apply to Australian consumers.



PER AUSTRALIAN CONSUMER LAW:

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

1. For The UK Market (excluding Northern Ireland), Represented by:

Authorised Rep Compliance Ltd., ARC House, Thumham, Lancaster,
LA2 0DT, UK.

2. For the EU, EEA, and Northern Ireland markets, Represented by:

Authorised Rep Compliance Ltd., Ground Floor, 71 Lower Baggot Street,
Dublin, D02 P593, Ireland.

DISPOSAL

This product is classified as being “electronic waste” in reference to proper disposal of product at the end-of-life. DO NOT dispose of the unit with your normal household trash and waste. Many jurisdictions have trash and sanitation departments that have separate policies and avenues for the safe disposal of electronic waste to ensure environmentally safe and sustainable recycling for the reuse of material resources. Please contact your local trash, waste and sanitation department to learn how to properly dispose of your electronic waste in accordance to your local regulations.