

SunRise System Dawn Simulator

Instruction Manual

Introduction

Thank you for purchasing the SunRise System Dawn Simulator. You will now be able to enjoy the health and relaxation benefits of the SunRise System which is one of the most natural and stress free ways of awakening. Once connected to your bedside lamp the SunRise System can be set to simulate a sunrise and sunset. The sunrise brightens the room gradually, gently waking the sleeper. The sunset option slowly dims the room, helping the user to relax and ease into a restful and natural sleep.

To enjoy the full benefits of your SunRise System Dawn Simulator please read this manual carefully, particularly the safety information on page 2. If you do have an initial question, try the troubleshooting information at the end of the manual. The SunRise System can be set to meet your own individual lifestyle requirements so please take the time to look at the full list of features outlined below:

Features

- The SunRise System connects directly to your own bedside lamp. Your bedside lighting system then generates the sunrise/sunset feature.
- Sunrise: simulates a sunrise over a period of 15, 30, 45, 60 or 90 minutes. So you can set to suit your preference.
- Sunset: simulates a sunset over a period of 15, 30, 45, 60, or 90 minutes. So you can set to suit your preference.
- Your bedside lamp brightness can also be manually controlled through the Sunrise System; for example, to brighten the lamp for reading.
- All functions of the Sunrise System are indicated on the LCD 12 character display to clearly show the function being altered.
- A child night light feature has been included. The night light brightness is also user adjustable.
- A security feature that randomly turns the lamp full on and off between the times of 7:00pm and 9:00am can be set to operate when you are away from home.
- 12 or 24 hour clock display - you choose.
- The audible alarm can be disabled if you prefer to wake to the Sunrise feature without noise.
- Power fail backup is provided on all functions for small power outages (or short power cuts) to the home electricity supply or if the dawn simulator is inadvertently disconnected for a short time.
- Full seven day alarm is provided to allow the user to set different times (if desired) on the alarm for different days of the week. The factory programmed time for all seven days is 07:00am.
- Text Display can display Month and Date, Day and Date or just Seconds. Leap years are automatically calculated.
- Option to select a language.
- LCD contrast adjustment (available on some models).

IMPORTANT Safety Instructions

- NEVER immerse the clock or the wiring of the clock in water.
- Do NOT connect anything but a normal home lamp to the Sunrise System. IT IS NOT for use with any other appliance!
- Do NOT attempt to replace the bulb in the lamp connected to the dawn simulator while the power supply is connected or plugged in to either the lamp or the clock. Remember the dawn simulator will retain all settings and maintain the operating clock for many hours even if there is no power supply to the clock.
- Use ONLY normal incandescent bulbs in the lamp connected to the Sunrise System. Do NOT use power saving bulbs or non standard bulbs in the lamp when connected to the dawn simulator.
- Do NOT use with bulbs of more than 100 WATTS.

Connecting the Sunrise System to your lamp

The Sunrise System is supplied with a specially designed cable. One end of the cable has a socket. Insert the plug of your bedside lamp into this socket. The plug on the other end of the cable should be plugged into the wall socket.

Set Button

This button is used to activate SETUP mode and scroll through the various menus. Additionally, pressing the SET button when the alarm is activated will switch the display from showing the present time to the alarm time. Once the SET button is released the display will revert to displaying the present time.

Negative/Positive Buttons (- and +)

In NORMAL mode these buttons are used to dim or brighten the bedside lamp. The NEGATIVE button dims the lamp and the POSITIVE button brightens the lamp.

Alarm Button

This button activates or de-activates the Alarm and Sunset. When the Alarm button is pressed the display will say ALARM ON and the alarm time will show for approximately 5 seconds before reverting back to the present time. The alarm clock symbol will be illuminated. If the button is pressed again the display will read ALARM OFF and the alarm clock symbol will disappear.

Snooze Button

When the Sunrise System is in NORMAL mode (Alarm not activated) this button will switch the lamp either ON or OFF. This can be used at night to quickly illuminate the room. If the Sunrise System is in alarm mode, the alarm is sounding, and the light is on, this button activates the snooze mode. When the alarm sounds (buzzer) and the lamp is at full brightness, the user has a few options:

1. Press the snooze button momentarily and the buzzer will stop. The lamp will stay on. After 9 minutes the buzzer will sound again.
2. Press and hold the snooze button for 4 seconds, now the buzzer will stop and the light will dim down over 4 seconds. The lamp will then 'fade up' again to full brightness over 9 minutes and the buzzer will sound.

To exit the snooze mode, simply press the alarm button and the display will show ALARM OFF for a few seconds and Snooze is de-activated.

Setting Up the Sunrise System

The first time the Sunrise System dawn simulator is switched on, the LCD display will flash ON and OFF; the time shown will be 1:00pm or 13:00, indicating that the time needs to be set. The LCD text will display SUNRISE.

Note: When altering the settings, ensure the ALARM symbol is not visible. The unit will come out of SETUP MODE automatically if no button is pressed for 12 seconds or if you press the SNOOZE button.

Setting the Language

Press the SET button, the display will show SET LANGUAGE for 2 seconds, then it will show ENGLISH. You can change the language by using the (-) negative and (+) positive buttons to select the language of your choice.

Note: This setting only appears as the first menu item when you plug the Sunrise System in for the first time, or when reset. At any other time the language can still be changed but the option will be the last menu item.

Press Set to continue.

Setting the Time

Press the SET button, the display will show CLOCK SET. You can now adjust the time by using the (-) negative and (+) positive buttons. If you press and hold the negative or positive button the time will fast reverse or fast forward. The clock will start when you next press SET to adjust the next setting or press snooze to go out of setup mode.

Press Set to continue.

Setting the Alarm Time

Press the Set button repeatedly until the display shows ALARM SET, after two seconds the display will show SUNDAY. You can now adjust the Sunday alarm time by using the (-) negative or (+) positive button. Once the Sunday alarm time is set press the Set button again and repeat the action for the other days of the week.

Press Set to continue.

Setting the 12/24 Hour Time

Press the Set button repeatedly until the display shows 12/24 HOUR. By pressing the (-) negative or (+) positive button the user can choose between a 12 or 24 hour clock. The earlier set alarm times will automatically adjust accordingly.

Press Set to continue.

Setting the Security Mode

Press the SET button repeatedly until the display shows SECURITY OFF or SECURITY ON. When you select ON a House icon will show on the display to remind you that this feature is activated. Press the (-) negative or (+) positive button to switch between On or Off. When you select SECURITY ON mode the unit will switch the lamp on and off at random times between 19:00 (7:00pm) and 09:00 (09:00am) in the morning. The Security mode will light your home at random times give the impression that the home is occupied.

Press Set to continue.

Setting the Speaker

Press the Set button repeatedly until the display shows SPEAKER ON or SPEAKER OFF. This setting allows the user to activate or deactivate the speaker. Press the (-) negative or (+) positive button to switch between SPEAKER ON and OFF. When the speaker is deactivated and the alarm is set, the unit will only perform a sunrise (fade up of the lamp). When the speaker is activated and the alarm is set, the unit will perform a sunrise and the sounder will buzz when the alarm time is reached. After a while some users will be able to wake up with the sunrise only and they might wish to switch the speaker off.

Press Set to continue.

Setting the Sunrise Time

Press the Set button repeatedly until the display shows SUNRISE 15. The Sunrise time is the length of time it will take for the lamp to fade up from OFF to maximum brightness. The maximum brightness of the lamp will coincide with the Alarm time. Therefore, if the Sunrise time is set to 15 minutes and the Alarm time is set for 07:00 the lamp will start Fading Up at 06:45. The lamp will get to full brightness after 15 minutes. When the speaker is set to ON, the sounder will start when the lamp is at maximum (07:00 in the example above). The Sunrise time can be set to various times:- 15, 30, 45, 60 or 90 minutes by pressing the (-) negative or (+) positive button.

Press Set to continue.

Setting the Sunset Time

Press the Set button repeatedly until the display shows SUNSET 15. The Sunset time is the length of time it will take to fade the lamp down from maximum brightness to fully off. Sunset is initiated when the Alarm is activated and the lamp is on. If the lamp is already off then the Sunset will not occur. The Sunset time can be set to Various times:- 15, 30, 45, 60 or 90 minutes by pressing the (-) negative or (+) positive button.

Press Set to continue.

Setting the Back Light Mode

Press the Set button repeatedly until the display shows BACKLITE OFF, BACKLIGHT ON or BACKLIGHT AUTO. The LCD Backlight has three settings which can be chosen by pressing the (-) Negative or (+) positive button. BACKLITE OFF leaves the LCD backlight on a constant very low backlight level. BACKLIGHT ON turns the LCD backlight always on. BACKLITEAUTO turns the LCD backlight on low or full relative to the brightness of the bedside lamp and relative to the time of day. E.g: In this mode the LCD backlight will be on full when the bedside lamp level is higher than 25% at any time of the day and the LCD backlight will also be on full between 10:00 and 18:00 regardless of the lamp level of the bedside lamp.

Press Set to continue.

Setting the Night Light Mode

Press the Set button repeatedly until the display shows NITELIGHTOFF or NITELIGHT ON. This feature enables the user to configure the Sunrise System to fade down when the alarm is activated to a user defined bedside lamp level. For example, to be used as a child's Night Light. The feature can be switched on or off by pressing the (-) negative or (+) positive button. When you choose NITELIGHT ON,

press the Set button again and the display will show NIGHT LEVEL (a lamp icon will also be visible on the display to remind the user that night light mode is on), you can now adjust the lowest level that the lamp will fade down to during a sunset. The light will stay at that user defined level during the night and will fade up again before the alarm time.

Press Set to continue.

Setting the Weekday

Press the Set button repeatedly until the display shows SUNDAY (or any other day of the week). The clock has a 7 day alarm, therefore it is necessary to keep track of the correct day of week. The day can be changed by pressing the (-) negative or (+) positive button.

Press Set to continue.

Setting the Year

Press the Set button repeatedly until the display shows YEAR 2000. The clock also keeps the correct date including leap year calculation and can display it, as described below. The year can be adjusted between 2000 and 2099 by pressing the (-) negative or (+) positive button.

Press Set to continue.

Setting the Month

Press the Set button repeatedly until the display shows JANUARY. You can adjust the month by pressing the (-) negative or (+) positive button.

Press Set to continue.

Setting the Day of the Month

Press the Set button repeatedly until the display shows DAY 1. The day can be adjusted by pressing the (-) negative or (+) positive button.

Press Set to continue.

Displaying Date Settings

Press the Set button repeatedly until the display shows SHOW DATE. The unit will normally display the current Month and Date, it can also display the Seconds or the full date e.g (Day, Month, Date). The user can switch between the three options by pressing the (-) negative or (+) positive button and toggling between SHOW DATE, SHOW SECONDS or Day and DATE.

Press Set to continue.

The Programming Table below provides a useful summary of the Sunrise System dawn simulator set up process.

Programming Table

<u>No of Presses of SET button</u>	<u>Result</u> (First setting is the Default)
1	CLOCK SET
2	SUNDAY ALARM TIME
3	MONDAY ALARM TIME
4	TUESDAY ALARM TIME
5	WEDNESDAY ALARM TIME
6	THURSDAY ALARM TIME
7	FRIDAY ALARM TIME
8	SATURDAY ALARM TIME
9	12/24 HOUR
10	SECURITY OFF or SECURITY ON
11	SPEAKER ON or SPEAKER OFF
12	SUNRISE 15 - 30 - 45 - 60 - 90
13	SUNSET 15 - 30 - 45 - 60 - 90
14	BACKLITE OFF, BACKLIGHT ON or BACKLITEAUTO
15	NITELIGHTOFF or NITELIGHT ON
16	WEEKDAY (Starts on a Sunday)
17	YEAR (Starts at 2000)
18	MONTH (Starts at January)
19	DAY (Starts at 1st day of Month),
20	SHOW DATE or SHOW SECONDS or DAY AND DATE
21	SET LCD CONTRAST (some models)
22	SET LANGUAGE (after first use displays chosen language)
23	(Returns To Normal Operation)

Additional Modes

Reading Lamp

The lamp can be used as a normal reading lamp with the option to set the intensity of lamp any desired level between full off and full on.

Friday Night Mode

This mode is for when you want to have a “sleep in” on the following morning. It enables you to dim your lamp in the evening as normal using the Sunrise System and, when in Friday Night Mode, the Sunrise System will not wake you the following morning with either the Sunrise ‘fade up’ or the alarm sounder. To activate this mode press both the (+) POSITIVE and the (-) NEGATIVE buttons together while in Normal mode. The display will read FRIDAY NIGHT. Your lamp will mimic a Sunset at the set fade down rate. This mode is automatically exited when the lamp is fully off and returns to Normal mode. You can use FRIDAY NIGHT MODE any night of the week when you wish to skip your next day wake up.

Troubleshooting Tips

How do I generate a Sunrise?

The Sunrise works in conjunction with the alarm time, first set the alarm time (see page 7), then choose the desired Sunrise period from the menu (e.g set to 15 min). Activate the alarm by pressing the alarm button (top right). The Sunrise will start 15 minutes before the alarm time and the lamp will be at full brightness after 15 minutes.

How do I generate a Sunset?

Press the (+) POSITIVE button until the lamp is set to the desired brightness level. To activate the Sunset just press the alarm button. The lamp will slowly dim and switch off. The default is 15 minutes. If you want to change the duration of Sunset or Sunrise see details under setting sunrise and sunset.

I cannot activate the alarm when pressing the alarm button

Is the Security Mode 'house' symbol displayed? The alarm and Sunset cannot be activated when security mode is switched On.

Can I use any light bulb in the lamp attached to my Sunrise System?

No, you must use a normal incandescent light bulb of **NO MORE THAN 100 WATTS**. The Sunrise System will not work properly if a 'Saver Bulb' is used. Do not use with a 'dimming' lamp.

Reset the clock for any other problem...

To reset the unit, unplug it from the wall outlet, wait 10 minutes, then plug the unit back in WHILE HOLDING IN the SET button (top left). You can let go after you hear the beep sound three times.

Warranty

BioBrite warrants to the end user that this product will be free from defects in materials and workmanship in the course of normal use for a period of one year from the date of purchase. BioBrite does not accept liability for improper, unrecommended or unintended use of the product. Should you have a problem with your unit, please contact your local supplier or BioBrite at:

BioBrite Inc.
4340 East West Highway
Suite 401 S.
Bethesda, MD 20814

(301) 961-5940

Email: Biobrite@aol.com

Web site: Biobrite.com