DOZE USB

SOUND MACHINE WITH SLEEP THERAPY LIGHT
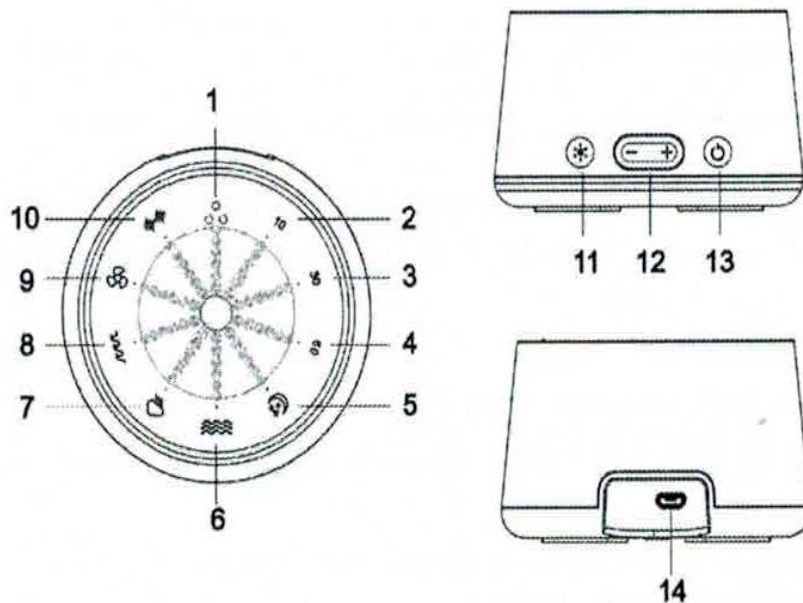
1	SLEEP THERAPY Light	8	Ocean
2	Sleep Timer (10 minutes)	9	Fan
3	Sleep Timer (30 minutes)	10	White Noise
4	Sleep Timer (60 minutes)	11	SLEEP THERAPY
5	Summer Night	12	VOLUME Button
6	Stream	13	SLEEP SOOTHING
7	Rain	14	Micro USB Port

SPECIFICATIONS

Power Supply	: DC5V
Output Power	: 0.4 watts maximum
Speaker	: 8 ohm

Specifications are subject to change without prior notice.

CONNECT THE UNIT TO POWER

Using the included USB cable, insert the Micro USB end of the cable into the micro USB port on the unit and the USB type-A end to the AC wall adaptor or the charging port on your compatible device, using an appropriate adaptor if necessary.
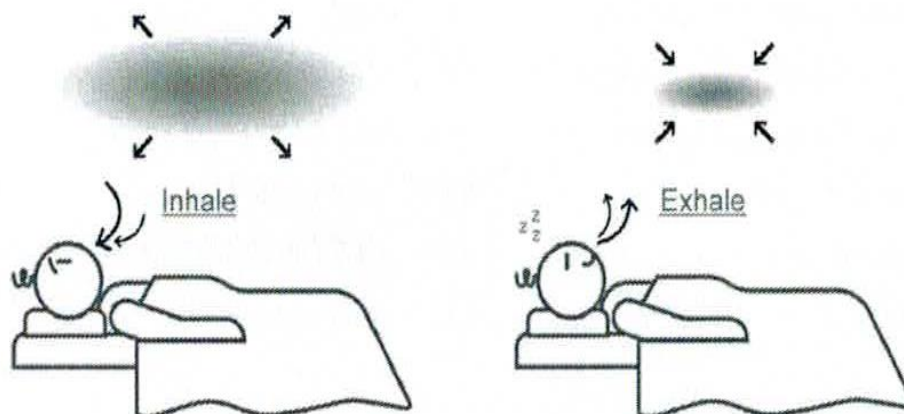
PLAYING SOUNDS

1. Press the SLEEP SOOTHING sound ON/OFF button to turn on the SLEEP SOOTHING sound.
2. Select the desired sound by pressing the appropriate button as indicated below, the options are :

WHITE NOISE	FAN	OCEAN	RAIN	STREAM	SUMMER NIGHT

3. Press the volume + or − button to adjust to your desired volume.
4. To turn off the SLEEP SOOTHING sound, press the SLEEP SOOTHING sound ON/OFF button..

USING THE SLEEPTHERAPY LIGHT

1. Press the SLEEP THERAPY light ON/OFF button to turn on the SLEEP THERAPY light.
2. The unit will project a blue light onto the ceiling.
3. Open your eyes and look at the blue light.
4. Gently synchronize your breathing with the light : inhale when light expands, exhale when light retracts.

Inhale

Exhale

5. To turn off the SLEEP THERAPY light, press the SLEEP THERAPY light ON/OFF button.,

USING THE SLEEP TIMER

1. When the unit is playing SLEEP SOOTHING sound or using SLEEP THERAPY light, press the Sleep Timer to your desired timer setting, the options are : 10 minutes, 30 minutes and 60 minutes.
2. Depending on your timer setting, the SLEEP SOOTHING sound or SLEEP THERAPY light will automatically turn off after 10, 30 or 60 minutes has passed.
3. If no timer setting is selected, the unit will play continuously.