

# How to use your **Day Clock**



[Day-Clock.com](http://Day-Clock.com)

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# What does the Day Clock do?

People living with memory problems can have trouble telling whether it is day or night, or morning or afternoon, or simply need reassurance about what day it is.

These instructions tell you about how to use your Day Clock and how to look after it.

***The Day Clock will...*** automatically show Morning, Afternoon, Evening and Night for each day of the week, and will display the right information as soon as you plug it in. It will need adjusting in the Spring and Autumn when the clocks change.

***The Day Clock will not...*** display the exact time, or the date. The Day Clock has been carefully designed to help people with memory problems to make decisions about how to plan their day, so the different information is displayed as follows:

Morning: **7am** to 12 noon

Afternoon: 12 noon to 5pm

Evening: 5pm to 10pm

Night: 10pm to **7am**

Think about where to position the Day Clock – perhaps try putting it in the living room, the kitchen or even the bedroom. Some people might benefit from placing the Day Clock next to a calendar or diary, to provide reassurance about missing appointments or planning activities.

# Getting started...

To wall mount: hang up the Day Clock using the **keyhole-shaped hole** on the back



Or

To stand the Day Clock up, insert the clear plastic stand into the **star-shaped hole**:

Plug the power cable into the **DC 9V** socket on the side of the frame, and plug the cable into a mains socket and switch it on at the socket.



Find the buttons on the top of the Day Clock, which are labelled below for you (looking from the top with the screen facing towards you):



Press the **ON/OFF** button to switch on the Day Clock (if it is not already on), and the screen will initially look like this before automatically changing to the correct display.



## The Day Clock is now working and ready to use.

## How can I switch on/off the blue lights on the corners of the Day Clock?

The blue lights around the edges of the Day Clock will automatically be on whenever the Day Clock is first switched on at the mains, for example after being unplugged, or after a power cut.

Press and hold the **EXIT button** (see Page 2) for two seconds to switch the blue lights off.

Do the same again to switch the blue lights back on.

## How does the Day Clock know what time it is?

The Day Clock has an internal clock which runs on a small back-up battery. This makes sure the Day Clock shows the information for the right day and time. The back-up battery ensures that the display is correct, even when it is unplugged and plugged back in again, or after a power cut.

The Day Clock will also continue to work normally even when the back-up battery eventually runs down, as long as the Day Clock remains plugged in and switched on.

If the back-up battery runs out and the Day Clock is then unplugged, you will still be able to reset the internal clock using the instructions for “What to do when the clocks change” and continue to use it.

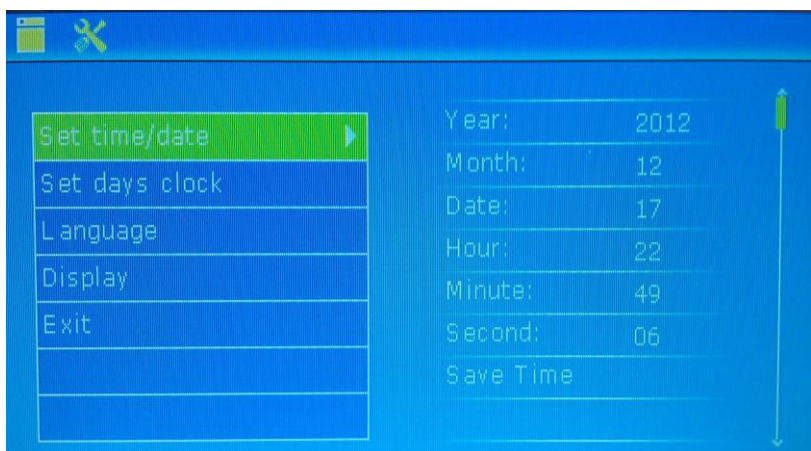
# What do I have to do when the clocks change (in Spring and Autumn)?

Just like any other clock, in Spring you will need to move the built-in timer forward one hour, and in Autumn you will need to move it back one hour, so that the display stays correct.

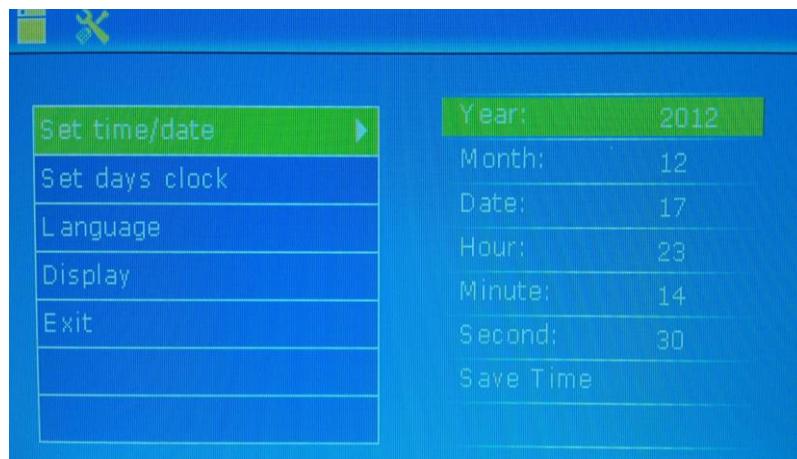
Find the buttons on the top of the Day Clock, which are labelled below for you:



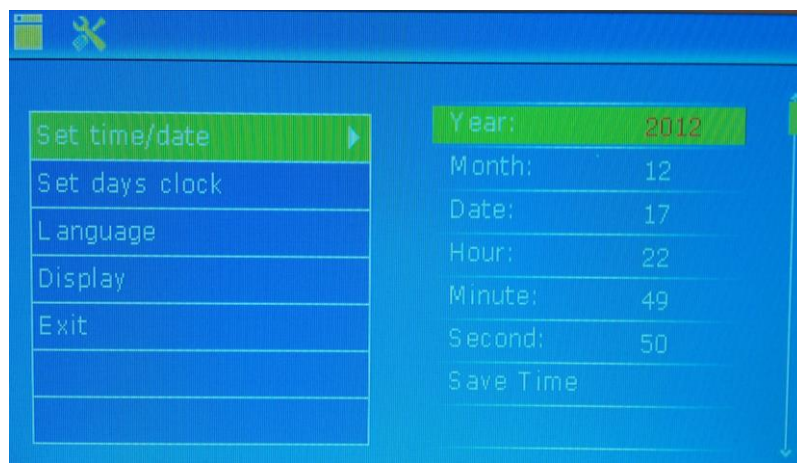
If you press the wrong button at any time and are not sure what to do, you can switch the Day Clock off and on again without causing any problems – just press the **ON/OFF** button and try the instructions again from here.

<p>1. Press the <b>EXIT</b> button to enter the Setup menu.</p>	
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2. Press OK to enter the Set time/date options.



3. Press OK to select the highlighted option in green. This will then turn the text Red.



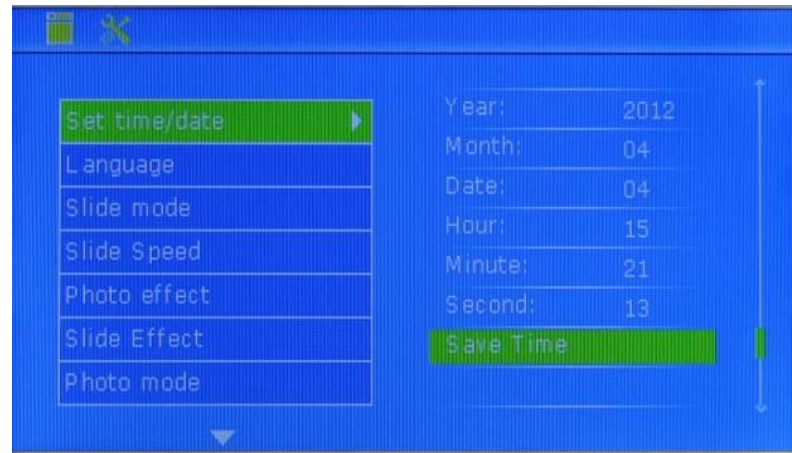
4. Use the left and right arrow buttons to select the correct time/date.

5. Press OK to save your selection and return to the time/date options.

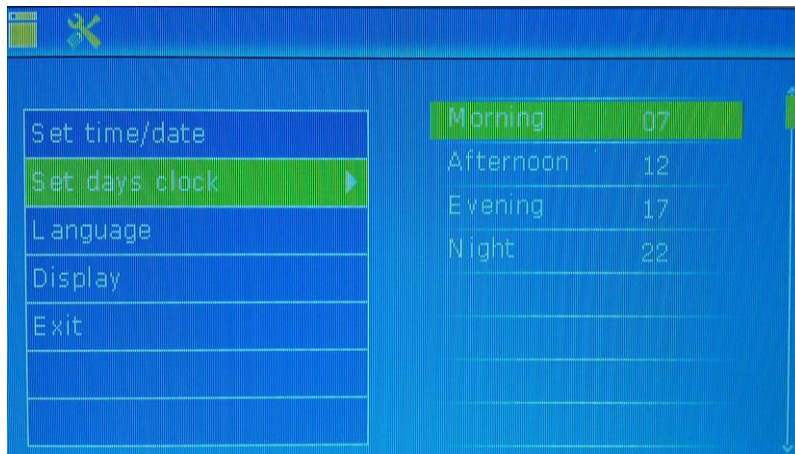
6. Use the Up and Down arrow buttons to move between the different options and set your time/date.



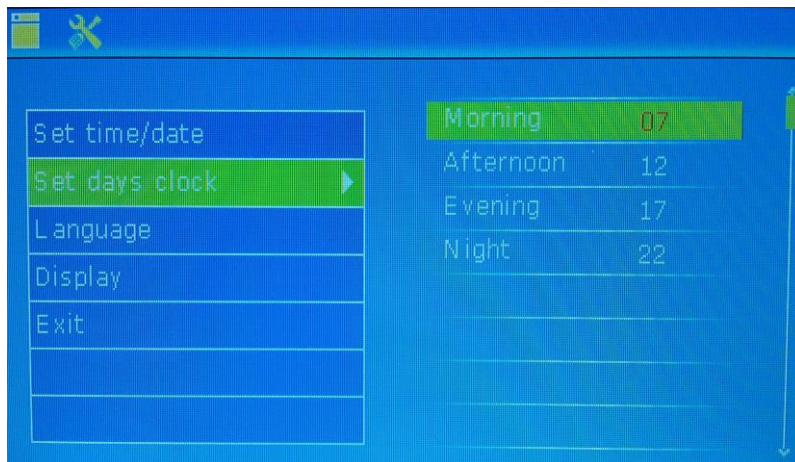
7. Once finished use the Down arrow button to highlight Save Time and press OK to save your selections.



8. Press Down to highlight Set days/clock and press OK to enter the options.



9. Press OK on the green highlighted field to select the desired hour for this image to show.



10. Once completed press the Menu button to exit Setup.

11. Now switch your Day Clock off and power the unit back on. The Day Clock is now ready to use.



# Troubleshooting and getting help

## ***Why is there no USB memory stick or SD Memory card in the box with my Day Clock?***

The information displayed on the Day Clock is built into the product, so it does not need memory card or USB stick.

## ***The Day Clock has been unplugged, what should I do?***

If the Day Clock becomes unplugged, it will automatically display the correct information when it is plugged back in unless the internal back-up battery eventually runs out.

## ***The Day Clock is not showing the right information.***

If the Day Clock is consistently wrong by one or two hours, check that it has been adjusted correctly for the time of year (e.g. to British Summer Time or Greenwich Mean Time). Check this using the instructions for “What to do when the clocks change”.

If the day is wrong, follow these same instructions to check that the date on the internal clock is correct.

## ***What should I do when the clocks change at different times of year?***

See the instructions on “What to do when the clocks change”.

***I've pressed the wrong button while setting up the Day Clock – what should I do?***

Press the **ON/OFF** switch and start again.

***If the screen does not display anything.***

Check that the power cable is plugged in at both ends and switched on, and press the **ON/OFF** button on the top of the frame (see page 2).

If you are using the Day Clock as a digital photo frame and the screen is blank, check that your SD memory card or USB stick contains images which are in JPEG format.

***I have a problem with the Day Clock that I cannot solve.***

Please email our helpline:

[help@day-clock.com](mailto:help@day-clock.com)

or telephone us:

**+44 (0) 117 330 2277**

# Technical and Safety Information

**Adapter input:** AC 100-240V /110V 50/60HZ 350mA

**Image format:** JPEG

**Memory cards:** SD

**Screen parameters:**

Screen Size: 7 inch TFT

Resolution: 480x234 Pixels

Contrast: 300:1

Aspect Ratio: 16:9

Brightness: 300cd/m<sup>2</sup>

Response Time : 20ms

Viewing Angle: 60° (left/right/vertical), 40°  
(horizontal)

Working Temperature: 0°C - 40°C , Humidity: 10-  
85%

**To reduce the risk of a fire or an electric shock, do not  
expose this appliance to rain or moisture.**