



Sunrise Alarm Clock

SKU: 2512
2512_IM_250927

Thank you for purchasing this Sunrise Alarm Clock, designed to help you wake up naturally with gradually increasing light, to start the day feeling refreshed. Featuring a large, easy-to-read display showing the time and room temperature, as well as a red light mode to boost melatonin and encourage relaxation at bed time.

Please take the time to read this document thoroughly to familiarise yourself with how the product works and to ensure you get many years of safe use from this clock.

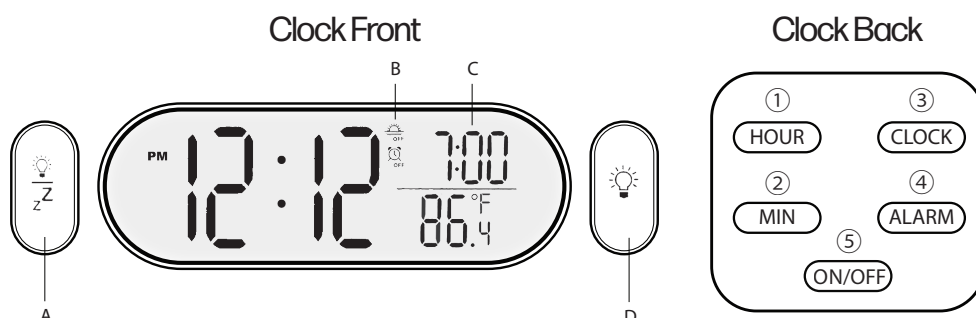
Operating Instructions

Your clock may be powered using the supplied USB-C cable or by inserting 4 x AAA batteries (see below). When inserted, batteries will act as a power back-up in the event of a power cut.

1. Locate the battery compartment on the base of the clock and slide the battery cover in the indicated direction by applying gentle pressure.
2. Insert 4 x AAA batteries, observing the polarity marked in the compartment.
3. Replace the battery cover and slide home until it 'clicks' into place.

Figure 1

- A) Snooze / Backlight
- B) Alarm / Sunrise Setting
- C) Alarm Time
- D) Red Light Mode
- 1) Increase Hour
- 2) Increase Minute
- 3) Clock Set
- 4) Alarm Set / On / Off
- 5) Sunrise On / Off



Setting the Clock

Your clock displays the time in 12 hour mode and will display PM to the left of the time after noon. To set the time, follow the steps below.

1. Press and hold CLOCK SET while pressing INCREASE HOUR to set the chosen hour.
2. Press and hold CLOCK SET while pressing INCREASE MINUTE to set the chosen minute.
3. During setting, the time will flash. Release CLOCK SET to finalise the time.
4. Holding INCREASE HOUR or INCREASE MINUTE will cause the time to advance rapidly.

Setting the Alarm and Sunrise

The alarm time determines both the audible and sunrise alarm with the sunrise starting 5 minutes before the alarm time. Each alarm mode can be enabled independently, if the audible alarm is off it will not sound at the alarm time. To set the alarm time, follow the steps below.

1. Press and hold ALARM SET while pressing INCREASE HOUR to set the chosen hour.
2. Press and hold ALARM SET while pressing INCREASE MINUTE to set the chosen minute.
3. During setting, the time will flash. Release ALARM SET to finalise the time.
4. Holding INCREASE HOUR or INCREASE MINUTE will cause the time to advance rapidly.
5. To enable or disable the audible alarm, press ALARM SET. The status is shown by the icons at B.
6. To enable or disable the sunrise, press SUNRISE ON/OFF. The status is shown by the icons at B.
7. Press SNOOZE / BACKLIGHT to snooze the audible alarm sound or sunrise illumination for 5 minutes.
8. The audible alarm can be stopped when sounding by pressing ALARM SET.
9. When illuminated, The sunrise light may be turned off by pressing RED LIGHT MODE.

Backlight

Illuminate the display at any time by pressing SNOOZE / BACKLIGHT.

Temperature Display

The temperature display shows the current indoor temperature in °F.

Red Light Mode

Red Light does not affect circadian rhythms in the same way as blue or white light, so is beneficial to use at night. Research has shown that exposure to red light can improve sleep* and increase the production of melatonin. *Zhao, J., Tian, Y., Nie, J., Xu, J., & Liu, D. (2012)

It is recommended to use the Red Light Mode on your clock at least 60 minutes before bed. Benefits from Red Light differ from person to person, sessions should last between 5 and 20 minutes depending on the individual. To activate or deactivate Red Light Mode press RED LIGHT MODE.

Maintenance and Cleaning

1. Avoid letting the batteries in your clock run flat.
2. To avoid leakage, batteries should be removed from the clock if it will not be used for an extended period.
3. The clock may be cleaned with a soft, dry cloth. Avoid the use of cleaning products or solvent to clean.

Safety Precautions

1. This product is intended for indoor use only in a dry area free from humidity.
2. The unit may use batteries which can malfunction if overheated, short circuited or disassembled.
3. Do not dispose of this unit in a fire.
4. This unit contains no user serviceable parts. Do not disassemble.
5. Keep this unit out of the reach of children and animals.

Warranty (Please visit www.lifemaxuk.co.uk/warranty to register.)

In the unlikely event that your item develops a manufacturing fault, it is covered by a one year return to base warranty. Your warranty runs for 12 months from the date of purchase and is only valid with the original receipt, please ensure you keep this safe. Your warranty does not cover consumables, misuse or customer damage and will be deemed void where the repairs have been attempted by an unauthorised agent. This does not affect your statutory rights.

If your product develops a defect during the warranty period, please call the helpline number for further advice. If instructed, please securely pack your item and return enclosing your contact details, proof of purchase and fault details. We will, at our discretion, repair or exchange the item in line with warranty legislation. Where no proof of purchase is provided, or the product is outside the warranty period, repairs/replacements will be offered at cost to the customer.

Technical

Product	Size	175x135x45mm	Weight	225g		
Power	Mains	USB Type C	Voltage	DC 5V	Optional Batteries	4 x AAA
Temperature	Range	0 - 50 °C	Tolerance	1.8 °C		



Lifemax Limited. 1 Pipers Court,
Thatcham, Berkshire. RG19 4ER. UK

Lifemax c/o Success Courier SL. Calle Rio
Tormes Num 1, Planta 1, Derecha, Oficina 3,
Fuenlabrada, Madrid. 28947. Spain

www.lifemaxuk.co.uk

