

SLEEP AID SOUND MACHINE

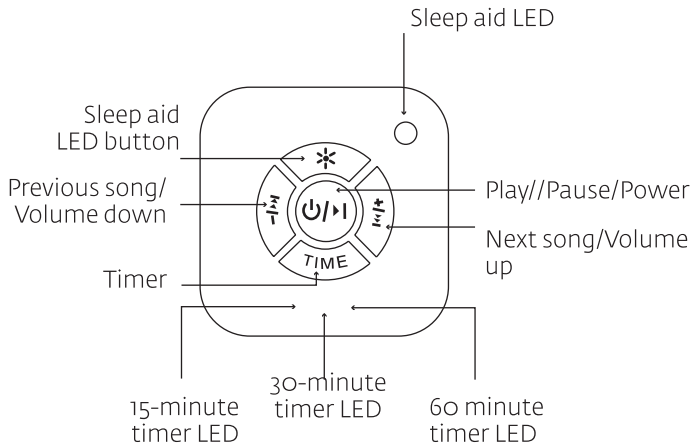
Instruction Manual

8085214

INCLUDED

- Sleep aid sound machine
- Micro USB charging cable
- Instruction manual

COMPONENT IDENTIFICATION



SPECIFICATIONS

Input:	DC 5V, 0.5 A-1A
Power:	1W Max
Battery:	1200mAh
Battery type:	Li-Ion 18650
Charging cycles:	500
Charging time:	1-1.5 hours
Operating time:	30-36 hours

CAN ICES-3 (B)/NMB-3(B)

FEATURES

- 9 different sounds: white noise, sea waves, crickets, rain, forest birds, stream and 3 lullabies
- Sleep aid light, designed as a breathing guide to help with relaxation. Inhale when the light is ON and start to exhale as the light dims

GETTING STARTED

OPERATING INSTRUCTIONS

CHARGING

Use the included micro USB charging cable to fully charge before first use. The micro USB cable can be plugged into a computer, wall charger or power bank (not included).

When USB is inserted

- The red LED will flash if battery is below 30%
- The green LED will flash if battery is between 30-60%
- The blue LED will flash while charging to 100% and all LEDs will turn solid when charging is complete.

SOUND MACHINE

1. Press power button to turn on sounds. Press and hold to pause music.
2. To change sound, press + or – button and it will cycle through all the sounds.
3. Press and hold the + or – button to adjust volume up or down.
4. The sound machine will turn ON with the last sound you had played when turned off.

SLEEP AID LED BUTTON

1. Press the light button to turn the sleep aid LED ON. The light can be used with or without sounds.
2. The sleep aid LED is designed as a breathing guide, simply inhale when the light is ON and exhale as the light dims.
3. The sleep aid light is divided into 6 cycles. The first 10 minutes is to train your breathing to slow down. Each 10-minute period afterwards slows down more. The light function will turn OFF automatically after 60 minutes if timing function isn't set. If timing button is set then the light will turn off after selected time.

TIMER BUTTON

- Press once for 15-minute timer (red LED), press again for the 30-minute timer (green LED), the third time for the 60-minute timer (blue LED), and again to turn off timer
- The timer will turn off sound machine as well as sleep aid light