

LANAFORM

HEALTH

Wake Up Light

DAWN SIMULATOR



DAWN & SUNSET
SIMULATOR

SIMULATEUR
D'AUBE



2 ALARM
CLOCKS

DAGERAAD-
SIMULATOR



LIGHT COLOUR
CHANGE

MORGENDÄMMERUNGS-
SIMULATOR



30 FM
STATIONS

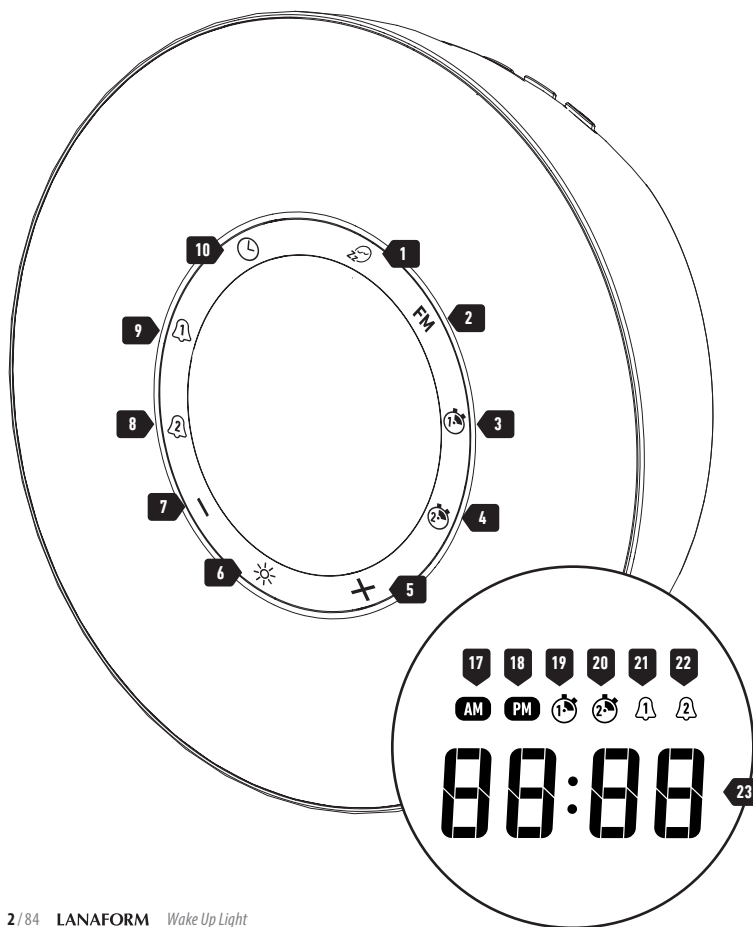
SIMULADOR
DE AMANECER



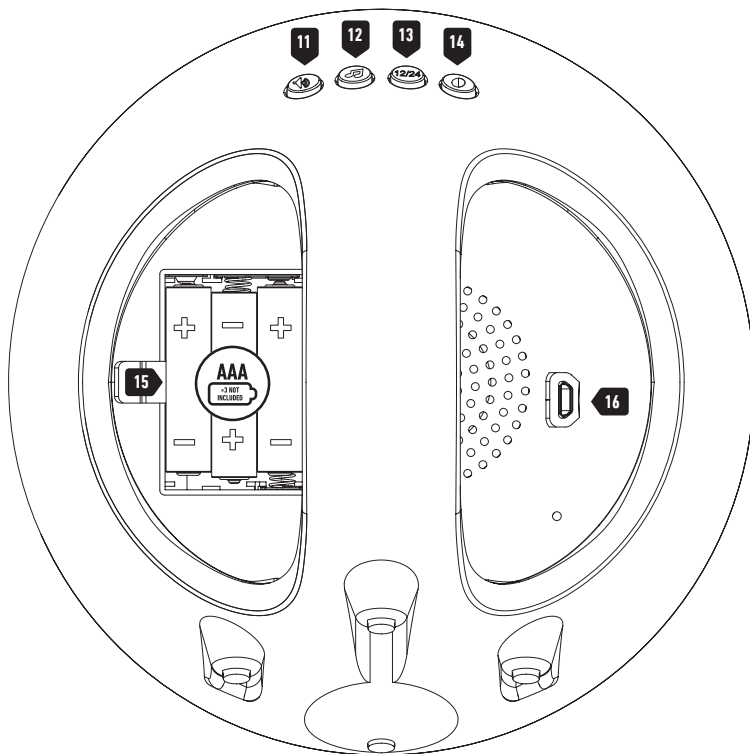
6 WAKE-UP
MELODIES

SIMULATORE
D'ALBA

EN FR NL DE ES IT PL CS SK HU SL BG SV LT



2 / 84 LANAFORM Wake Up Light



EN Instruction manual

■ *The photographs and other images of the product in this manual and on the packaging are as accurate as possible, but do not claim to be a perfect reproduction of the product.*

Thank you for choosing the LANAFORM *Wake Up Light*. The *Wake Up Light* offers you a gentle and natural way of waking up in the morning. The gradually intensifying LED light simulates the effect of a sunrise to gently wake you up. As well as this simulated sunrise, you can programme a wake-up alarm sound. The *Wake Up Light* also allows you to enjoy atmospheric lighting with different LED colours while listening to the radio. Finally, after setting the *Wake Up Light* to the required time, you can use it as a bedside lamp before falling into a peaceful sleep thanks to the sunset function.

PLEASE READ ALL THE INSTRUCTIONS BEFORE USING YOUR WAKE UP LIGHT DEVICE, PARTICULARLY THESE FEW BASIC SAFETY INSTRUCTIONS

- Use this device only in accordance with the instructions given in this manual.
- This appliance is not intended for use by people (including children) with limited physical, sensory or mental abilities, or by people lacking experience or knowledge, unless they are supervised or have been instructed beforehand on how to use the appliance by someone responsible for their safety. Children should be supervised to make sure they do not play with the device.
- Before connecting the device, check that the voltage shown on the device corresponds to the local voltage.

- Do not use accessories that are not recommended by LANAFORM or that are not supplied with this device.
- This device must not be modified in any way.
- If the power cable is damaged, it must be replaced by a similar one available from the supplier or its after-sales department.
- Do not use this device if the power plug is damaged, if the device is not working properly, has been dropped on the floor or if it is damaged or has been dropped into water. Have the device examined and repaired by the supplier or its after-sales department.
- Never try to recover a device that has fallen into water. Remove the mains plug or power supply from the socket immediately.
- Keep children away from the packaging materials (risk of suffocation).
- Position the power cable in a way that avoids any tripping hazard.
- Do not carry this device around by its power cable and do not use this cable as a handle.
- Always unplug the device after use or before cleaning.
- Electrical appliances should never be left unattended when connected. Unplug when not in use.
- Keep the power cable away from hot surfaces.
- Never let anything drop and never insert any object into any of the openings.
- Do not use this device in a damp atmosphere (in a bathroom, close to a shower, etc.)

- Do not use this device under a cover or under a cushion. Excessive heat can cause fire, electrocution or injury.
- Do not expose the device to direct sunlight or high temperatures.

DESCRIPTION OF THE DEVICE, 2

FRONT

- 1 Snooze function
- 2 Radio button
- 3 Sunset alarm 1
- 4 Sunset alarm 2
- 5 + button
- 6 Light button
- 7 – button
- 8 Wake-up alarm 2
- 9 Wake-up alarm 1
- 10 Setting function

BACK

- 11 Volume setting
- 12 Melody setting
- 13 12-hour or 24-hour time format
- 14 Display screen lighting
- 15 Battery compartment
- 16 Mains adapter plug

DISPLAY SCREEN

- 17 Morning (display in 12-hour format only)
- 18 Afternoon (display in 12-hour format only)
- 19 Sunset alarm 1
- 20 Sunset alarm 2
- 21 Wake-up alarm 1
- 22 Wake-up alarm 2
- 23 Time/radio station display

SETTING UP THE WAKE UP LIGHT

- Remove the packaging.
- Check that all parts are included on delivery.
- Inspect the device, mains adapter and cable for any signs of damage.
- Remove the cover of the battery compartment on the back of the device (15) and insert the batteries (3 x AAA, not supplied) according to the polarity shown. The batteries will provide a back-up energy source in the event of a power cut.
- Place the device on a stable and flat surface at a distance of ± 30 cm from your head, on a bedside table, for example.
- Insert the mains adapter plug in the mains adapter socket on the back of the device (16).
- Plug the mains adapter into a suitable power socket.

USING THE WAKE UP LIGHT

SETTING THE TIME

- Before using the Wake-up Light for the first time or after a power cut, you will need to set the time. When you plug the device in, all the symbols will light up for 2 seconds and the hours display will then flash for 10 seconds, allowing you to set the time.
- To set the hours, press the “+” and “–” buttons (5) and (7).
- Then press the set button (10). The minutes display will start to flash.
- To set the minutes, press the “+” and “–” buttons (5) and (7).

- To navigate more quickly between the hours and minutes, press and hold the “+” or “-” button (5) and (7).
- Press the set button (10) to confirm the time.

▲ *The format button (13) allows you to choose either a 24-hour or a 12-hour display format. If you select the 12-hour format, the control screen will show the time of day as either “AM” or “PM” (17 and 18).*

▲ *If the hour symbol stops flashing before you have set the time, simply press the set button (10) once.*

SETTING THE LIGHT INTENSITY OF THE LCD SCREEN

- You have a choice of two light intensities for the display screen. Press the light button for the display screen (14) repeatedly to select or deactivate the light intensity.

SETTING THE ALARM

- You can set two different alarm times (alarm 1 and alarm 2) on the *Wake Up Light*.
- To set the alarm 1 or 2, press and hold the alarm 1 button (9) or alarm 2 button (8) for 3 seconds.
- The symbol for the wake-up alarm 1 or 2 (21 or 22) will then appear on the display screen.
- The hours display for the alarm will start to flash.
- Use the “+” and “-” buttons (5) and (7) to select the alarm time. Then press the set button (10). The minutes display will start to flash.

- To set the minutes, press the “+” and “-” buttons (5) and (7). To navigate more quickly between the hours and minutes, press and hold the “+” or “-” button (5) and (7).

CHOOSING THE ALARM SOUND

- You can choose between 6 sounds from the world of nature or FM radio.
- Press the melody setting button (12) once. The wake-up alarm 1 symbol (21) will flash. If you want to set a sound alert for the alarm 2, press the “+” and “-” buttons (5) and (7).
- Press the melody setting button (12) a second time. You can then select your preferred natural sound by pressing the “+” and “-” buttons (5) and (7) repeatedly. The numbers 1 to 6 are natural sounds and number 7 is FM radio.
- Press the melody setting button (12) again to confirm your choice.
- To adjust the volume of the alarm, press the volume button repeatedly until you reach the desired level (1 to 15).

▲ *If the FM radio is on when the wake-up alarm is due to go off, the radio will stop at the alarm time to allow the natural sound to play for 2 minutes, after which the radio will automatically come back on again.*

SWITCHING OFF THE ALARM

- When the alarm goes off, you can deactivate it by pressing any button, with the exception of the snooze button (1). The alarm will then be deactivated until the programmed wake-up time the following morning.

- To deactivate the alarm 1 or 2 completely, press the alarm 1 or 2 button (9) or (8) again. The corresponding symbol will then disappear.

SNOOZE FUNCTION

- When an alarm goes off, you can stop it temporarily by pressing the snooze button (1). The alarm will then go off again 5 minutes later, repeating each time you press the snooze button (1).

SUNRISE FUNCTION

- The sunrise simulation is activated 30 minutes before the wake-up alarm time. The brightness of the LED increases progressively up until the alarm time.
- When the wake-up alarm goes off, you can deactivate the light by pressing the light button (6) repeatedly.
- If you want to deactivate the sunrise function before the wake-up alarm time, press the wake-up alarm 1 or 2 button (9 or 8) and press the light button (6) to switch the lamp off.

LAMP FUNCTION/ATMOSPHERIC LIGHTING WITH CHANGING COLOURS

- You can also use the *Wake Up Light* as a normal lamp or as atmospheric lighting with changing colours.
- To activate the normal lamp function, press the light button (6) once. You can then adjust the intensity of the light by pressing and holding the "+" and "-" buttons (5) and (7).
- To activate the atmospheric lighting function, press the light button (6) twice. The LEDs will then change colour automatically. You can select one of the six specific colours by pressing the "+" and "-" buttons (5) and (7).


LISTENING TO THE RADIO

- The *Wake Up Light* device has a mobile aerial situated on the back. Unwind the wire and arrange it in the longest position to ensure the best reception.
- Press the radio button (2) to switch it on.
- To launch the automatic station search, press and hold the radio button (2) and then release it. The device will start searching for stations and save them automatically.
- Once the stations have been saved, you can press the "+" and "-" buttons (5) and (7) to choose the station you would like to listen to. The symbol 'P' is displayed in front of the station number.
- If you prefer to search for a station manually, press and hold the "+" and "-" buttons (5) and (7) until you come to the station you are looking for.
- To adjust the volume of the radio, press the volume button (11) repeatedly (settings from 1 to 15).
- To switch the radio off, press the radio button (2).
- When the FM radio is on, you can use the light as a normal lamp or atmospheric lighting. Press the light button (6) repeatedly to select the normal lamp function or atmospheric lighting.

▲ *If you select the FM radio first and then the normal lamp function, the lamp will be at its maximum intensity.*

SUNSET FUNCTION

- You can also use the *Wake Up Light* to help you fall asleep by selecting a sleeping time. The sunset simulation will start 30 minutes before the programmed sleeping time. The LED will gradually become darker up until the sleeping time.

- You can set two different alarm times (alarm 1 and alarm 2) for the sleeping light.
 - To set the alarm 1 or 2, press and hold the sunset alarm 1 button (3) or sunset alarm 2 button (4) for 3 seconds.
 - The sunset alarm 1 or 2 symbol (19 or 20) will then be displayed on the screen.
 - The hours display for the alarm will start to flash.
 - Use the "+" and "-" buttons (5) and (7) to select the alarm time. Then press the set button (10). The minutes display will start to flash.
 - To set the minutes, press the "+" and "-" buttons (5) and (7). To navigate more quickly between the hours and minutes, press and hold the "+" or "-" button (5) and (7).
 - If you want to switch off the sunset function before the sleeping time, press the sunset alarm 1 or 2 button (3 or 4) and use the light button (6) to switch the light off.
 - Never immerse the device and mains adapter in water or other liquids.
 - Protect the device from impacts, humidity, dust, chemicals, sudden changes in temperature and proximity to heat sources (oven, radiator).
 - Clean the device using a dry cloth.
 - Do not use any abrasive detergents.
 - Always change the batteries in good time and use batteries of the same type.
 - Do not use rechargeable batteries.
 - Leaking batteries may damage the device. If you do not plan to use the device for an extended period, remove the batteries from the battery compartment.
 - Run-down or damaged batteries can cause skin irritations. Wear appropriate protective gloves.
-  **ADVICE REGARDING THE DISPOSAL OF WASTE**

▲ *If the sunset function is activated, the "atmospheric lighting with changing colours" function will be deactivated. Only a light with no colour changes can be used during this time.*

BATTERY OPERATION

It is possible to use the *Wake Up Light* with batteries. However, in this case, the maximum volume will be level 10 and the light will be less intense in comparison with mains operation.

CLEANING AND MAINTENANCE

- Make sure no water penetrates inside the device. If this should happen, wait until the device is completely dry before using it again.

All the packaging is composed of materials that pose no hazard for the environment and which can be disposed of at your local sorting centre to be used as secondary raw materials. The cardboard may be disposed of in a paper recycling bin. The packaging film must be taken to your local sorting and recycling centre.

When you have finished using the device, please dispose of it in an environmentally friendly way and in accordance with the law. Prior to disposal, please remove the battery and dispose of it at a collection point so that it can be recycled.

▲ *Under no circumstances should spent batteries be disposed of with household waste.*

LIMITED WARRANTY

LANAFORM guarantees this product against any material or manufacturing defect for a period of two years from the date of purchase, except in the circumstances described below.


The LANAFORM guarantee does not cover damage caused as a result of normal wear to this product. In addition, the guarantee covering this LANAFORM product does not cover damage caused by abusive or inappropriate or incorrect use, accidents, the use of unauthorized accessories, changes made to the product or any other circumstance, of whatever sort, that is outside LANAFORM's control.

LANAFORM may not be held liable for any type of circumstantial, indirect or specific damage.

All implicit guarantees relating to the suitability of the product are limited to a period of two years from the initial date of purchase as long as a copy of the proof of purchase can be supplied.

On receipt, LANAFORM will repair or replace your appliance at its discretion and will return it to you. The guarantee is only valid through LANAFORM's Service Centre. Any attempt to maintain this product by a person other than LANAFORM's Service Centre will render this guarantee void.

FR Manuel d'instructions

 Les photographies et autres représentations du produit dans le présent manuel et sur l'emballage se veulent les plus fidèles possibles mais peuvent ne pas assurer une similitude parfaite avec le produit.

Nous vous remercions d'avoir acheté le *Wake Up Light* de LANAFORM. Le *Wake Up Light* vous offre un réveil en douceur et naturel. La lumière LED, s'intensifiant progressivement, permet de simuler un lever de soleil afin de vous réveiller en douceur. En plus de la simulation de lever de soleil, vous pouvez paramétrer une sonnerie qui vous accompagne lors de votre réveil. En outre, le *Wake Up Light* vous permet de profiter d'une lampe d'ambiance à couleurs LED variables tout en écoutant la radio. Enfin, en programmant le *Wake Up Light* à l'heure souhaitée, vous pouvez profiter d'une lampe de chevet et vous endormir paisiblement grâce à la fonction crépuscule.

VEUILLEZ LIRE TOUTES LES INSTRUCTIONS AVANT D'UTILISER VOTRE WAKE UP LIGHT, EN PARTICULIER CES QUELQUES CONSIGNES DE SÉCURITÉ FONDAMENTALES

- N'utilisez cet appareil que dans le cadre du mode d'emploi décrit dans ce manuel.
- Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil. Il convient de surveiller les enfants pour s'assurer qu'ils ne jouent pas avec l'appareil.
- Avant de brancher l'appareil, vérifiez que la tension indiquée sur l'appareil correspond à la tension supportée par le secteur local.



2 YEAR WARRANTY

Wake Up Light
LA190201 / LOT 002

MANUFACTURER & IMPORTER
LANAFORM SA

POSTAL ADDRESS
Rue de la Légende, 55
4141 Louveigné, Belgium

Tel. +32 4 360 92 91
info@lanaform.com
www.lanaform.com

LANAFORM