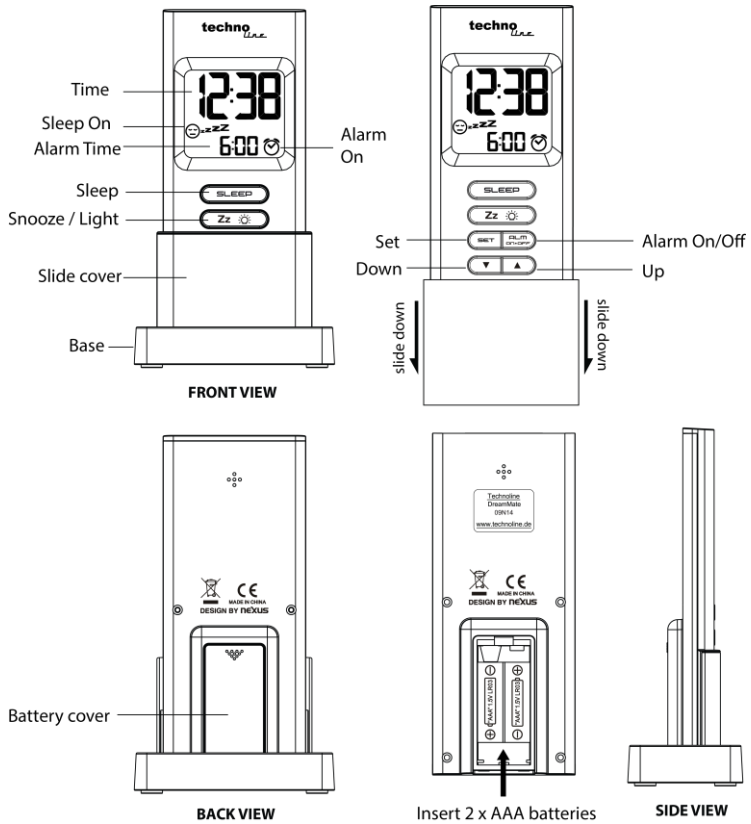


# DreamMate Instruction Manual



Words in the figure:

Figure 1:	ENGLISH	OTHER LANGUAGE
	<b>FRONT VIEW</b>	
	SET	
	SLEEP ON	
	ALARM TIME	
	ALARM ON	
	SLIDE COVER	
	BASE	
	ALM ON-OFF	
	DOWN	
	SNOOZE / LIGHT	
	UP	
	SLEEP	
	SET	
	<b>BACK VIEW</b>	
	BATTERY COVER	
	INSERT 2 X AAA BATTERIES	
	<b>SIDE VIEW</b>	

Thank you for your purchase of this LCD alarm clock with innovative sleep counting feature. Please read these instructions carefully and keep the manual well for future reference.

### **General information**

Problems getting asleep can lead to a severe psychological strain of affected people. The thoughts of having to necessarily go to sleep, to meet the requirements of the next day, create even a higher psychological pressure that prevents falling asleep. It's a circle that it needs to be broken. Because there are also many other causes of a sleep disorder, you should not miss to see a doctor to clarify the reasons. In particular, if the sleep disorder lasts several weeks. Very often organic or psychological disorders are diagnosed and the sleep problems disappear after their medical treatment and healing.

By many researchers who deal with sleep disorders, attention is drawn again and again to certain rules for a reasonable sleep hygiene. This includes the design of the sleeping environment and the daily routine, the natural sleep-wake cycle and the behavioral recommendations for the night. If you have difficulties falling asleep, please take the following precautions.

- Don't drink caffeinated drinks such as coffee, black tea or cola after lunch
- Never use alcohol as a sleep aid
- Avoid the use of appetite suppressants
- Do not eat heavy meals in the evening
- Decrease your mental and physical exertion before bedtime
- Ensure a pleasant atmosphere in the bedroom
- Ventilate the bedroom well
- Only go to bed when you are tired
- Use the bed only for sleeping and not for reading, drinking, smoking or watching television
- Get up every morning at the same time
- Do not sleep during the day

It proves to be particularly efficient to set up a personal ritual. What this means is to do the same actions just before bedtime.

Examples for this are

- Drink a cup of tea or milk with honey
- Apply cream on a certain part of the body (eg the face)
- Apply an aromatic oil on your cheeks
- Breathe 10 times in and out deeply in front of the open window

Now use the use the Dream Mate. The principle is very simple. By being forced to focus on the device and to react with a remote control, your thoughts are directed in a certain direction. Other thoughts are stopped and pondering about unresolved conflicts is interrupted.

### **Setting up the device**

The device projects lines with a random timing on the ceiling or a wall. Place the projector so you can have a good look on the projection in your sleep position. At best you should look over the tip of your nose, so you don't have to open your eyes too wide.

### **Start of the sleep cycle**

Before you reduce or turn off the room lights, please take the remote control in your hand and check where the control key is located. Now take your sleep position. If you just press the button once now, the time how long the timer should run appears in the display. The default is 1 minute. If you prefer a longer period of time, press the button repeatedly until the time starts to flash. Then increase the interval in 1-minute increments (for detailed information see "To use the sleep function"). When you are finished, wait until the flashing stops. Now the countdown starts. You can follow the first few seconds on the display. Then projection changes to lines and you need to continue to count the seconds in your head. If you think the set time is up, press the button again. Now you see if you were right. If you should have significantly miscalculated the time, try it again. You will gradually achieve better results.

You will notice that your eyelids will become heavy. If you feel the need to sleep now, allow yourself to do so. Do not think about anything else but the numbers. If you find yourself that your mind wanders away, immediately open your eyes again and start a new sleep cycle. Do not let your brain begin to brood over any problems! Concentrate only on your sleep cycle and the numbers.

### **End of the sleep cycle**

The sleep cycle will stop if you have not pressed on the remote button for a long time. The unit will return to normal time display or projection.

### **BATTERY INSTALLATION**

Your clock requires two new alkaline AAA batteries (not included) to operate.

1. Place your unit face down on a flat surface.
2. Remove the battery cover at the back of your unit.
3. Insert two new alkaline AAA batteries into the battery compartment by observing the correct "+" and "-" polarity.
4. Replace the battery cover.



## TO SET TIME, 12/24 HR TIME AND SNOOZE DURATION

1. Press and hold **SET**, 24hr flash, press ▲ or ▼ to select 24hr ↔ 12hr. In 12-hour mode, **PM** will appear on the display to indicate afternoon time. There is no **AM** indicator.
2. Press **SET** once again, the hour digits flash. Press ▲ or ▼ to set the hours. Press and hold ▲ or ▼ will accelerate setting in fast speed.
3. Press **SET** once again, the minute digits flash. Press ▲ or ▼ to set the minutes. Press and hold ▲ or ▼ will accelerate setting in fast speed.
4. Press **SET** once again, 05 flash and **SN** appears. Press ▲ or ▼ to set snooze duration (from 5 min to 60 min.)
5. Press **SET** again or if no key pressed for approx. 10 seconds to exit the setting mode.



## TO SET ALARM

1. Press and hold **ALM ON-OFF** until the lower hour digit flash. Then press ▲ or ▼ to set alarm hours. Press and hold ▲ or ▼ to accelerate setting in fast speed. **PM** will appear on the display to indicate afternoon time. There is no **AM** indicator.
2. Press **ALM ON-OFF** once again, alarm minute digits flash. Then press ▲ or ▼ to set alarm minutes.
3. Press **ALM ON-OFF** once again or if no key pressed for approx. 10 seconds to exit the Alarm setting mode.



## TO TURN ON OR OFF THE ALARM

1. At normal time display, press **ALM ON-OFF** once to activate the alarm and  appears.
2. Press **ALM ON-OFF** once again to deactivate the alarm and  disappears.

## TO STOP AND RESET THE ALARM TO COME ON THE NEXT DAY

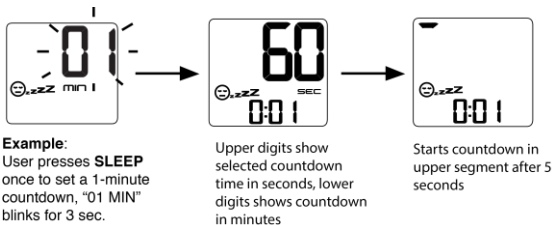
When alarm is sounding, the alarm icon flashes. Press any button except **Zz**  once to stop the alarm and reset it to come on the following day. After that  remains on the display.

## TO ACTIVATE THE SNOOZE FUNCTION (default snooze duration is 5 minutes)

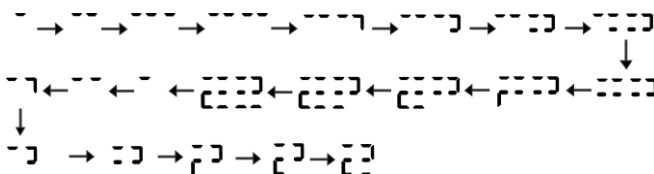
When alarm is sounding, press **Zz**  once, the alarm will be silenced and  keeps flashing, alarm come on again after the set snooze duration.

## TO USE THE SLEEP FUNCTION

1. Simply press **SLEEP** once to program from 1 to 6-minute sleep counting function. The counting sequence is as below:-



2. The segments will count down in a loop pattern approximately as below :-



3. During the countdown process, press **SLEEP** to stop the countdown, the counted time in seconds will be displayed and return to normal time-alarm time display.

Press **SLEEP** before countdown reaches 0 second



The LCD displays the counted time in seconds for 600 sec. then returns to the normal time-alarm time display.

Press **SLEEP** right on countdown at 0 second



The LCD displays "000 SEC" and blinks for 600 sec., then returns to the normal time-alarm time display

No press of **SLEEP** and countdown reaches 0 second



if counting is over 0 second, segment continues to count in the loop for another 600 sec. The display will show the total counted time for 600 seconds and then returns to the normal time-alarm time display.

Remark : during the sleep counting process, the LCD is illuminated by a dim backlight.

### TO USE LCD BACKLIGHT

At normal time-alarm time display mode, press **Zz**  once to light up the LCD for 5 seconds.

### TROUBLE SHOOTING

If your clock displays irrelevant time or does not function properly, which maybe caused by electro-static discharge or other interference. Take out the 2 x AAA batteries from the battery compartment and reinstall them again. Your unit will be reset to default settings and you need to set it again.

### Precautions

- This main unit is intended to be used only indoors.
- Do not subject the unit to excessive force or shock.
- Do not expose the unit to extreme temperatures, direct sunlight, dust or humidity.
- Do not immerse in water.
- Avoid contact with any corrosive materials.
- Do not dispose this unit in a fire as it may explode.
- Do not open the inner back case or tamper with any components of this unit.

### Batteries safety warnings

- Use only alkaline batteries, not rechargeable batteries.
- Install batteries correctly by matching the polarities (+/-).
- Always replace a complete set of batteries.
- Never mix used and new batteries.
- Remove exhausted batteries immediately.
- Remove batteries when not in use.
- Do not recharge and do not dispose of batteries in fire as the batteries may explode.
- Ensure batteries are stored away from metal objects as contact may cause a short circuit.
- Avoid exposing batteries to extreme temperature or humidity or direct sunlight.
- Keep all batteries out of reach from children. They are a choking hazard.

### GENERAL SPECIFICATIONS

Alarm duration	2 minutes
Snooze duration	5 to 60 minutes
Default settings:-	
Alarm	6:00 (AM)
Snooze duration	05 (5 minutes)
Battery of unit	2 x AAA (not included)

### Environmental Protection

#### Consideration of duty according to the battery law



**Old batteries do not belong to domestic waste because they could cause damages of health and environment. You can return used batteries free of charge to your dealer and collection points. As end-user you are committed by law to bring back needed batteries to distributors and other collecting points!**

Consideration of duty according to the law of electrical devices



This symbol means that you must dispose of electrical devices separated from the General household waste when it reaches the end of its useful life. Take your unit to your local waste collection point or recycling centre. This applies to all countries of the European Union, and to other European countries with a separate waste collection system.

