

verilux[®]
The Healthy Lighting Company[®] Est. 1956



Rise & Shine[®]

Natural Sleep System

VA04



Dear Customer,

Thank you for purchasing the Verilux Rise & Shine® Natural Sleep System. You have received an innovative and quality manufactured product, backed by a one year limited warranty.

I hope you'll take the time to read and follow the instructions in this owner's guide. It will help you to set up, operate and enjoy the Rise & Shine's many features. Please save this owner's guide for future reference.

Many other healthy lighting products are available through our catalog and online. Visit us on the web at www.verilux.com to request a free catalog and learn more about all our quality Verilux products, or call our toll-free number 1-800-786-6850.

As a Verilux customer, your satisfaction means everything to us. We look forward to serving you now and in the future.

Have a bright day!

A handwritten signature in black ink that reads "Nicholas Harmon". The signature is written in a cursive, flowing style.

Nicholas Harmon
President, Verilux, Inc.

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Important Safety Instructions

CAUTION:

THIS DEVICE MUST BE CONNECTED TO A MAINS SOCKET OUTLET WITH A PROTECTIVE EARTHING CONNECTION.

TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT REMOVE ANY COMPONENTS. THERE ARE NO SERVICEABLE PARTS INSIDE.

TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT EXPOSE THIS UNIT TO RAIN OR MOISTURE.



The lightning flash with arrowhead symbol, within an equilateral triangle, is intended to alert the user to the presence of uninsulated dangerous voltage within the system enclosure that may be of sufficient magnitude to constitute a risk of electric shock.



The exclamation point within an equilateral triangle, as marked on the system, is intended to alert the user to the presence of important operating and maintenance instructions in this owner's guide.

WARNING: TO REDUCE THE RISK OF FIRE, ELECTRIC SHOCK OR PERSONAL INJURY:

- Read and follow these instructions.
- Keep these instructions.
- Heed all warnings.
- Follow all instructions.
- This device must be disconnected from power before replacing the fuse.
- Do not expose this device to dripping or splashing liquid.
- No objects filled with liquids should be placed on this device.
- Do not use this device near water.
- Clean only with a dry cloth.
- Do not block any ventilation openings. Install in accordance with the manufacturer's instructions.
- Do not cover the device with newspapers, curtains, blankets or anything else that will impede its ventilation.
- This device requires 4 inches of space around the device for sufficient ventilation.
- No naked flames, such as candles, should be placed on the device.
- Do not install near any heat sources, such as radiators, heat registers, stoves or other apparatus (including amplifiers) that produce heat.
- Do not defeat the safety purpose of the electrical grounding plug. A polarized

Important Safety Instructions — continued

plug has two blades with one wider than the other. A grounding-type plug has two blades and a third grounding prong. The wide blade or the third prong is provided for your safety. If the provided plug does not fit in your outlet, consult an electrician for replacement of the obsolete outlet.

- Protect the power cord from being walked on or pinched particularly at plugs, convenience receptacles and the point where they exit from the device.
- Only use attachments and/or accessories specified by the manufacturer.
- Unplug during lightning storms or when unused for long periods.
- Refer all servicing to qualified personnel. Servicing is required when the device has been damaged in any way, such as power cord or plug is damaged, liquid has been spilled or objects have fallen into the device, the device has been exposed to rain or moisture, does not operate normally or has been dropped.
- If the device has been damaged in any way, such as a power cord or a plug is damaged, liquid has been spilled or objects have fallen into the device, the device has been exposed to rain or moisture, does not operate normally or has been dropped, it should not be operated. There are no user serviceable parts.
- Modifications not authorized by the manufacturer will void the warranty and may result in personal injury.
- This device should be connected to power only of the type described in the operating instructions or as marked on the device.
- LED lights get HOT! Do not touch the LED cover while the lamp is on.
- Make sure that the plug is readily accessible at all times.
- For indoor use only.
- The AC power plug is used as the disconnect device that should remain readily operable.
- Do not operate in close proximity to flammable or combustible vapors, such as aerosol (spray) products or in areas where oxygen is being administered.
- Avoid placing in areas that are dusty, humid or moist, lack ventilation or are subject to constant vibration.

SAVE THESE INSTRUCTIONS

FCC Compliance

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

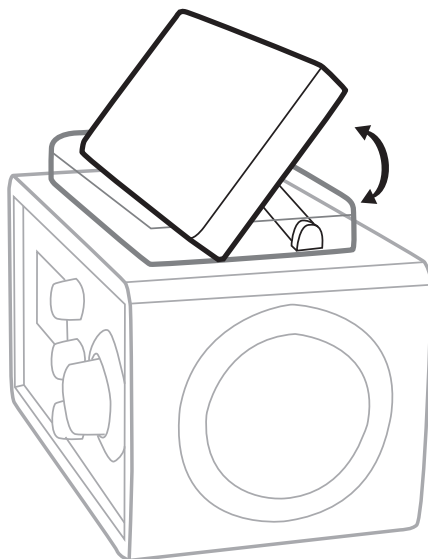
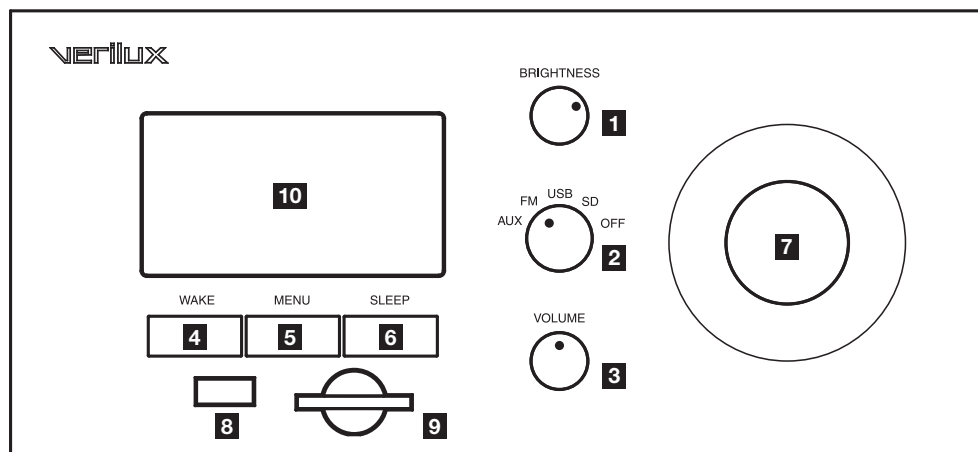
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Guide to Features

Front Panel

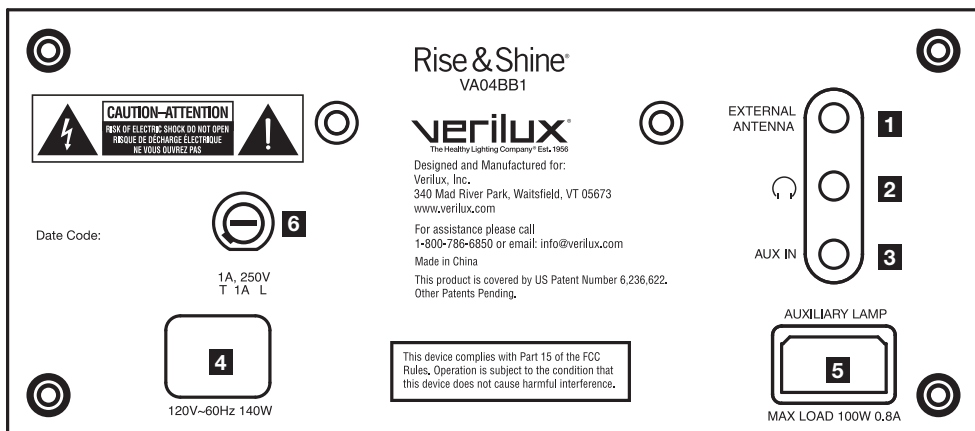
1. Brightness Control for LED light panel and optional external lamp
2. Audio Input Selector/Off Control
3. Volume Control
4. Wake On/Off Button
5. Menu Show/Hide Button
6. Sleep On/Off Button
7. Selector Control Dial
8. USB Port
9. SD/MMC Card Reader
10. Time and Menu Display



Guide to Features — continued

Back Panel

1. External Antenna Jack
(1/8" Mini connector)
2. Headphone Jack
(1/8" Mini connector)
3. AUX In Jack (1/8" Mini connector)
4. 120V-60Hz AC Connector Socket
5. Auxiliary Lamp Connector Socket
6. Fuse



Introduction

Congratulations on your purchase of the Verilux® Rise & Shine® Natural Sleep System. With the Rise & Shine, you'll fall asleep peacefully and wake refreshed with soothing, ambient lighting and sound, customized to your preferences.

Sound options

The Rise & Shine provides relaxing and rejuvenating sleeping and waking experiences with an FM radio and an MP3 player that can support up to 800 MP3 files from a USB thumb drive or SD card. Additionally, an AUX IN connection allows you to connect to external audio sources, including iPods®, as another option to customize the audio portion of your sleeping and waking experience.

Come morning, the Rise & Shine light panel will slowly brighten as your selected audio increases in volume over 5, 15 or 30 minutes. Find serenity when waking gently to one of eight included natural ambient soundscapes, your favorite FM radio station, MP3 songs, talk therapy programs or books.

Light options

Your Rise & Shine's LED light panel – which incorporates both blue and white LEDs – helps you to fall asleep and wake at a gentle, gradual pace.

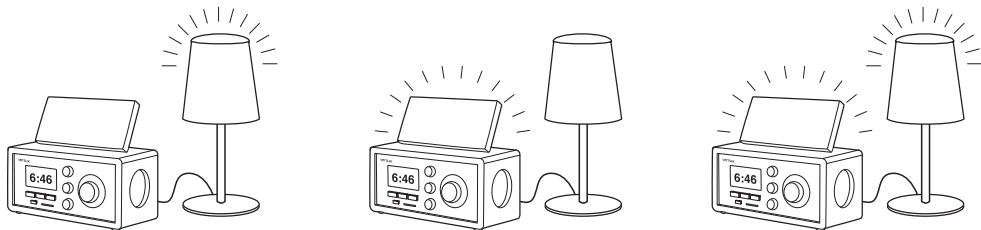
At night, the LED panel's white LEDs dim gradually over your chosen "sleep duration" as you fall asleep. The light panel has 20 brightness levels – and you can also use an optional external lamp, which will dim and brighten automatically with the LED panel to help you sleep or wake.

For the Sleep Cycle, you set the initial brightness level for the cycle. When the Sleep Cycle begins, the white LEDs will begin at this level then continue to dim until the Sleep Cycle duration ends.

In the morning, first blue then white light gradually brightens to help you wake refreshed. The blue LED's are only used in the wake-up program to provide additional stimulus to your body's waking functions.

The use of light from both the LED light panel and an external lamp are optional. You may choose:

- no light
- an external lamp only
- LED light only
- both LED light and external lamp light



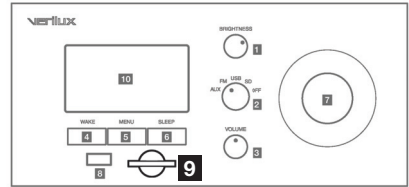
Setting up Your Rise & Shine®

Unpacking

Please check your shipping carton for the following items:

- Verilux® Rise & Shine Natural Sleep System
- AC power cord
- External FM antenna
- Secure Digital (SD) Card containing natural ambient soundscapes and wake-up tones. This card can be found in the SD card reader opening (see number 9 in the image above).

Front Panel



Selecting a location

- Place your Rise & Shine on a table or other flat surface near your bedside.
- For best performance, place it within two feet of a wall and avoid placing it in a corner.
- Avoid placing it on a metal surface; this could interfere with FM reception.
- Avoid placing close to heat-radiating products, such as heaters. Do not place on top of appliances that radiate heat.
- No naked flame sources, such as lighted candles, should be placed on this device.

Connecting to Power

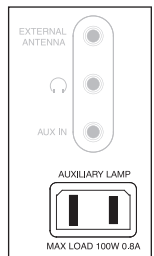
1. Plug the AC power cord into the power connector on the rear panel labeled 120V-60Hz.
2. Plug the other end of the AC power cord into an AC wall outlet.

Connecting an Auxiliary Lamp

If you wish to supplement the Rise & Shine LED light panel with an auxiliary lamp:

Plug the AC power cord of a lamp with an incandescent bulb of not more than 100 watts into the Auxiliary Lamp connector socket on the rear of the Rise & Shine.

Note: ONLY designed to power a lamp, not for use with other electrical devices.



WARNING: Do not plug any device into this slot other than auxiliary lamp.

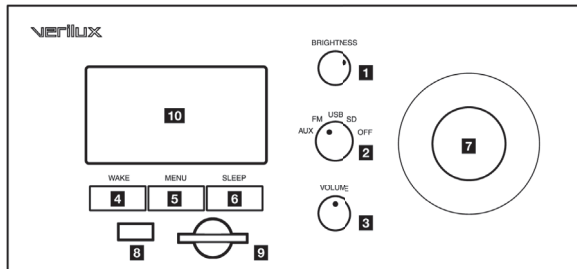
CAUTION: Only use lamps with incandescent bulbs of 100W or lower as a light supplement with the device.

Operating Your Rise & Shine®

Your Rise & Shine Natural Sleep System has a wealth of features. Explanations for the controls for the device are listed below.

Front Panel

1. Brightness Control for LED light panel and optional external lamp
2. Audio Input Selector/Off Control
3. Volume Control
4. Wake On/Off Button
5. Menu Show/Hide Button
6. Sleep On/Off Button
7. Selector Control Dial
8. LSB Port
9. SD/MMC Card Reader
10. Time and Menu Display



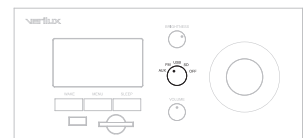
Selector Control Dial

The Selector Control Dial is used to make selections from the various menus which can be displayed. The Selector Control Dial has two functions. By pressing the Selector Control Dial, you choose an option which is highlighted on the screen. The dial can also be turned right or left. After a menu is selected, turning the dial left will move the highlighted selection down on the screen menu. Turning the dial right will move the highlighted section up on the screen menu. Menus are described on the following pages of this manual to set your options for function such as time, volume, brightness and sound.

Audio Input Selector

The Audio Input Selector is used to select the source of the sound. There are four different selections for this feature:

- AUX is selected when an iPod® or a different auxiliary device is chosen (Page 27 provides details for this application).
- FM is selected to use the radio which is built into the product.
- USB drive is selected to play MP3 files (Page 23 provides details for this application).



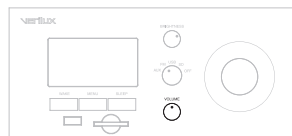
Operating Your Rise & Shine® — continued

- SD card, either the one provided or your own SD card, is selected to play MP3 files (Page 24 provides details for this application).

Controlling the Volume

The Volume dial is used to adjust the volume for the different sound sources. There are four different sound sources for this feature:

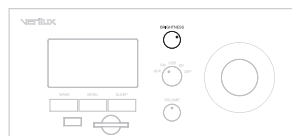
- AUX volume can be controlled by either the connected audio device, such as an iPod®, or by the Rise & Shine volume dial (Page 27 provides details for this application).
- FM volume can be controlled by the Rise & Shine volume dial.
- USB drive volume can be controlled by the Rise & Shine volume dial.
- SD card volume can be controlled by the Rise & Shine volume dial.



Using the Brightness Control

This dial can be used to set the brightness for the LED light panel, time and menu display and an optional auxiliary lamp. There are four different brightness sources for this feature:

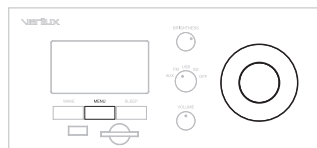
- Sleep Set (Page 18 provides details for this application).
- Wake Set (Page 15 provides details for this application).
- General Lighting (Page 21 provides details for this application).
- Time and Menu Display (Page 21 provides details for this application).



Using TIME SET

Setting the Clock

1. Press the MENU button.
2. The first item in the Main Menu, TIME SET, is highlighted (TIME SET sets the time, year, month and day).
3. Press the Selector Control Dial to choose Time Set. The time and SET HOUR are shown. The hour digits are highlighted.
4. Turn the Selector Control Dial to the desired hour.
5. Press the Selector Control Dial to set the hour. Minutes are then highlighted and SET MINUTE is displayed.
6. Turn the Selector Control Dial to the desired minutes.
7. Press the Selector Control Dial to set the minute. The last two digits of the year and SET YEAR are displayed.
8. Turn the Selector Control Dial to the desired year.
9. Press the Selector Control Dial to set the year. The two digits of the month and SET MONTH are displayed.
10. Turn the Selector Control Dial to the desired month.
11. Press the Selector Control Dial to set the month. The two digits of the day and SET DAY are displayed.
12. Turn the Selector Control Dial to the desired day.
13. Press the Selector Control Dial to set the day. You have now set the time, year, month and day. The display returns to the Main Menu.



MAIN MENU
TIME SET
WAKE SET
SLEEP SET
AUDIO SET
LIGHT SET: LAMP ONLY
DISPLAY SET: MEDIUM
EXIT

7:42 PM
SET HOUR

10:42 PM
SET MINUTE

10
SET YEAR

01
SET MONTH

21
SET DAY

Setting and Using WAKE SET

Setting WAKE Cycle

You can set separate weekend and weekday wake-up programs and customize them to start either 5, 10 or 15 minutes before your desired wake-up time. You may need to experiment with the 5, 15 or 30 minute intervals to determine which cycle works best for you.

Example:

Wake Time: 6:30 am

Wake Options: Audio (FM) and Light
Duration = 15 minutes

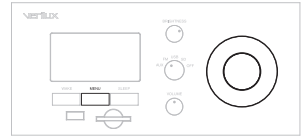
WAKE: On

WAKE is shown in the bottom left of the display.

The Wake Cycle will begin at 6:15 am (because of 15-minute “Duration” time delay). The FM radio and light will start at a very low level and will gradually increase to maximum at 6:30 am.

Setting the WAKE Time

1. Press the MENU button.
2. The Main Menu is displayed.
3. Rotate the Selector Control Dial to highlight WAKE SET.
4. Press the Selector Control Dial to choose WAKE SET. The WAKE SETTINGS menu is displayed. The TIME: item is highlighted.
5. Press the Selector Control Dial to choose WAKE TIME. The WAKE TIME sub-menu is displayed. WEEKDAY is highlighted. The current WAKE TIME settings for weekday and weekend are shown in the right column. The current time setting is shown at the bottom of the menu. As in all sub-menus, a PREVIOUS item allows you to return to the previous menu.
6. Press the Selector Control Dial. The hour and AM (or PM) are highlighted.
7. Use Selector Control Dial to choose both the alarm hour and AM or PM. Notice that the display changes from AM to PM as you pass from 11 to 12 or 12 to 11 (as you turn the control right or left).
8. Press the Selector Control Dial to set the alarm hour. Minutes are highlighted.
9. Use the Selector Control Dial to choose the alarm minutes.
10. Press the Selector Control Dial to set the alarm minutes. The Alarm Time is set and the menu returns to WEEKDAY.



```
MAIN MENU
TIME SET
WAKE SET
SLEEP SET
AUDIO SET
LIGHT SET: LAMP ONLY
DISPLAY SET: MEDIUM
EXIT
```

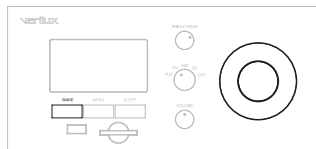
```
WAKE SETTINGS
TIME: 06:00AM/08:00AM
DURATION: 5 MINUTES
LIGHT: NONE
VOLUME: 25
SOUND: SD
PLAY MODE: CONTINUOUS
PREVIOUS
```

```
WAKE TIME
WEEKDAY 6:00AM
WEEKEND 8:00AM
PREVIOUS
7:42PM
```

Setting and Using WAKE SET — continued

Use the same method to set a WEEKEND alarm.

Note: You have now set the alarm time(s), but you have not turned the alarm on. To turn on the alarm, push the WAKE button. WAKE will show in the bottom left of the display. To turn the alarm off, press the WAKE button a second time. WAKE will no longer appear in the bottom left of the display.



Setting WAKE Options

In addition to alarm time, in the WAKE SETTINGS menu you can set:

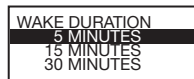
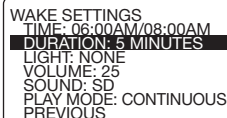
- Duration
- Light
- Volume
- Sound
- Play

Duration is the length of time before the alarm time. During the duration, the light (if chosen) increases in brightness and the sound (if chosen) increases in volume.

Duration Settings

From the WAKE SETTINGS menu:

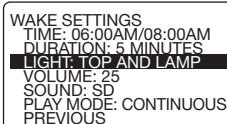
1. Use the Selector Control Dial to highlight DURATION: 5 MINUTES.
2. Press the Selector Control Dial.
3. From the WAKE DURATION sub-menu, use the Selector Control Dial to highlight 5 MINUTES, 15 MINUTES or 30 MINUTES.
4. Press the Selector Control Dial to choose the highlighted selection. The display returns to the WAKE SETTINGS menu.



Light Settings

From the WAKE SETTINGS menu:

1. Use the Selector Control Dial to highlight LIGHT: TOP AND LAMP (TOP AND LAMP is the default setting).
2. Press the Selector Control Dial.
3. From the WAKE LIGHT sub-menu, highlight TOP ONLY, LAMP ONLY, TOP AND LAMP or NONE.
4. Press the Selector Control Dial to choose the highlighted selection. The display returns to the WAKE SETTINGS menu.
5. For the Wake Cycle, the LED light panel and optional external lamp increase from “OFF” to maximum brightness at the set alarm time.



Setting and Using WAKE SET — continued

Volume Settings

From the WAKE SETTINGS menu:

1. Use the Selector Control Dial to highlight VOLUME: 25 (25 is the default setting).
2. Press the Selector Control Dial.
3. From the WAKE VOLUME sub-menu, turn the Selector Control Dial to choose a volume between 0 and 25.
4. Press the Selector Control Dial to choose the displayed volume setting. The display returns to the WAKE SETTINGS menu.

```
WAKE SETTINGS
TIME: 06:00AM/08:00AM
DURATION: 5 MINUTES
LIGHT: TOP AND LAMP
VOLUME: 25
SOUND: SD
PLAY MODE: CONTINUOUS
PREVIOUS
```

```
WAKE VOLUME
25
```

Sound Settings

From the WAKE SETTINGS menu:

1. Use the Selector Control Dial to highlight SOUND: NONE (NONE is the default setting).
2. Press the Selector Control Dial.
3. From the WAKE SOUND sub-menu, turn the Selector Control Dial to choose MP3 SD, MP3 USB, FM RADIO or NONE. Be sure to insert a USB Drive or SD Card before selecting “SD” or “USB.”
4. Press the Selector Control Dial to choose the highlighted WAKE SOUND setting.

```
WAKE SETTINGS
TIME: 06:00AM/08:00AM
DURATION: 5 MINUTES
LIGHT: TOP AND LAMP
VOLUME: 25
SOUND: NONE
PLAY MODE: CONTINUOUS
PREVIOUS
```

```
WAKE SOUND
MP3 SD
MP3 USB
FM RADIO
NONE
```

If you choose MP3 SD or MP3 USB, the device’s audio file directory will be shown and you can select an SD or USB wake song, book or other audio file.

The display returns to the WAKE SETTINGS menu.

If you choose MP3 SD and you have inserted the supplied Verilux® nature sounds SD Card, the SD’s file directory will be shown to select a nature audio file.

The display returns to the WAKE SETTINGS menu.

If you highlight FM RADIO and push the Selector Control Dial to select, the display returns to the WAKE SETTINGS menu with the last chosen FM frequency highlighted.

1. Turn the Selector Control Dial to change the FM frequency, as desired.
2. Press the Selector Control Dial to choose the FM frequency.

The display returns to the WAKE SETTINGS menu.

Play Mode Settings

From the WAKE SETTINGS menu:

1. Use the Selector Control Dial to highlight PLAY MODE: CONTINUOUS (CONTINUOUS is the default setting).

Setting and Using WAKE SET — continued

2. Press the Selector Control Dial.
3. From the WAKE PLAY MODE sub-menu, turn the Selector Control Dial to choose CONTINUOUS or REPEAT. Choosing CONTINUOUS will begin playing with the audio file chosen in the SOUND setting (for either SD or USB) and then play subsequent tracks, in sequence, as they are arranged on the SD Card or USB device. REPEAT will play and continue to repeat the track chosen in SOUND.
4. Press the Selector Control Dial to choose the displayed Play Mode setting. The display returns to the WAKE SETTINGS menu.



Highlight PREVIOUS and push the Selector Control Dial to return to the Main Menu.

Using SNOOZE

After the Wake Cycle begins, you can “snooze” for another five minutes by pressing the Selector Control Dial. The alarm cycle stops and will begin again in five minutes.

Setting and Using SLEEP SET

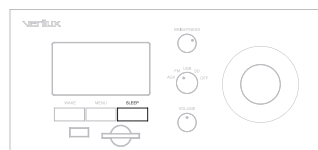
Your Rise & Shine® allows you to fall asleep gradually, using one of three Sleep Cycle Durations: 5, 15 or 30 minutes and other options listed below.

During the cycle, the volume of the sound and/or the brightness of the light will gradually decrease allowing you to fall asleep gently.

To use the Sleep option, press the SLEEP button. SLEEP will be shown on the bottom right of the display.

Sleep setting options are:

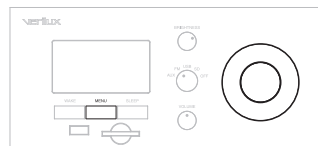
- Duration
- Light
- Backlight
- Sound
- Play Mode



You may also set the maximum LED light panel brightness for the start of the Sleep Cycle.

Choosing SLEEP SETTINGS Options

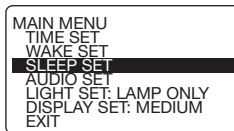
1. Press the MENU button.
2. The Main Menu is displayed.



Setting and Using SLEEP SET — continued

3. Use the Selector Control Dial to highlight SLEEP SET.
4. Press the Selector Control Dial to choose SLEEP SETTINGS.

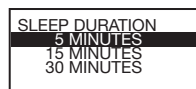
The SLEEP SETTINGS menu is displayed. DURATION: 5 MINUTES is highlighted (5 MINUTES is the default setting).



Duration Settings

1. Press the Selector Control Dial.
2. From the SLEEP DURATION sub-menu, highlight 5 MINUTES, 15 MINUTES or 30 MINUTES.
3. Press the Selector Control Dial to choose the highlighted selection.

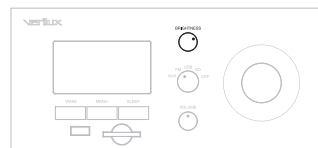
The display returns to the SLEEP SETTINGS menu.



Light Settings

The Sleep brightness level is only used for the Sleep Cycle. You may set the initial brightness level for the cycle. When the Sleep Cycle begins, the light will begin at this level then continue to dim until the duration of the Sleep Cycle ends.

The Brightness Control on the front panel controls the initial brightness of the LED light panel and also controls the initial brightness of an external lamp, which can be plugged into the rear panel. Both the LED light panel and external lamp dim in accord.



Use of the LED light panel and an external lamp are optional. You can choose to have no light, LED light only, external lamp only or both LED and external lamp light.

For the Sleep Cycle, only the white LEDs are lit, then dimmed. The blue LEDs are used only in the Wake Cycle because the blue light is known to be more stimulating.

Change the Sleep Cycle initial brightness by using the Brightness Control on the front panel before or after you've made your menu settings. When the Sleep Cycle begins – when you press the SLEEP Button – the initial brightness is the current Brightness Control setting.

1. Use the Selector Control Dial to highlight LIGHT: TOP AND LAMP (TOP AND LAMP is the default setting).
2. Press the Selector Control Dial.
3. From the SLEEP LIGHT sub-menu, highlight TOP ONLY, LAMP ONLY, TOP AND LAMP or NONE.



Setting and Using SLEEP SET — continued

4. Press the Selector Control Dial to choose the highlighted selection.

The display returns to the SLEEP SETTINGS menu.

Backlight Settings

The BACKLIGHT Setting determines whether the display backlight is on or off after the Sleep Cycle completes. If you'd like no display light whatsoever after the Sleep Cycle ends, select OFF.



1. Use the Selector Control Dial to highlight BACKLIGHT: OFF (OFF is the default setting).
2. Press the Selector Control Dial.
3. From the sub-menu, use the Selector Control Dial to choose ON or OFF (ON is the default setting).
4. Press the Selector Control Dial to choose the highlighted selection.

The display returns to the SLEEP SETTINGS menu.

Note: Sleep Mode will last 12 hours unless the cycle is interrupted on your Rise & Shine® product. If you wish to exit out of Sleep Mode, you can turn any one of the 3 dials: Brightness, Volume or Audio Source to immediately terminate the cycle.

Note: Pressing any of the buttons once the display is off will brighten the display for 5 seconds so you can read the time or make any adjustments necessary.

Sound Settings

1. Use the Selector Control Dial to highlight SOUND: NONE (NONE is the default setting).
2. Press the Selector Control Dial.
3. From the SLEEP SOUND sub-menu, turn the Selector Control Dial to choose MP3 SD, MP3 USB, FM RADIO or NONE.
4. Press the Selector Control Dial to choose the highlighted SLEEP SOUND setting.



If you chose MP3 SD or MP3 USB, you will be presented a further selection display where you can choose an SD, USB alarm song or other audio file.

5. The display returns to the SLEEP SETTINGS menu.

If you highlight FM RADIO and push the Selector Control Dial to select, the display returns to the SLEEP SETTINGS menu with the last chosen FM frequency highlighted.

6. Turn the Selector Control Dial to change the sleep FM frequency, as desired.

Setting and Using SLEEP SET — continued

Play Mode Settings

1. Use the Selector Control Dial to highlight PLAY MODE: CONTINUOUS (CONTINUOUS is the default setting).
2. Press the Selector Control Dial.
3. From the SLEEP PLAY MODE sub-menu, turn the Selector Control Dial to choose CONTINUOUS or REPEAT. Choosing CONTINUOUS will begin playing with the audio file chosen in the SOUND setting (for either SD or USB) and then play subsequent tracks, in sequence, as they are arranged on the SD Card or USB device. REPEAT will play and continue to repeat the track chosen in SOUND.
4. Press the Selector Control Dial to choose the displayed Play Mode setting. The display returns to the SLEEP SETTINGS menu. Highlight PREVIOUS and push the Selector Control Dial to return to the Main Menu.



SLEEP PLAY MODE
CONTINUOUS
REPEAT

Setting and Using AUDIO SET

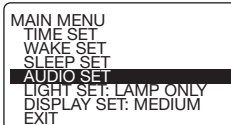
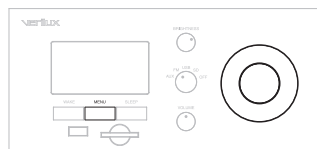
AUDIO SET is used to adjust audio Bass and Treble levels.

Bass and Treble Settings

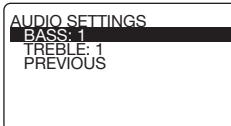
1. Press the Menu Button.

From the Main Menu:

2. Use the Selector Control Dial to highlight AUDIO SET.
3. Press the Selector Control Dial.
4. From the AUDIO SETTINGS sub-menu, use the Selector Control Dial to highlight BASS or TREBLE.
5. From the BASS or TREBLE sub-menu, use the Selector Control Dial to choose 0, 1, 2 or 3 (0 is least and 3 is the greatest amount of treble or bass).
6. Press the Selector Control Dial to return to the AUDIO SETTINGS sub-menu.



MAIN MENU
TIME SET
WAKE SET
SLEEP SET
AUDIO SET
LIGHT SET: LAMP ONLY
DISPLAY SET: MEDIUM
EXIT



AUDIO SETTINGS
BASS: 1
TREBLE: 1
PREVIOUS



BASS 1

Highlight PREVIOUS and push the Selector Control Dial to return to the Main Menu.

Note: The base and treble settings may be different for different audio sources. It is recommended that you adjust the settings for FM, MP3, SD, etc. to enhance your experience.

Setting and Using LIGHT and DISPLAY SET

LIGHT SET determines whether the LED light panel, an auxiliary lamp or both are controlled by the Brightness Control. This allows you to use either or both light sources during everyday use, at the brightness you wish, when not in Wake or Sleep mode. Wake and Sleep modes have individual controls for both light sources.

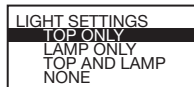
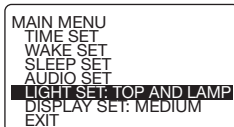
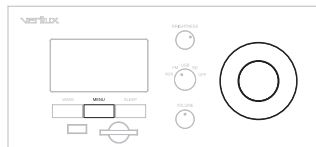
Light Settings

1. Press the Menu Button.

From the Main Menu:

2. Use the Selector Control Dial to highlight LIGHT SET: TOP AND LAMP (TOP AND LAMP is the default setting).
3. Press the Selector Control Dial.
4. From the LIGHT SETTINGS sub-menu, use the Selector Control Dial to highlight TOP ONLY, LAMP ONLY, TOP AND LAMP or NONE.
5. Press the Selector Control Dial to choose the highlighted selection.

The Light Setting is changed and the display returns to the Main Menu.



The DISPLAY SET item on the Main Menu is used to set the display brightness.

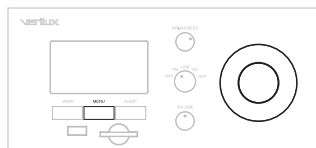
Display Brightness Settings

1. Press the Menu Button.

From the Main Menu:

2. Use the Selector Control Dial to highlight DISPLAY SET: MEDIUM (MEDIUM is the default setting).
3. Press the Selector Control Dial.
4. From the DISPLAY SETTINGS sub-menu, use the Selector Control Dial to highlight LOW, MEDIUM or HIGH.
5. Press the Selector Control Dial to choose the highlighted selection.

The display Brightness setting is changed and the display returns to the Main Menu.



Setting and Using LIGHT and DISPLAY SET — continued

Display Brightness Settings in Sleep Mode

In order to have no light and no backlight to during Sleep Mode:

1. Press the Menu Button.

From the Main Menu:

2. Use the Selector Control Dial to highlight and select SLEEP SET.
3. Use the Selector Control Dial to highlight and select LIGHT: TOP AND LAMP.
4. Press the Selector Control Dial and choose NONE.

For more instruction, reference page 18, number 3 under Light Settings.

It will also be necessary to set the Backlight setting to OFF.

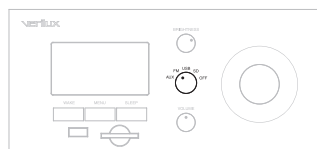
1. While in the SLEEP SET menu, use the Selector Control Dial to highlight and select BACKLIGHT: OFF.

For more instruction, reference page 19, number 1 under Backlight settings.

Listening to FM Radio

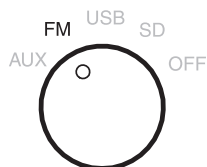
Turning the Radio on

Turn the Audio Input Selector to FM.



Tuning the Radio and Setting Volume

- Use the Selector Control Dial to tune to the desired FM frequency. The FM frequency range is 88.1 MHz. to 107.9 MHz.
- Use the Volume Control to set FM reception volume.



Muting the Radio

To mute the FM Radio, press the Selector Control Dial. MUTED is shown at the bottom of the display. Press again to turn Mute off.

Note: Muting does not mute headphone audio. When using headphones, MUTED is shown on the display, but headphone audio is not muted.

Note: To improve FM reception, connect the supplied FM antenna to the EXTERNAL ANTENNA jack on the back panel. For details SEE PAGE 28.

Listening to USB MP3 Songs

The USB Port on the front panel of the Rise & Shine® is used to listen to MP3 audio files on USB Flash Drives, also known as “Thumb Drives.”

Your Rise & Shine can play MP3 audio on all standard USB Drives, regardless of memory capacity. There are limits of not more than 800 MP3 files and not more than 100 directories (or “folders”) per USB Drive.

Files on USB Drives can be placed in folders and subfolders before being copied to a USB Drive. This directory structure is maintained on the USB Drive, but nested folders are displayed “flattened” to a single column, not shown as nested sub-directories.

Note: Instructions for placing music onto your own USB or SD card are not provided with this manual. Please visit the Verilux website for a link to a website that will provide instructions how to perform this activity.

Note: Only MP3 files can be played and only directories containing MP3 files will be displayed.

1. Insert a USB Flash Drive or other USB device into the USB Port on the front panel. As with CD and DVD discs, USB Drives have a proper “up” side. If the USB Drive doesn’t insert easily don’t force it. Flip it over and try again. There should only be a slight resistance as you insert the drive into the port.
2. Turn the Audio Input Selector to USB.
3. The display will show SEARCHING then LOADING as it reads the USB memory.

When the contents of the USB Drive are read, the display shows the USB file structure.

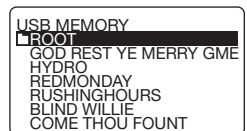
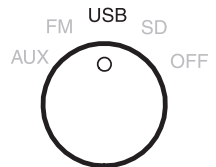
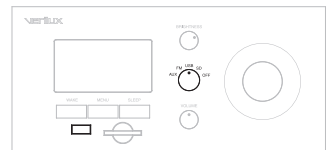
If the MP3 files were copied directly to the USB Drive, without being first placed in folders, ROOT will be highlighted in the display.

1. Press the Selector Control Dial to open the default ROOT folder and display the files on the USB Drive.
2. Use the Selector Control Dial to highlight an MP3 file.
3. Press the Selector Control Dial to choose the file.

The display returns to the Time/Date display. The MP3 file begins to play and the file’s title is shown at the bottom of the display.

If the MP3 files were contained in folders before being copied to the USB Drive, the folder names will be displayed.

1. Use the Selector Control Dial to highlight a folder name.



Listening to USB MP3 Songs — continued

2. Press the Selector Control Dial to open the folder and display the MP3 files.
3. Use the Selector Control Dial to highlight an MP3 file.
4. Press the Selector Control Dial to choose the file.

The display returns to the Time/Date display. The MP3 file begins to play and the file's title is shown at the bottom of the display.

To pause while listening to USB audio, press the Selector Control Dial. PAUSED will be shown on the display. To resume play, press the Selector Control Dial again.

Note: *If the USB is removed during play, the display will indicate “device not found” and then go to the time display.*

Listening to SD MP3 Songs

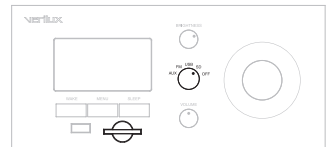
The SD/MMC Card Reader is used to listen to MP3 files on Flash Memory Secure Digital (SD) Cards, also known as Multi-Media Cards (MMC). An SD card with pre-recorded selections is included with your Rise & Shine®.

SD Card memory capacity varies. Your Rise & Shine can play audio on all standard SD Cards, up to 2 gigabyte (GB) capacity. There are also limits of not more than 800 MP3 files and not more than 100 directories (or “folders”) per SD Card.

Note: *Only MP3 files can be played and only directories containing MP3 files will be displayed.*

Inserting an SD Card

Insert an SD Card into the SD/MMC Card Reader slot on the front panel. Insert the card with the label up and the exposed pins facing down. As you push in the card, you'll notice a slight springy resistance. Push a bit more until you feel the card stop. When you release your finger, the card will engage and spring back very slightly to be almost flush with the front panel.



Removing an SD Card

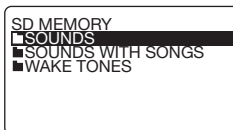
To remove an SD Card, push it in with your finger and release. The card will spring out slightly, and you can easily remove it.

Listening to SD MP3 Songs — continued

Using the Supplied Verilux® SD Card

Included with your Rise & Shine® is an SD Card that contains sounds, sounds with songs and wake tones, in three folders:

SOUNDS
SOUNDS WITH SONGS
WAKE TONES



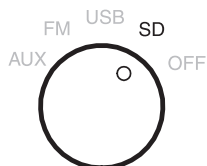
Each folder contains three or more selections, which you can play, as described next, or use as a “wake sound” as described under “Setting WAKE Options” on page 15. If the SD Card is removed, the wake sounds will not be available.

Transferring Music from the Verilux SD Card to Another SD Card

1. Insert provided SD card into your home computer SD slot. This may require an SD to USB adapter.
2. Select your SD card contents and copy them to your computer (**Note: 250MB of free space is required**).
3. Remove the provided SD card and replace with a new SD card.
4. Selected the contents from the first SD card and copy them onto the new SD card.

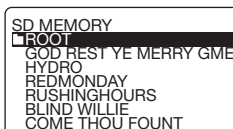
Choosing and Playing an MP3

1. Insert an SD card.
2. Turn the Audio Selector to SD.
3. The display will show **LOADING**.
4. The files on the SD card will appear.



If you've inserted the Verilux® SD card, the folders mentioned above are shown. If you recorded your own SD card using folders (directories) those folders will be shown. If you copied files without first placing them in folders, the display will show.

SD MEMORY
ROOT



ROOT will be highlighted.

4. Press the Selector Control Dial to open the default “ROOT” folder and display the files on the SD Card.
5. Use the Selector Control Dial to highlight a file.
6. Press the Selector Control Dial to choose the file.

Listening to SD MP3 Songs — continued

The display returns to the Time/Date display. The MP3 file begins to play and the file's title is shown at the bottom of the display.

If the MP3 files were contained in folders before being copied to the SD Card, the folder names will be displayed.

1. Use the Selector Control Dial to highlight a folder name.
2. Press the Selector Control Dial to open the folder and display the MP3 files.
3. Use the Selector Control Dial to highlight a file.
4. Press the Selector Control Dial to choose the file.

The display returns to the Time/Date display. The MP3 file begins to play and the file's title is shown at the bottom of the display.

Pausing Play

To pause while listening to SD audio, press the Selector Control Dial. PAUSED will be shown on the display. To resume play, press the Selector Control Dial again.

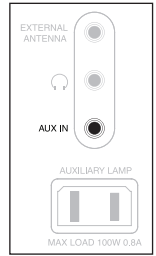
Note: *If the SD is removed during play, the display will indicate "device not found" and then go to the time display. Replace the card and after a short time the device will begin replaying music from the card.*

Listening to AUX Devices

When using an iPod®, cassette tape player or other audio device, you can enhance your listening experience by playing the device through your Rise & Shine® using the AUX IN jack on the rear panel.

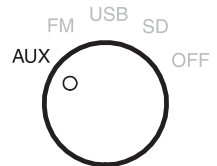
Connecting an audio device requires one of the following cables:

- Male-to-male 3.5 mm (1/8") stereo cable (this would be used, for example, to connect an iPod® to the Rise & Shine AUX IN).
- Dual RCA male to 3.5 mm (1/8") male stereo cable (to connect, for example, the left and right stereo outputs of an external device to the Rise & Shine AUX IN).



To Connect an Audio Device to AUX IN

1. Connect one end of the stereo cable to the output of the audio device.
2. Connect the other end of the cable to the AUX IN jack on the rear panel.
3. Turn the Audio Input Selector to AUX.
4. Use the Volume Control to adjust volume.



Note: If the volume level is not high enough using the Rise & Shine Volume Control, increase the volume level of the connected audio device.

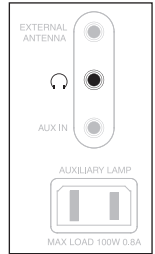
Using Headphones

For private listening, connect headphones to the headphone jack on the rear panel using a 1/8 inch “mini” headphone jack.

The speaker is automatically muted when you plug in your headphones.

Note: The speaker will automatically unmute when headphones are disconnected. Because headphone volume may vary from speaker volume, be sure to lower the volume before connecting or disconnecting headphones.

CAUTION: Long-term exposure to loud music may cause hearing damage. Avoid extreme volume when using headphones, especially for extended periods.

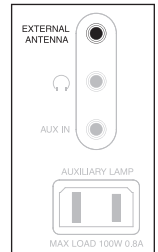


Using the External FM Antenna

To improve FM reception, you may wish to use the included external FM antenna.

Connecting an external FM antenna:

1. Plug the 3.5 mm (1/8") plug of the FM antenna into the EXTERNAL ANTENNA jack on the rear panel.
2. Straighten the antenna and position to establish optimum reception.



Maintaining Your Rise & Shine®

Your Rise & Shine is made from high quality materials and will last for many years with a minimum of care.



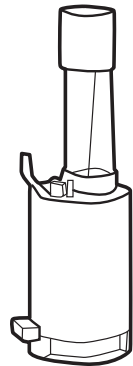
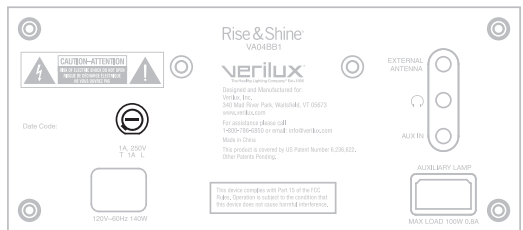
Use only a soft, dry cloth to clean the enclosure of your Rise & Shine Natural Sleep System. DO NOT USE SOLVENTS OR CLEANERS CONTAINING ABRASIVES OR AMMONIA.

Changing the Fuse

You may need to replace the Rise & Shine® fuse if it no longer brightens and dims your auxiliary lamp with your Wake and Sleep settings. In order to replace the fuse, do the following:

- You will need to go to the back of the unit. There is a black circular plastic head that holds the fuse. The part is labeled 1A, 250V.
- Use a flat head screwdriver and carefully turn the black head to the left (counter-clockwise).
- Remove the black head. It will appear as black cylinder when you pull it out. The fuse is inside the cylinder.
- Pull the fuse out.
- Replace the fuse with an identical 1 amp fuse.

Note: Take the fuse to a hardware store to locate a replacement fuse if you do not have a replacement fuse on hand.



Troubleshooting

Problem	What to do
My Rise & Shine® does not turn on or play music.	<ul style="list-style-type: none"> • Make sure the power cord is fully plugged into an operating electrical outlet. • Make sure the Audio Input Selector is not OFF. See page 11 for further instructions.
The Brightness Control does not change the brightness of the LED light panel or auxiliary lamp.	<ul style="list-style-type: none"> • Make sure that the light you wish to control is ON: Go to LIGHT SET on the display menu and check settings. See page 21 for further instructions. • Make sure an auxiliary lamp is plugged into the Rise & Shine and turned on.
Auxiliary Lamp does not work when plugged into the Rise & Shine.	<ul style="list-style-type: none"> • Verify that the lamp switch is turned on. • The auxiliary lamp bulb may not be functional. Replace the bulb. • The lamp may not be enabled in “Light Set”. Review the instructions on page 21 to enable the lamp. • You may need to replace the fuse. Review the instructions on page 29 to replace the fuse.
LED’s do not work in Wake or Sleep Set.	<ul style="list-style-type: none"> • “Top” is not enabled in “Light Set”. Review the instructions on page 21 under Light Settings. • “Top” is not enabled in Wake or Sleep Settings. Reference page 15 under Light Settings.
The lights just suddenly turned off or the volume suddenly turned off.	<ul style="list-style-type: none"> • One hour after the alarm setting time, if the device is not used, it will turn off. • Once it is used again, it will turn on.
The screen keeps going dark. I want it to stop.	<ul style="list-style-type: none"> • The device is performing in the Sleep Mode. It is currently set for the display to be off during this time. • To stop this mode, turn one of the middle 3 dials on the front of the unit. These dials are labeled Brightness, Mode Select or Volume. • You need only turn one of the dials.

Troubleshooting — continued

<p>The alarm did not go off.</p>	<ul style="list-style-type: none"> • Verify that the correct Wake time was set (Reference page 14). • Verify that the correct setting for weekday or weekend was set (Reference page 14-15). • Verify that the date which was set is correct (Reference page 13). • Verify that the AM or PM settings are correct (Reference page 13-14). • Verify that in wake settings that a SOUND and/or LIGHT source has been chosen (Reference page 15-16).
<p>There is a statement on the screen: Files not found.</p>	<ul style="list-style-type: none"> • The product will only read MP3 files. • Ensure that you are using songs in an MP3 format. • It will not recognize iTunes, .wav, or .wma formats. Most formats (such as iTunes) can be converted to MP3 format. Please visit http://support.apple.com/kb/HT1550 for instructions on how to perform this activity.
<p>There is a statement on the screen: Device not found.</p>	<ul style="list-style-type: none"> • The memory device is not being recognized. • Verify that the device is inserted correctly.
<p>I cannot see all my folders.</p>	<ul style="list-style-type: none"> • The product has a limit of 200 folders. It cannot recognize or display additional folders.
<p>I cannot see all my files.</p>	<ul style="list-style-type: none"> • The product has a limit of recognizing 800 songs. Songs over that limit will not be recognized. • The Rise & Shine® only displays MP3 files. Most formats (such as iTunes) can be converted to MP3 format. Please visit http://support.apple.com/kb/HT1550 for instructions on how to perform this activity.

Troubleshooting — continued

<p>The audio is not working.</p>	<ul style="list-style-type: none"> • Turn the volume up. • Make sure the Audio Input Selector is not set to OFF. • Does the display show MUTE? If so, press the Selector Control Dial to unmute.
<p>Volume of connected AUX device is too low.</p>	<ul style="list-style-type: none"> • Turn up volume of Rise & Shine® and AUX device. Do so carefully.
<p>I set an MP3 for my wake/sleep and the FM radio played instead.</p>	<ul style="list-style-type: none"> • Verify that sound source was correctly set in the menu. Reference page 16 or 19. To ensure there is some wake up sound, the unit will default to Radio if the SD or USB cannot be found.
<p>I am getting a display on the screen “SD Card/USB missing.”</p>	<ul style="list-style-type: none"> • The device has not been detected by the product. • Ensure that the device is inserted properly.
<p>FM reception is weak.</p>	<ul style="list-style-type: none"> • Connect the supplied external antenna.
<p>The song I selected is not playing. A different song is playing.</p>	<ul style="list-style-type: none"> • If you selected continuous mode, other songs will be played. • Verify that the correct memory device was inserted, for example the correct SD card.
<p>After snoozing, the alarm seems louder.</p>	<ul style="list-style-type: none"> • The snooze interrupts the wake sequence. • The farther along the Rise & Shine moves into the wake cycle, the louder the sound becomes, until it reaches the maximum setting you programmed. • If the volume is too loud, you will need to readjust the maximum volume in the wake setting (Reference page 16).
<p>When I selected a Wake tone, the play mode changed to repeat.</p>	<ul style="list-style-type: none"> • This is a normal feature of Wake tones. The tones are intended to loop. • If you do not like this setting, change the setting to continuous (Reference page 16-17).
<p>When I looked at the provided wake tones, there was a symbol in front of it.</p>	<ul style="list-style-type: none"> • This symbol is a unique character recognized by the unit to enable looping upon selection.

Troubleshooting — continued

<p>I turned the dial brightness/volume/ mode select dial and the Rise & Shine® light and/or audio turned on suddenly.</p>	<ul style="list-style-type: none"> • During the Wake/Sleep cycle, the center dial settings (Brightness/Mode/ Volume) are overridden by the Wake/ Sleep cycle. • If you adjust one of the center dials during the Wake/Sleep cycle, the unit will break the cycle and return to the current Brightness and Volume settings.
<p>The volume is too loud during the alarm.</p>	<ul style="list-style-type: none"> • Adjust the volume in the Wake settings. (Reference page 16).
<p>I cannot access the Sleep/Wake setting during the Sleep/Wake cycle.</p>	<ul style="list-style-type: none"> • The product does not allow updates to settings during the respective cycle. • If you wish to update, first break the current Wake/Sleep cycles. (Reference the note on page 19).
<p>I cannot access the USB device when playing my SD device.</p>	<ul style="list-style-type: none"> • The product does not create a directory when you are playing the other memory device.
<p>I cannot access the SD device when playing my USB device.</p>	<ul style="list-style-type: none"> • The product does not create a directory when you are playing the other memory device.

If you continue to have difficulties, we would be happy to help you. Please contact the Vermont based Customer Service team at 1-800-786-6850.

Technical Specifications

AC power rating 120V~ 60Hz 140W

Auxiliary Lamp Max. load 100W 0.8A

Dimensions 9.75" W x 5.25" D x 5.5" H (24.8 cm x 13.3 cm x 14 cm)

Weight 5.5 lbs

Relative Humidity 75% max

All specifications subject to change without notice.

One Year Limited Warranty

ATTENTION! ONCE OPENED, PLEASE **DO NOT** RETURN THIS PRODUCT TO THE STORE WHERE IT WAS PURCHASED FOR REPAIR OR REPLACEMENT!

Many questions may be answered by visiting www.verilux.com, or you may call our Customer Service Department at 802-496-3101 during normal business hours.

This limited warranty is provided by: Verilux, Inc., 340 Mad River Park, Waitsfield, VT 05673

Verilux warrants this product to be free from defects in material and workmanship for a period of one year from the date of the original retail purchase from Verilux or an authorized Verilux distributor. **Proof of purchase is required for all warranty claims.** During the limited warranty period, Verilux, Inc. will, at its option, repair or replace defective parts of this product, at no charge to the customer, subject to the following limitations: This limited warranty does not include any postage, freight, handling, insurance or delivery fees. This warranty does not cover damage, defect or failure caused by or resulting from accident, external destruction, alteration, modification, abuse, misuse or misapplication of this product.

This warranty does not cover damage to the product resulting from return shipping or handling. The use of shipping insurance is recommended to help protect your product.

Return Authorization is required for all returns. To obtain a Return Authorization, please contact the Verilux Customer Service Department at 802-496-3101.

If, during the first year of ownership, this product fails to operate properly, it should be returned as specified at www.verilux.com/warrantyreplacement or as instructed by a Verilux customer service representative at 802-496-3101.

Note: *Verilux recommends using a quality surge suppressor on all electronics equipment. Voltage variations and spikes can damage electronic components in any system. A quality suppressor can eliminate the vast majority of failures attributed to surges and may be purchased at electronics stores.*

Due to ongoing improvements, actual product may have slight variations from the product described in this manual.

Please visit our web site at: www.verilux.com

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