

SunRizr Instructions

PLEASE READ AND SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

Independent research has shown that the SunRizr dawn feature is capable of re-setting circadian body rhythms and to help you wake up the way nature intended, feeling rested, alert and fit.

The remarkable benefits from using a dawn simulator are clearly stated in published documents from double-blind, controlled research at public and private institutions. Although almost all of the research has been done with a 75-watt pillow-directed light located four feet above the pillow, consider using at least 150 watts of indirect light for enhanced comfort and effect.

Your SunRizr dawn simulator has been factory-programmed for a 45-minute DAWN ramp-up time. ("Ramp Up" means the length of time for the dawn to brighten-- as the sun coming up.)

The SunRizr dusk feature has been factory-programmed for a 15-minute DUSK ramp-down time. This dimming process is intended to help you fall into a restful sleep.

PROGRAMMING FOR AUTOMATIC OPERATION

(3 simple steps)

1. SET CURRENT CLOCK TIME

Press the TIME key and an ARROW key to scroll to your local AM (A) or PM (P) time.

2. SET WAKE-UP TIME

Press the DAWN key and an ARROW key to scroll to the desired wake-up time, paying close attention to whether you have an AM setting or a PM setting.

3. TO ACTIVATE THE AUTOMATIC DAWN

Simultaneously press the TIME key and the AUTO key. A bar will appear in the upper right-hand corner of the display area. Your unit's simulated dawn is now activated to wake you up at your desired time. To deactivate the unit, depress both keys again.

MANUAL OPERATION

TO ACTIVATE THE DUSK

Press the UP ARROW key until desired light intensity is reached, then press the DUSK key. The lights will go out within 15 minutes.

TURN LIGHT FULL ON or FULL OFF: SunRizr can be used manually to control your lamp. Press the UP arrow key TWICE to turn your lamp on, or the DOWN arrow key twice to turn your lamp off within five seconds.

MOOD LIGHTING: To use your unit as a dimmer switch, depress and hold an arrow key until the desired intensity of light is reached; then release the key.

MISCELLANY

The dawn simulator should be located on the bedside table within reach for manual adjustments.

LIGHTING: Track lighting over your bed's headboard is the ideal configuration. Up to eight fifty watt bulbs can be controlled in this setup. Where track lights are not practical or possible, a pole lamp, tree lamp, table lamp, or clamp-on lamp, or any combination of these will work.

Since light diminishes rapidly with distance, be sure to keep lower wattage lamps near the bed.

LAMP LOADS: SunRizr is intended to be used only with line-voltage incandescent, argon, or halogen lamp loads of not more than 400 watts.

WARNINGS & CAUTIONS

WARNING: Do not attempt to use low voltage incandescent lamps, fluorescent lamps, or lamps that have another intensity control (dimmer switch) of any kind. Such use will damage the lamp, the dawn simulator unit, or both and will not be covered by warranty.

CAUTION: Use only standard argon incandescent lamps for pillow-directed lighting. Halogen lamps are too bright for pillow-directed use, but should be directed toward the wall or ceiling.

