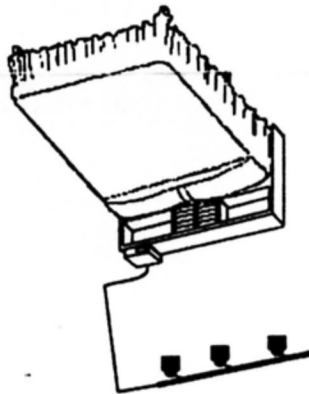


# SunUp/SunRizr Instructions

PLEASE READ AND SAVE THESE INSTRUCTIONS  
FOR FUTURE REFERENCE

SunUp and SunRizr are intended to be used only with line voltage incandescent/halogen lamp loads of not more than 400 watts. Do not attempt to use them with low voltage incandescent lamps. Fluorescent lamps or lamps that have another intensity control of any kind.

The remarkable benefits from using SunUp are clearly stated in published documents from 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.



The track lighting setup as shown above 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. In any case, the dawn simulator should be located on the bedside table within reach for manual adjustments. Since light diminishes rapidly with distance, be sure to keep lower wattage lamps near the bed.

## CAUTION: Use only standard argon

incandescent lamps for pillow directed lighting. Halogen lamps are too bright for pillow directed use. Direct the beam from halogen lamps at the wall or ceiling.

## MANUAL CONTROL

SunUp and SunRizr can be used as a manual intensity control. When the up ARROW key is pressed, the light intensity will increase until the key is released and then hold. When the down ARROW key is pressed, light intensity will decrease until the key is released and then hold.

seconds.

A double click of the up or down ARROW key will cause the intensity to go full on or full off within five

## PROGRAMMING INSTRUCTIONS

### SET CURRENT CLOCK TIME

While pressing the TIME key, press an ARROW key until your local AM (A) or PM (P) time is displayed.

### SET DAWN LENGTH (SunUp only ... this feature is

not available on SunRizr which is fixed at 45 minutes) While pressing the TIME and DAWN keys together, press an ARROW key until the desired dawn length is displayed.

Generally, the dawn feature is intended to re-set circadian body rhythms and to help you wake up the way nature intended, feeling rested, alert and fit. Increase the length of dawn to increase comfort and morning alertness. Decrease the length of dawn to reduce early morning awakening.

### SET DUSK LENGTH (SunUp only ... this feature is

not available on SunRizr which is fixed at 15 minutes) The dusk feature is intended to help you fall into a restful sleep. While pressing the TIME and DUSK keys together, press an ARROW key until the desired dusk length is displayed.

### SELECT WHEN THE AUTOMATIC DAWN WILL

REACH FULL INTENSITY While pressing the DAWN key, press an ARROW key until the time when you want the lamp to reach full intensity is displayed. Plan to have the lights reach full intensity before you wish to wake up.

### ENABLE AUTOMATIC DAWN

While pressing the TIME key, press the AUTO key. Each time you do, a bar will appear or disappear from the display area above the minutes column. The bar must be displayed to enable the automatic light control.

### INITIATE DUSK

SunUp Press the DUSK key until the lights reach any desired intensity, then release the key. The lights will go out within the selected time period for dusk.

### SunRizr

Press the up ARROW key until the lights reach any desired intensity, then press the DUSK key. The lights will go out within 15 minutes.

