Instructions for the *SunRise Controller Radio/Sleep Sound Model CTR11D*

The SunRise Controller™ is great tool to help you fall asleep and wake up rested and alert every day. This is because humans are programmed by nature to wake to the rising sun and sleep when the sun goes down. Waking up with the SunRise Controller can help you start the day feeling more refreshed and ready to go. Falling asleep to its simulated sunset can help you relax and get to sleep more easily. Please take a few moments to read the directions and familiarize yourself with the display symbols (Fig. 1) and control buttons (Fig. 2) to ensure you get off to a good start with your new SunRise Controller.

SETTING UP THE SUNRISE CONTROLLER
For best results, place the Controller on a bedside table close to your pillow level. Plug the Controller into a wall outlet and plug a bedside lamp into the Controller's input cord. <u>The bulb in your lamp must be 60W or less</u>. **Do not use CFL bulbs.** If your lamp has a switch, <u>make sure it is ON</u>. Note that until the time has been set, or after a prolonged power outage, the digits on the clock will flash on and off to let you know the time and other functions need to be set.

Figure 1: SunRise Controller Display

SunRise   Radio/Sounds   Night light

Beep   Flash
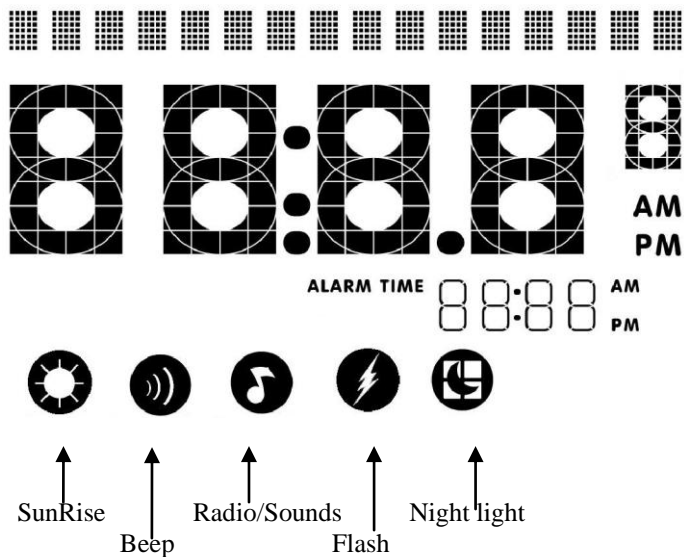
OPERATING THE SUNRISE CONTROLLER

Turning On/Off the Light Manually (e.g. use as a Reading Light)
To use the connected light for reading or general lighting, press and hold the (+) button to turn on the lamp and increase brightness. To reduce the light level, or turn the light off, press the (-) button. Holding in either button adjusts the light level rapidly.

Turning the Radio On or Off
Press the RADIO VOLUME up arrow button (∧) to turn the radio on and increase its volume. The display will read "VOLUME 1" through "VOLUME 25." Use the RADIO VOLUME down arrow button (∨) to reduce the volume or turn the radio off.

Tuning the Radio
First, turn the radio on, and then press one of the RADIO TUNING buttons. At this point, the display will change from showing time of day to showing the radio station frequency. Use the RADIO TUNING arrow buttons (∧) and (∨) to adjust the radio to your chosen station. A few seconds after you are done tuning, the display will revert to showing the time of day. You can also hold a tuning button down for a few seconds to search for the next strong station. Note that placement of the antenna wire can affect the tuning and clarity of the radio station.

Figure 2: SunRise Controller Button Layout
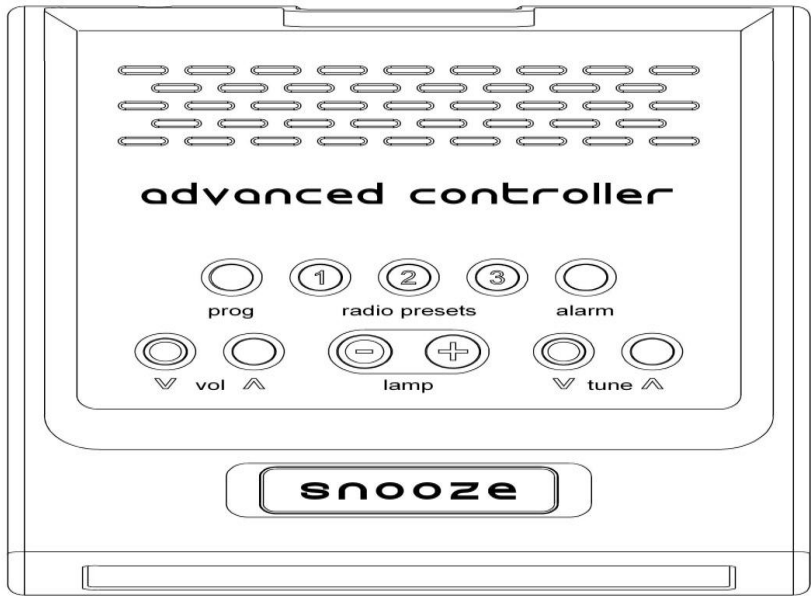
Prog	*PROGRAM button, changes settings with ALARM deactivated (off).*
①	*RADIO PRESET 1 button.*
②	*RADIO PRESET 2 button.*
③	*SLEEP SOUND PRESET 3 button.*
Alarm	*ALARM button. Sets the alarm.*
vol ∨	*VOLUME down button.*
vol ∧	*VOLUME up button.*
⊖	*MINUS button. Used for dimming light and changing settings.*
⊕	*PLUS button. Used for brightening light and changing settings.*
tune ∨	*RADIO TUNING down button.*
tune ∧	*RADIO TUNING up button.*
snooze	*Snooze button. Activates a 10-minute snooze period.*

Using the Preset Stations

To store your favorite radio station into a preset, first turn on the radio using the Volume Up (∧) button, and then tune to the station to be used. Then, hold down the desired preset button (Preset 1 or Preset 2) for about three seconds or until it beeps. The upper display will read (for example) "P1" with the frequency of the preset station, e.g., "P1 88.5." To switch to one of the preset stations (Preset 1 or Preset 2) while listening to the radio, simply press a preset button briefly. Follow the same process for either of the first two preset buttons. NOTE: If the radio is off, you can hold any of the two preset buttons and the radio will turn on to that preset station; that same preset button can also be used to shut the radio off. The logic above also works for turning on the Sleep Sounds by using preset number 3

Activating the Alarm

Press the ALARM button and make sure the Sun Symbol is illuminated. The display will show the Sun Symbol and the Alarm Time will be displayed briefly. You can also see the alarm mode that you have chosen (Beep Symbol, Audio Symbol, or Flash Symbol). If the light is on, it will slowly fade down, or you can turn it off quickly by pressing and holding the (-) button.

Turning Off the Alarm

When it's time to wake up, the light will have reached full brightness and, if enabled, the audio wake or beep will sound at the chosen alarm time. You can shut off the sound by pressing the alarm button but the light will remain illuminated. After this, you can shut off the light manually by holding (-) down for several seconds, otherwise it will shut off automatically after 30 minutes. If nothing is done after the alarm time, the light will automatically go out.

Using the "Snooze" Feature

To temporarily "snooze" the alarm, press the snooze button while the alarm is operating (beeping, radio on or light flashing). The light will fade out in a few seconds and the alarm (beep, radio, or sound) will stop. The light and alarm will come back on again in 10 minutes.

Snooze Button as Temporary Night Light Feature

Whether the Alarm is on or not, you can press the Snooze button to quickly turn the light OFF. It can also turn the light ON to a low intensity. This is useful for getting up in the night without flooding the room with too much light.

PROGRAMMING THE SUNRISE CONTROLLER

The PROGRAM button allows all the programmable features to be set or adjusted. To adjust any setting, make sure the **alarm button is not engaged**. If the alarm is engaged, the SunRise Symbol will show and you must press the ALARM button to

disengage it. The text display above the time digits will show the setting you are changing and what the current status is. Use the PLUS button (+) and MINUS button (-) to change that setting.

Fig. 3 on page 6 outlines all of the features that can be programmed along with the number of times the Program button should be pressed to reach each feature. Altogether, there are 20 programming steps that can be used to set every feature. You can go through them step by step, or you can skip directly to a particular feature by pressing the program button the number of times indicated. Once you have completed a setting, you can press the PROGRAM button again to adjust another setting, or simply wait for approximately 10 seconds until the display returns to the time. At several points in the programming cycle the display will read "MORE?" to indicate that you can go on programming more features by pushing the + button, or stop programming by pushing the minus button. Once you have made your programming selections, the Controller will remember them indefinitely.

Setting the Wake Up Alarm Time
Press the PROGRAM button <u>once</u>, so the display reads **"ALARM SET."** Then adjust the alarm time with (+) and (-) buttons until desired time is set. Holding in the (+) or (-) button will cause the alarm time to change rapidly.

Setting the Time
Press the PROGRAM button <u>twice.</u> The Display should read **"CLOCK SET."** Use (+) and (-) buttons to adjust the time. The time moves rapidly if (+) or (-) button is held down.

Waking to the SunRise
The light will begin to gradually illuminate before your set wake-up time. The Sunrise Controller is preset for a 30 minute wake-up sequence, i.e. the light will reach full brightness gradually over 30 minutes. For example, if you set the alarm for 7:00 AM, the light will begin getting brighter at 6:30 AM and reach full brightness at 7:00 AM.
To alter the wake-up sequence length, press the PROGRAM button <u>4 times</u> until the Display reads **"SUNRISE 30."** Press the (+) or (-) button, and the display will alternate between **"NO FADE UP"** (light goes from off to full-on at wake-up time), **"SUNRISE 15"** (15 minutes), **"SUNRISE 30"** (30 minute sunrise—Default), "**SUNRISE 45**" (45 minutes), or **"SUNRISE 60"** (60 minutes).

Figure 3 Programming Features

Prog Button Presses	DISPLAY RESULT (First setting in bold is the default)
1	**Alarm Set > 7:00 AM**
2	**Clock Set > 1:00 PM**
3	**More?** (-) end programming (+) on to other program options
4	**Sunrise 30** > 45 > 60 > No Fade Up > 15
5	**Wake Beep**> Wake Sound > Wake Radio > Audio Off
6*	**Alarm Audio Volume** – Adjusts the volume level for wake up time
7	**Flashing Off** > Flashing On
8*	**Wake Brightness** – Adjusts the maximum light brightness for wake up time
9	**More?** (-) end programming (+) on to other program options
10	**Sunset 30** > 45 > 60 > 15
11	**Audio Fade Auto >** Audio On Perm > 15 > 30 > 45 > 60 > 90
12	**Night Light Off** > Low > High
13	**More?** (-) end programming (+) on to other program options
14	**Display Auto** > Low > High
15	**12 Hour** > 24 Hour
16	**Security Off** > On
17	**Show No Date** > Show Date
18*	**Day of the Week** > **Sun** > Mon > Tues > Wed > Thurs > Fri > Sat
19*	**Year 2011** > Year 2000-2099
20*	**Month**>**Jan**>Feb>March>April>May>Jun>July>Aug>Sept>Oct>Nov>Dec
21*	**Day of Month** > **Day 1**-31
22*	**Show Date** > Day and Date
23	*End programming and return to home screen*

*Steps only available if you enable certain settings, e.g. audio wake, radio wake, Show Date, etc.

Waking up with the Alarm Beeper, Radio or Relaxing Sounds
The audible alarm begins with a quiet beep, and gradually intensifies to full volume over a period of time. The alarm beeper is preset ON. To disable the audible beeper, press the PROGRAM button 5 times until the display reads **"WAKE BEEP"** or **"WAKE RADIO"** or **"AUDIO OFF"** or **"WAKE SOUND."** Then press the (+) or (-) button to alternate among the three choices. When the beeper is on, the Beep Symbol)))) will be displayed. The Music Note symbol will be displayed when Wake Radio or Wake Sound is selected.

If you choose to wake to the radio, the SunRise Controller will wake you up with a slow ramp up of the audio volume to whatever station is programmed to Preset 1. If you have selected Wake Sound then the last sound used on Preset 3 will wake you.

Waking up to a Flashing Light
If you would like to wake up to a flashing light, press the PROGRAM button <u>6 times</u> until you see **"FLASHING ON "** or **"FLASHING OFF"** on the display. Press the (+) or (-) buttons until it reads "**FLASHING ON.**" In this mode, the light will flash on and off when it reaches your preset alarm time. When enabled, a lightning symbol will be displayed on the main screen.

Falling Asleep to the Sunset Sequence
Manually turn the light on to the intensity from which you wish the sundown to start. Then press the ALARM button (so the Sun Symbol is illuminated) to begin the sunset sequence. *NOTE*: If you wish to activate the sunset without activating the SunRise for the following morning, then make sure the ALARM is not activated (the Sun Symbol is not illuminated). Then press and hold the SNOOZE button for 2 seconds to begin the sunset. This is known as "**Friday Night Mode**" (FNM) because it works well for Friday nights when one does not want to wake up early on Saturday morning. To exit Friday Night Mode, press any non-radio related button.

Setting the Speed of the Sunset Sequence
Press the PROGRAM button <u>8 times</u> until the display reads **"SUNSET"** followed by a number. Press the (+) or (-) button, and the display alternates between several choices: **"SUNSET 15"** (15 minute sunset), **"SUNSET 30"** (30 minutes - the Default), **"SUNSET 45**" (45 minutes), and **"SUNSET 60"** (60 minutes).

Falling Asleep with the Radio or Sleep Sounds
Press the PROGRAM button <u>9 times</u> until the display reads "**AUDIO FADE AUTO.**" This setting will turn the audio (radio or sounds) off after the lamp has extinguished and the Audio Fade Time added, in this case; if AUDIO FADE 15 is selected the Audio will stay at its present volume when the alarm is activated and during the entire Lamp Fade down period. It will then maintain that volume for the next 14 minutes and then over the next 1 minute reduce the volume to fully off (14 minutes plus another 1 minute is the Audio Fade 15 minute period). Press the (+) or (-) button to reach your choice. "**AUDIO ON PERM**" will leave the audio on all night, "**AUDIO FADE 15**" will keep the audio on for 15 minutes after the alarm (or FNM) is activated, "**AUDIO FADE 30**" for 30 minutes, etc.

Setting the Night Light
This feature allows you to have the light dim in the Sunset mode, but stops the dimming when it reaches approximately 5% intensity, for use as a night light. Press the PROGRAM button <u>10 times</u> until the Display reads **"NIGHT LIGHT OFF,"**

"NIGHT LIGHT LOW," or **"NIGHT LIGHT HIGH."** Then press the (+) or (-) buttons and the display will alternate between the three options.

Adjusting the Brightness of the Display
Press the PROGRAM button <u>12 times</u> until the display reads **"DISPLAY HIGH,"** which is the default setting. Press the (+) or (-) button, and the display changes to **"DISPLAY LOW"** or **"DISPLAY AUTO."** In the "**DISPLAY AUTO**" mode, the brightness of the display is automatically at a high level during the day, but will switch to a lower level when you enable the alarm at nighttime or in FNM so it does not disturb you while sleeping.

Changing to a 12 or 24 Hour Display
The clock is preset to a 12-hour display. To change to a 24-hour display, press the PROGRAM button <u>13 times</u> or until you see either **"12 HOUR"** or **"24 HOUR."** Then press the (+) or (-) button to choose between the two. The "AM" or "PM" symbol on the clock display is only present in the 12-hour mode on both the main clock display and alarm sub clock display.

Using the Security Mode
This mode is useful when you are away on vacation, or your house is empty, and you wish to give the appearance that someone is there. To turn on the Security Mode, press the PROGRAM button <u>14 times</u> until the display reads **"SECURITY OFF"** or **"SECURITY ON."** Press the (+) or (-) button to switch between the two options and make sure the security mode is activated. During the security mode, the light will come on and off randomly between 4 PM and 11 PM. When this function is set, and you've exited the programming mode, the main display will read **"SECURITY MODE."** To turn off security mode you must go back through the programming menu.

Setting the Date
Press the program button <u>15 times</u> until the display reads **"SHOW NO DATE."** In this default mode, the top part of the display will normally be blank. If you wish to show the date on the display, press the plus or minus button until the display reads "**SHOW DATE**," then press the PROGRAM button once each to set the day of the week, year, month, and day of the month. Press the PROGRAM button once more to display the date as **"SHOW DATE"** which shows month and date (e.g., "January 17") or **"DAY AND DATE"** (e.g., "Tues, Jan 17").

Power Outage
All programming functions are memorized by the Controller even if the power goes out or the Controller is unplugged. If the power goes out for only a few minutes, you will not even need to reset the time

Troubleshooting

Problem: The light will not come on, but the clock still works.

Solution: The bulb may be burned out. Look at the bulb and see if the filament is broken. If it is, replace the bulb. Also, check to be sure the bulb is fully screwed into the socket. Test the lamp by plugging it directly into the wall.

Problem: Neither the light nor the clock is working.

Solution: First, make sure there is power at the outlet by plugging in another appliance or trying the Controller in another outlet. Next, unplug the Controller from the wall for several seconds and plug it in. Finally, try resetting the Controller by unplugging it and then holding in the PROGRAM button while plugging it back into the wall. In doing this, you will have all the default settings restored. Sometimes the Controller's computer chip picks up static charges of electricity and unplugging or resetting it removes the static. Please note, it may take more than one try to reset successfully.

Service

If your SunRise Controller is not operating properly, please contact Integrity Clocks directly for customer service and repairs. Please call before sending anything in for repair; many times the problem can be remedied over the phone: (+44) 1920 412 551.

IMPORTANT SAFETY INSTRUCTIONS

Your SunRise Controller has a three prong plug as a safety feature to reduce the risk of electrical shock. Please plug the Controller directly into the wall. If it does not fit, contact a qualified electrician. Extension cords may be used, but they must be three-prong, heavy duty type of at least 18-gauge (AWG).

- As with any electrical product, do not immerse any part in water.
- Never use a bulb with greater than the rated wattage of 60 Watts.
- There are no user serviceable parts. Do not open case for any reason.

The device is rated to 60W. **NEVER use more than a 60W bulb**. If you are using more than one bulb or lamp, the total wattage must not add up to more than 60W. Not all lamps are dimmable. For example, most fluorescent lamps (CFLs included) are not dimmable and will not work with this product. Do not plug in other products into the controller besides lamps as described above. Please consult the manufacturer of your lamp for further instructions on its use, replacement bulbs and other limitations.

WARRANTY FORM
SUNRISE CONTROLLER
88902V11.03-20111006

The Sunrise Controller is warranted against any defect in manufacture for 12 months from the date of purchase. In order for warranty to be valid, please fill out the warranty form and mail a copy of the form below along with copy of your receipt.

NAME:
_____

ADDRESS:
_____

PHONE:
_____

PLACE PURCHASED:
_____

DATE PURCHASED:
_____

COMMENTS:
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SERIAL NUMBER:
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