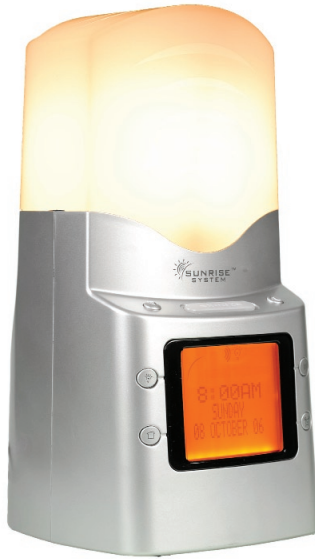


# BlueMax™ Sunrise Dawn Simulator

the Natural, stress free way to wake up



[www.fullspectrum solutions.com](http://www.fullspectrum solutions.com)

**Model BLSS210**

Thank you for purchasing the Bluemax™ Sunrise System Dawn Simulator Model 210. In order for you to make the best use of the simulator and to operate this unit safely, please read this manual carefully. If you have any difficulties while using your system, please consult the manual, your supplier or Full Spectrum Solutions, Inc.

You will now be able to enjoy the relaxation benefits and many features of the Bluemax™ Sunrise System, one of the most natural and stress free ways of waking. This unit was designed to simulate a sunrise and sunset. The sunrise brightens the room gradually, gently waking you from sleep and the sunset slowly dims the room, helping the user to relax and ease into a restful and natural sleep.

Your Bluemax™ Sunrise System Dawn Simulator 210 includes the following components:

- Power adapter
- E12 Screw Candle Tungsten type 110v / 40w bulb (full spectrum model FS-240)
- E12 Screw Candle Tungsten type 110v / 60w bulb (full spectrum model FS-250)

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### Safety Information

- Never immerse the clock or the wiring of the clock in water
- Do NOT replace the light bulb in your lamp while the main power supply is connected or plugged in.
- Do NOT connect anything but a regular home lamp to the Sunrise System.
- Use ONLY normal incandescent light bulb in the Bluemax™ Sunrise System. Use MAX 60w bulb. Do NOT use power saving bulbs, non standard bulbs or low voltage bulbs in the dawn simulator. Do NOT use dimming bulbs.
- Do NOT cover the unit as this may result in permanent failure and/or fire hazard.

### Product Features

- Sunrise: simulates a sunrise over a period of 15, 30, 45, 60, 75 or 90 minutes.
- Sunset: simulates a sunset over a period of 15, 30, 45, 60, 75, or 90 minutes.
- Nightlight can be used for comforting light throughout the night.
- Home Security feature that randomly turns the lamp on and off between the times of 9:00am and 7:00pm to operate when you are away from home.
- 12 or 24 hour clock display
- Built in 60w light (E14 socket UK or EU & USA E12 socket)
- Power backup useful for small power outages or when unit is inadvertently disconnected for a short time.
- Seven day alarm is provided to allow user to set different alarm times for each day of the week.
- Language variations are also optional for English, French, Italian, Spanish, German, Flemish, Swedish, Norwegian, Danish, and Finnish.



### Setting up your new unit

Install one of the two bulbs included with the unit by pressing gently on the sides of the lamp cover and pull up. To replace cover press gently on the sides of the cover and push into slots located in the base unit.

Plug the power adapter into the unit and then into the power outlet

The first time the BlueMax Sunrise System dawn simulator is plugged in and turned on the LCD display will flash on and off, the time will be 13:00 indicating the alarm time is not set.

## Function/Set Buttons

### Menu Button

This button is used to scroll through the menu mode and the many options.

### Up/Down Button

These are used to turn the light up and dim down to desired level. In Menu Modes these buttons are used to scroll through menu.

### Alarm Button

This button activates and de-activates the Alarm and Sunset. The current alarm time and day of the week will show for approximately 2 seconds before reverting back to the present time. The alarm clock symbol will be illuminated on the display. If the button is pressed again the alarm will be disabled, the display will show ALARM OFF and the alarm clock symbol will disappear.

Note: If the alarm is on, some features will become locked out (not in use).

### Snooze Button

When the Sunrise System is in NORMAL mode (Alarm Off) this button will switch the lamp either ON or OFF. This can be used at night to quickly illuminate the room. If the light is already on, pressing snooze will switch the light off. During a Sunrise, pressing the snooze button will switch the lamp off and the sunrise time will then start again for the remaining sunrise period. Ex. If the sunrise time is set for 30 minutes and the snooze button is pressed after only 8 minutes, the lamp will switch off and then fade up over the remaining 22 minutes. If the Sunrise System is in Alarm Mode, the alarm is sounding and the light is on, this button activates the snooze button. When the Alarm sounds and the lamp is a full brightness:

- Press the snooze button momentarily and the buzzer will stop. The lamp will go off. After 9 minutes the buzzer will sound again.

To exit the snooze mode, simply press the alarm button and the display will show ALARM OFF for a few seconds and Snooze is de-activated.

### Nightlight Button

This button is used to turn the nightlight on and off, must be used with the alarm button.

### House Button

This button is used to turn on and off the security feature.

Note: If the security feature is enabled some features will become locked out(not in use).

## Setting Alarm Features and Activation

### Setting the Language

Press the MENU button, the display will show LANGUAGE. You can change the language by using the up or down buttons. Press Menu to continue

### Setting the Time

Press the MENU button until the display shows CLOCK. You can now adjust the time by using the up or down buttons. If you press and hold the up or down buttons the time will fast forward or reverse. To change from 24 to 12 hour press the alarm button. Press Menu to continue

### Setting the Alarm Time

Press the MENU button until the display shows ALARM TIME, MONDAY. You can now adjust the Monday alarm time by using the up or down buttons. Once the Monday alarm time is set press the MENU button again and repeat the action for the other days of the week. Press the MENU to continue.

Note: The alarm will go off after the sunrise simulation has taken place. If the time between the clock time and the alarm time is less than the combined Sunrise and Sunset time the alarm cannot be activated. For example if the current time is 5:00 pm and the alarm time is set at 5:45 this only allows 45 minutes to initiate a Sunrise set for 30 min. and a Sunset set for 30 min., this will add up to 60 minutes.

### Initiating the Alarm

Press the alarm button. The alarm time and day of the week will appear on the screen for approximately 2 seconds before reverting back to the present time.

You will know this feature is on when you see the alarm icon on the LCD screen.

### Setting the Alarm Sound

Press the MENU button until the display shows ALARM SOUND. Press the up or down button to adjust the alarm sound.

#### The options are:

OFF– no sound will be heard at the alarm time.

BEEP – a beep sound will be heard at the alarm time.

Note: When OFF is selected and the alarm is set, the unit will only perform a sunrise (fade up of the lamp). When set to BEEP the unit will perform a sunrise and the sounder will beep when the alarm time is reached. After a while some users will be able to wake up with the sunrise only and they might wish to switch the alarm sound to off. Press Menu to continue.

### Setting the Sunrise Time

Press the Menu button until the display shows SUNRISE. Press the < or > buttons to choose between 15 , 30 , 45 , 60, 75 or 90 minutes of sunrise before the alarm goes off. The sunrise time is the length of time it will take the lamp to fade up from Off to maximum brightness. For Example if you set the alarm to go off a 7:00pm and you set the sunrise time for 15 min. then the sunrise will start at 6:45 and your alarm will go off at 7:00 pm with the lamp at full brightness. Press Menu to continue.

### Setting the Sunset Time

Press the Menu button until the display shows SUNSET. Press the < or > buttons to choose between 15, 30, 45, 60, 75 or 90 minutes of sunset before the lamp turns off. The sunset time is the length of time it will take to fade the lamp down from maximum brightness to fully off. Press Menu to continue.

### Initiating the Sunset

Press the lamp on using the Snooze button then press the Alarm button. You will know this feature has been activated when a sun icon illuminates in the upper left hand corner of the LCD screen.

### Setting the LCD Backlight

Press the Menu button until the display shows BACKLIGHT. You can now adjust the backlight by using the < or > buttons to choose the intensity of the backlight:

Off- the LCD backlight and snooze button will not illuminate

Dim- the LCD backlight and snooze button will illuminate dimly.

Bright-the LCD backlight and snooze button will illuminate at full brightness.....Cont:

Automatic 1- the LCD backlight and snooze button will illuminate at full brightness for 5 seconds if any button is pressed, after this time the light will go off.

Automatic 2-the LCD backlight and snooze button will illuminate at full brightness for 5 seconds if any button pressed, after this time the light will go dim.

### Setting the Calendar Year

Press the Menu button until the display shows CALENDER YEAR. Press the ^ or v buttons to select the correct year. Press menu to continue.

### Setting the Calendar Month

Press the Menu button until the display shows CALENDAR MONTH. Press the ^ or v buttons to select the correct month. Press menu to continue

### Setting the Calendar Day

Press the Menu button until the display show CALENDAR DAY. Press the ^ or v buttons to select the correct day. Press menu to continue.

### Setting the LCD Contrast

Press the Menu button until the display shows CONTRAST. Press the ^ or v buttons to select between 16 settings. Press menu to continue.

### Setting the Nightlight Level

Press the Menu button until the display shows NIGHTLIGHT LEVEL. Press the ^ or buttons to dim up or down the nightlight level. This light will stay at the user defined level during the night and will fade up again before the alarm time.

Note: If the nightlight level is on full brightness a sunrise can not take place since the lamp can not fade up any brighter. If you choose to use the nightlight along with the sunrise choose a lower light level for the nightlight.

### Using the Nightlight

Press the Nightlight button the display will show a bulb icon. Press the alarm button. The alarm will be set and the nightlight will turn on.

### Turn off the Nightlight

Press the alarm button to turn off the alarm, the alarm icon will disappear. Press the nightlight button and the nightlight button will disappear. Press the snooze button to turn off the light.

### Using the Reading Lamp

The reading lamp can be turned on or off by pressing the Snooze button. Use the up or down buttons located next to the Snooze button to adjust the light level.

### Using the Security Mode

Press the House button, the house will display on the LCD screen. This feature will switch the lamp on and off at random times between 9:00am and 7:00pm. The security mode will light your home giving the impression to unwanted visitors that the home is occupied.

Note: If this feature is enabled the menu and other functions will be disabled.

## Menu Programming Table

Number of press Of Menu button	Result
1	LANGUAGE
2	CLOCK SET
3	MONDAY ALARM TIME
4	TUESDAY ALARM TIME
5	WEDNESDAY ALARM TIME
6	THURSDAY ALARM TIME
7	FRIDAY ALARM TIME
8	SATURDAY ALARM TIME
9	SUNDAY ALARM TIME
10	ALARM SOUND (Beep, Off)
11	SUNRISE 15 30 45 60 75 90
12	SUNSET 15 30 45 60 75 90
13	BACKLIGHT (Bright, Dim, Off, Auto 1, Auto 2)
14	CALENDER YEAR
15	CALENDER MONTH
16	CALENDER DATE
17	CONTRAST
18	NIGHTLIGHT LEVEL
19	Reverts to Normal Operations

## **Most Commonly Asked Questions**

### **Why are the buttons or menu features not responding when I press them?**

Check the alarm function (Alarm Icon) or Security Mode (House Icon) is switched off.

### **Why doesn't the light turn on?**

Check that the bulb is installed properly and if so try the replacement bulb included. Also be sure the power cord in the back of the unit and in the power outlet is inserted all the way into the socket.

### **How do you switch the clock time from 24 to 12 hour?**

Please refer to page 4 under "setting the time".

### **Why didn't I hear the alarm when it went off?**

Check that the Speaker is ON, you can switch the SPEAKER ON or OFF by using the SET UP mode.

### **Why didn't the alarm go off?**

Before you lie down check that you activated the alarm by pressing the alarm button, the alarm icon will appear on the display.

### **How do I generate a Sunrise?**

The Sunrise works in conjunction with the alarm time, first set the alarm time then choose the desired sunrise period from the menu. Activate the alarm by pressing the alarm button.

### **How do I generate a Sunset?**

Press the ^ or v button until the lamp is set to the desired brightness level. To activate the Sunset just press the alarm button. The lamp will slowly dim and switch off.

### **How do I switch my lamp off after a sunrise?**

Press the alarm button.

### **I cannot activate the alarm when pressing the alarm button and the alarm symbol does not appear?**

Ensure the security mode (House Icon) is switched off.

### **Can I use any light bulb in the lamp?**

No, you must use a normal tungsten light bulb (ordinary bulb); the maximum wattage can be no more than 60w. The BlueMax™ Sunrise System will not work properly if a Saver Bulb (low energy bulb) is used.

## **Warranty**

Full Spectrum Solutions, Inc. warrants to the end user that this product will be free from defects in materials and workmanship in the course of normal use for a period of one year from the date of purchase. Full Spectrum Solutions, Inc. does not accept liability for improper or unintended use of the product. Should you have a problem with the unit, please contact the warranty department via email [warranty@fullspectrum.com](mailto:warranty@fullspectrum.com)