

BlueMax™ Sunrise Dawn Simulator

the Natural, stress free way to wake up



www.fullspectrum solutions.com

WARNING

To reduce the risk of fire or electric shock, do not expose this appliance to rain or moisture

CAUTION *

Use of controls or adjustments or performance of procedures other than those specified may result in hazardous radiation exposure.



* A Caution Marking is located on the bottom of this appliance.

CAUTION - TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT REMOVE COVER (OR BACK). NO USER-SERVICING TAKE PRODUCT TO QUALIFIED SERVICE PERSONNEL



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 product's enclosure that may be of sufficient magnitude to constitute a risk of electric shock.



The exclamation mark within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the product.

IMPORTANT SAFETY INSTRUCTIONS

1. Read these instructions.
2. Keep these instructions.
3. Heed all Warnings.
4. Follow all instructions.
5. Do not use this apparatus near water.
6. Clean only with a damp cloth.
7. Do not block any of the ventilation openings. Use in accordance with the manufacturers instructions.
8. Do not place near any heat sources such as radiators, heaters, stoves or other apparatus (including amplifiers) that produce heat.
9. Do not disregard the safety purpose of the polarized or grounding - type plug. A polarized 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 into your outlet, consult an electrician for replacement of the obsolete outlet.
10. Protect the power cord from being walked upon or pinched, particularly at sockets and the point where they exit from the apparatus.
11. Only use attachments / accessories specified by the manufacturer.
12. Unplug the apparatus during lightning storms or when unused for long periods of time.
13. Refer all servicing to qualified service personnel or the manufacturer. Your warranty may be affected if you dismantle the product. Servicing is required when the apparatus has been damaged in any way, such as power supply cord or plug damage, liquid has been spilled or objects have fallen into the apparatus, the apparatus has been exposed to rain or moisture, the apparatus does not operate normally or has been dropped.

- Full seven day alarm is provided to allow the user to set different times (if desired) on the alarm for different days of the week. The factory programmed time for all seven days is 07:00am.
- A night light feature has also been included and the night light is user adjustable.
- A security feature that randomly turns the lamp full on and off between the times of 8:00pm and 8:00am can be set to operate when you are away from home.
- Power fail backup is provided on all functions for power cuts to the home electricity supply or if the Sunrise System is inadvertently disconnected.
- Easy to read text display shows time and date, MP3 track, radio frequency.
- The day of the week and Leap years are automatically calculated.
- Option to select a language of your choice. Choose between Danish, English, Finnish, Flemish, French, German, Norwegian, Spanish or Swedish.

IMPORTANT Safety Instructions

- NEVER immerse the Sunrise System or the wiring of the product in water.
- Do NOT replace the bulb in the Sunrise System whilst the product is connected to the mains power supply. The Sunrise System will retain all settings if there is no power supply to the clock.
- Use ONLY regular tungsten light bulbs or tungsten halogen light bulbs. Do NOT use energy saving fluorescent bulbs or non standard bulbs.
- The BLSS260 is supplied with an energy saving halogen light bulb.
- Do NOT cover the unit as this may result in permanent failure and/or fire hazard.



No Wake Up Sound

Press Stop then press and hold the Alarm button until the display shows ALARM SOUND OFF.

Activating Alarm / Sunrise

To enable the alarm, momentarily press the ALARM button. The display will show ALARM ON together with the alarm day and alarm time. The alarm clock icon will also be displayed to indicate the alarm clock is enabled. The alarm day and time will be displayed while the BLSS260 is in an idle condition, i.e. Not in a Set Up Menu, when no radio or MP3 is playing.

Please Note: If there is insufficient time to complete a full sunrise the alarm will automatically be set for the following day.

When the alarm has begun to activate or is sounding, momentarily press the ALARM button to cancel the alarm for the day. The alarm clock will automatically be reset for the following day.

To switch the alarm clock off (providing the alarm has not begun to activate) momentarily press the ALARM button (press ALARM twice if the alarm has begun to activate) the display will show ALARM OFF for 2 seconds and the alarm clock icon will no longer be displayed.

When the alarm is on, the alarm day and time will be shown on the display while the radio and MP3 are off, for example MON 07:00am and if a Wake Up Sound is programmed the sound type will be appended to the alarm time for example MON 07:00am MP3.

When the alarm is activated the sunrise will start prior to the alarm time set, for example if 15 minutes sunrise duration is selected the sunrise will begin 15 minutes before the alarm time.

Sunset (Sleep Timer)

The sunset duration can be set in increments of 5 minutes up to a maximum of 90 minutes.

To set the sleep timer, momentarily press the SLEEP button, the display will show 05 MINUTES SLEEP TIMER for example. Press repeatedly until the desired sunset duration is displayed. Press and hold the SLEEP button to cancel the sleep timer. While the sleep timer is active the SNOOZE icon will flash on the display. If the lamp is on at full brightness it will begin fading down over the selected sunset duration, at the end of this time the radio or MP3 player (if on) will switch off.

Programming Table

No of Presses of MENU button	Result (First setting is the Default)
1	CLOCK SET
2	MONDAY ALARM TIME
3	TUESDAY ALARM TIME
4	WEDNESDAY ALARM TIME
5	THURSDAY ALARM TIME
6	FRIDAY ALARM TIME
7	SATURDAY ALARM TIME
8	SUNDAY ALARM TIME
9	MP3 ALARM SOUND
10	YEAR
11	MONTH
12	DATE
13	SUNRISE 15, 30, 45, 60, 75, 90

Troubleshooting Tips

Factory Reset Procedure

To reset the BLSS260 back to factory default settings follow the instructions below:

1. Unplug the BLSS260 from the mains supply.
2. Press and hold the MENU button and plug the BLSS260 back into the mains supply while still holding the MENU button.
3. The display will show VERSION 1.00 for example. Now release the MENU button.
4. After a short delay the BLSS260 will start up with defaults loaded.

How do I generate a Sunrise?

The Sunrise works in conjunction with the alarm time, first set the alarm time (see page 5), then choose the desired Sunrise duration from the menu (e.g set to 15 min). Activate the alarm by pressing the alarm button (front right). The Sunrise will start 15 minutes before the alarm time and the lamp will be at full brightness after 15 minutes (when a Sunrise duration of 15 minutes is chosen).

How do I generate a Sunset?

Press the light UP button until the lamp is set to the desired brightness level or press the zzz SNOOZE button to turn lamp full on. To activate the Sunset just press the sleep button repeatedly until the desired sunset duration is displayed from 5 - 90mins. The lamp will slowly dim and switch off. The sunset time can be set between 5 - 90 minutes. If the radio or MP3 is playing either will switch off after the sunset period.

How do I switch the light off after a sunrise?

Press the ALARM button to switch the alarm off, then press the zzz SNOOZE button to dim the lamp.

Can I use any light bulb in the lamp of my BLSS260?

No, you must use a regular tungsten or tungsten halogen light bulb up to 60W maximum. The Sunrise System will not work properly if an energy saver or fluorescent bulb is used. A daylight bulb of the correct type may also be used. Full Spectrum Solutions recommends model FS-250

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@fullspectrumolutions.com

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Introduction

Thank you for purchasing the Bluemax™ Sunrise System Dawn Simulator Model 260. 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. The BlueMax™ Sunrise System Model BLSS260 has a built in stereo AM/FM radio, weather band radio (US models only) and MP3player with an external card slot which allows the user to listen or wake up to relaxing sounds, music, talking books or a downloaded radio program.

Your Bluemax™ Sunrise System Dawn Simulator 260 includes the following components:

- Power adapter
- E12 Screw Candle Tungsten Halogen type 110v / 42w bulb (standard)
- E12 Screw Candle Tungsten type 110v / 60w bulb (full spectrum model FS-250)
- MMC/SD memory card

Product Features

- Sunrise: simulates a sunrise over a period of 15, 30, 45, 60, 75 or 90 minutes. Set to suit your preference.
- Sunset (sleep timer button): simulates a sunset over a period of 5 - 90 minutes. Set to suit your preference.
- The BLSS260 has a built in stereo MP3 player with external SD card slot. SD cards up to 32GB can be used. Wake up or relax to the gently progressive volume of nature sounds (supplied on FREE SD card) or your own choice of music.
- BLSS260 comes with a FREE SD card with 7 pre-recorded sounds - bird song, rain forest, the sea, stream, thunderstorm, whale song and white noise.
- Digital FM/AM radio.
- Weather band radio.
- The audible wake up can be disabled if you prefer to wake to the Sunrise System without MP3, radio or sounds.
- All functions of the BlueMax™ Sunrise System 260 are indicated on the large backlit multicolor LCD display to clearly show the function being altered.

Setting the Sunrise Duration

Press the MENU button until the display shows 15 MINUTES SUNRISE for example. The Sunrise duration can be set to 15, 30, 45, 60, 75 or 90 minutes. See Setting a Wake Up Sound instruction later in the user guide if you like to wake up with Sunrise and Sound.

Exiting Menu

Press the SNOOZE button or wait 12 seconds.

Using the Night Light

Momentarily press the NIGHTLIGHT button to enable the Night Light, the display will show NIGHTLIGHT ON and the Night Light icon will be displayed. To disable the Night Light press the NIGHTLIGHT button momentarily. Press the NIGHTLIGHT button again the display will show NIGHTLIGHT OFF and the Night Light icon will no longer be displayed.

Please Note: When the Night Light is enabled it will not be possible to dim the light below the preset Night Light level.

Setting the Night Light Level

First ensure the Night Light is off (see above). Press the light up or down buttons to brighten or dim the lamp to the required light level then press and hold the NIGHTLIGHT button for approximately 2 seconds until the display will show NIGHTLIGHT LEVEL for 2 seconds and the new setting will be stored.

Please Note: If the Night Light is on it will not be possible to set the Night Light level.

Using the Reading Light

Press the light up or down buttons to set the lamp to the required light level. If the Sunrise has not started or the alarm is not activated pressing the SNOOZE button will switch the lamp on at full brightness or off if the lamp is already on, the display will show LAMP ON or LAMP OFF.

Display Backlight Color and Light Level

Press the DISPLAY button, the display will show BACKLIGHT together with the current backlight intensity setting. To adjust the display backlight intensity press the light up or down buttons within 5 seconds while the display is showing BACKLIGHT.

Press the DISPLAY button again to cycle through the available backlight colors. To enter a color change mode, (where color of backlight changes randomly) press and hold the DISPLAY button until the display shows RANDOM BACKLIGHT. To cancel the random backlight mode, press the DISPLAY button again. The display color and intensity level will return to the setting chosen prior to entering random backlight mode.

Please Note:

The backlight intensity cannot be adjusted whilst the random backlight mode is active.

Security Mode

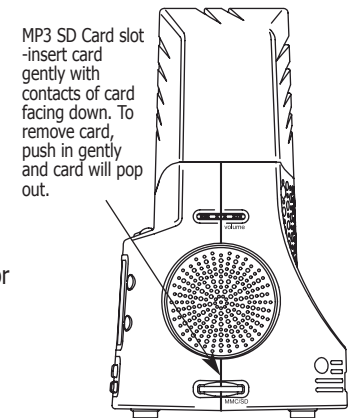
Security mode switches the lamp on and off at random times between 8pm and 8am. To enable this feature simply press the security button with the house icon, located on the front panel. The display will show SECURITY ON for 2 seconds, the security house icon will be visible on the display if security is set to ON.

NOTE: If the alarm is ON (indicated by the alarm clock icon on the display) it is not possible to set the security mode.

Media Card

The BLSS260 can accept SD and SDHC cards. Insert the card into the side of the BLSS260 with contacts facing down, pressing inward with a light pressure until the card clicks into place, the display will show READING CARD this typically takes about 2 seconds but could be as long as 1 minute with some cards. If the display shows CARD ERROR then ensure the card is correctly inserted and the card contacts are clean also ensure the card is formatted correctly and that there are MP3 tracks stored on the card.

Please Note: The card must be formatted as FAT(FAT16) or FAT32 and contain .mp3 files in the root folder "/" directory of the card. MP3 tracks in separate folders / directories will be ignored.



MP3 Player

Press the MP3 button to begin playing MP3 tracks. If the radio was on it will be switched off automatically. If the display shows INSERT CARD refer to the Media Card section of this guide. The display will show MP3 PLAYER together with information about the MP3 track if available, for example song title, artist and composer. If no information is available the display will show NO TITLE. Providing the media card has not been removed and the BLSS260 has not been disconnected the MP3 will begin playing from the start of the last played track. To change the current MP3 track being listened to, momentarily press the forward < or > backward buttons to select a previous or next MP3 track or press and hold the < or > buttons to quickly skip by 10 MP3 tracks. The display will show the current track number and the maximum file number for example: 00003 / 00040 would indicate that track (or file) 3 of a possible 40 tracks is selected.

To stop the MP3 playback press the STOP button. The display will show STOPPED for 2 seconds.

AM/FM/WB Radio

Press the AM/FM button to switch on the radio. The radio will switch on to the last radio band and tuned frequency that was selected. If the MP3 player was playing it will stop automatically. The display will show the selection, 87.50 MHz FM RADIO for example.

Press the rewind/tune < or > forward/tune buttons to change the tuned frequency. Release the < or > button when desired frequency is tuned. To change the radio band from FM, AM or WB* (weather band) press the AM/FM button again.

To switch off the radio press the STOP button, the display will show RADIO OFF for 2 seconds.

Storing Presets AM/FM Radio

Switch on the AM/FM radio by pressing R button then tune to the desired frequency using the tune < or > buttons. Next press and hold one of the preset buttons 1 to 5. The display will show PRESET STORED for 2 seconds.

NOTE: If the preset was previously assigned it will be overwritten by the new preset selection. The FM band has 5 presets and the AM band has 5 presets.

Storing Presets MP3

Press and hold one of the preset buttons whilst listening to a MP3 file. The display will show PRESET STORED for 2 seconds.

NOTE: If the preset was previously assigned it will be overwritten by the new track number. The MP3 has 5 presets.

Recalling Presets AM/FM Radio

Switch on the AM/FM radio by pressing R button then press one of the preset buttons 1 to 5, if the preset has been assigned then the stored station will be tuned.

NOTE: If a preset is empty the screen will show PRESET EMPTY.

Recalling Presets MP3

Press the MP3 button (triangle) and the MP3 player will start, press one of the preset buttons 1 to 5, if the preset has been assigned the stored file will begin to play.

NOTE: If a preset is empty the screen will show PRESET EMPTY.

Listening Volume

To adjust the volume turn the volume control wheel on the side of the Sunrise System forward or backward. There are 16 sound levels from zero. If zero sound is selected (no bars) the speakers will be muted.

Headphone Socket

NOTE: Before connecting headphones turn the VOLUME to a low setting. The headphones must have a stereo 3.5mm plug fitted, DO NOT use a mono plug as damage may occur to the unit. Plug your headphones into the headphone socket on the front of the unit. The speakers will automatically cut out and the sound will be played through the headphones.

Setting a Wake Up Sound

The wake up sound will begin when the Sunrise starts and gradually increase in volume reaching the maximum user set volume at the alarm time. You can set the radio or the MP3 player as your wake up sound or choose not to have a wake up sound.

Setting the radio as a Wake Up Sound

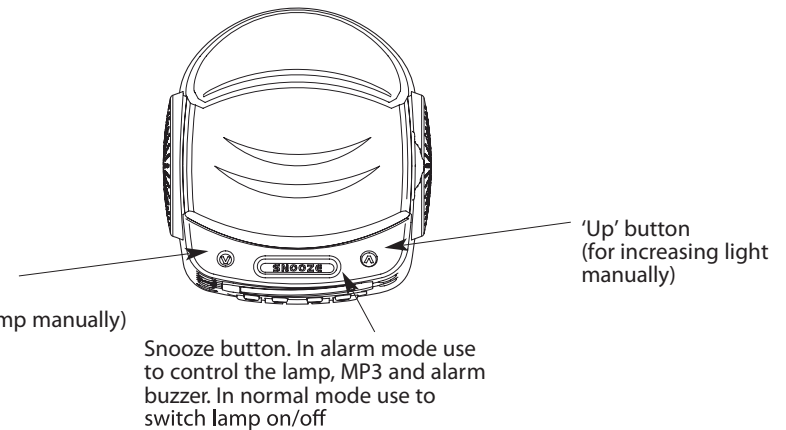
Switch the radio on and tune it to the desired band AM, FM or WB* and frequency. Next set the desired maximum volume. Press and hold the ALARM button until the display shows FM RADIO ALARM SOUND ON, for example. The Wake Up sound selection is now stored. The radio can now be switched off if preferred.

Setting the MP3 player as a Wake Up Sound

There are three MP3 wake up modes:

1. Continuous Play. Choose this if you wish the BLSS260 to play from the last track played.
2. Repeat Track. Plays from a specific track. Choose this to repeat the same track over and over.
3. Repeat Daily. Plays from a specific track each day. Choose this to start from the same track every day.

To play from a specific track, start the MP3 player and select the required track using the forward < or > rewind buttons. Next set the desired maximum wake up volume. Press and hold the ALARM button, the display will show MP3 PLAYER ALARM SOUND. The MP3 Wake Up sound has 3 different options available from the setup menu, see above. Press MENU until the display shows MP3 ALARM SOUND then press the up or down light buttons to select the way you want the Wake Up sound to play, Continuous Play, Repeat Track or Repeat Daily.



Setting Up and Using the Sunrise System 260

Setting the Language

When the BLSS260 is plugged in for the first time or after a factory reset, the BLSS260 will prompt the user to set the language. The display will show ENGLISH LANGUAGE. Momentarily press the up or down buttons to select the required language then press MENU to go on and set the time and date or press SNOOZE to exit the setup menu. To change the language again after it has been set, a factory reset must be performed. See factory reset instructions on page 10 of this user guide.

Please Note: The BLSS260 will come out of Setup Mode automatically if no button is pressed for 12 seconds or if you press the zzz (SNOOZE) button.

Setting the Time

Press the MENU button until the display shows 12 HOUR CLOCK or 24 HOUR CLOCK the current time will also be shown on the display. Momentarily press the light up or down buttons to set the clock in 1 minute increments or press and hold the up or down buttons to set the clock in 10 minute increments. Press the Display button to change 12 or 24 hour mode.

Setting the Alarm or Sunrise Time

The Sunrise System 260 can be set to imperceptibly simulate a sunrise, it is designed to use the natural light progression of the 's' or sigmoidal curve. The simulated sunrise brightens the room gradually, gently waking the sleeper. To set the wake up time press the MENU button until the display shows MONDAY ALARM TIME, the alarm time will also be shown on the display. Momentarily press the light up or down buttons to set the time in one minute increments or press and hold the up or down buttons to set the clock in 10 minute increments. Repeat this procedure for each day of the week.

Setting the Date

Press the MENU button until the display shows YEAR, the current date will also be shown with the year segment flashing. Momentarily press the up or down buttons to set the year or press and hold the up or down buttons to quickly skip through the year. Repeat this procedure for the month and date, the display will show MONTH and DATE in place of YEAR. To change the date format from European (DD/MM/YYYY) to American (MM/DD/YYYY) press the DISPLAY button once while setting up the Year, Month or Date.

Please Note: The weekday and Leap year are automatically calculated by the BLSS260 therefore there is no need to adjust them manually.