

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?

Press the OK button until the display shows 12/24 HOUR. Press the alarm button to choose between 12 or 24 hour clock.

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 (+) 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 (-) button until the lamp is off.

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 100w. The BlueMax™ Sunrise System will not work properly if a Saver Bulb/ CFL is used.

BlueMax™ Sunrise Dawn Simulator

the Natural, stress free way to wake up



www.fullspectrum solutions.com

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 solutions.com

Model BLSS100

10_10_V1

Thank you for purchasing the Bluemax™ Sunrise System Dawn Simulator Model 100. 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 100 includes the following components:

- Power adapter
- 60 watt Neolite full spectrum bulb
- 100 watt Neolite full spectrum bulb

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Product Features

- Sunrise: simulates a sunrise over a period of 15, 30, 45, 60, or 90 minutes.
- Sunset: simulates a sunset over a period of 15, 30, 45, 60, or 90 minutes.
- Your bedside lamp can also be manually controlled to adjust the light level for reading.
- All functions of the Sunrise System Dawn Simulator are indicated on the LCD 12 character display to clearly show the function being altered.
- 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
- The audible alarm can be disabled if you prefer to wake to the sunrise feature without the alarm sound.
- The Sunrise System connects directly to your own bedside lamp. Your bedside lamp then generates the sunrise/sunset feature.
- Power failure backup useful for short power outages or when the 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.
- LCD screen can display month and date, day and date or just Seconds.
- Leap years are automatically calculated.
- Language variations are also optional for English, French, Italian, Spanish, German, Flemish, Swedish, Norwegian, Danish, and Finnish.

Reset Procedure

To reset the BLSS100 back to factory default settings, follow the instructions below:

1. Unplug the BLSS100 from the main supply.
2. Press and hold the SET button and plug the BLSS100 back into the main supply while still holding the SET button.
3. The display will show VERSION 1.00 for example. Now release the SET button.
4. After a short delay the BLSS100 will start up with defaults loaded.

Using the Reading Lamp

The lamp can be used as a normal reading lamp with an additional feature that allows the intensity of the lamp to be dimmed up or down.

You can press the SNOOZE button to turn the lamp on or off when not in alarm mode.

Menu Programming Table

Number of Presses Of Set button	Results
1	LANGUAGE
2	CLOCK SET /12/24 HOUR
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	SOUND ON/OFF
11	SUNRISE 15 30 45 60 90
12	SUNSET 15 30 45 60 90
13	BACKLIGHT OFF, BACKLIGHT ON, OR BACKLIGHT AUTO
14	YEAR
15	MONTH
16	DATE
17	LCD CONTRAST
18	SECURITY OFF or SECURITY ON
19	NIGHTLIGHT OFF or NIGHTLIGHT ON
20	NIGHTLEVEL
21	Reverts to Normal Operation

Setting the Sunset Time

Press the SET button until the display shows SUNSET 15. The Sunset time is the length of time it will take to fade the lamp down from maximum brightness to off. Sunset is initiated when the Alarm is activated and the lamp is on. The Sunset time can be set to various times 15, 30, 60, or 90 minutes by pressing the (- or +) buttons. Press SET to continue.

Setting the Back Light Mode

Press the SET button until the display shows BACKLIGHT OFF, BACKLIGHT ON or BACKLIGHT AUTO. The LCD Backlight has three settings which can be chosen by pressing the (- or +) buttons. These options are:

Backlight Off- leaves the LCD backlight on a constant very low dim.

Backlight On- leaves the LCD backlight on its full brightness.

Backlight Auto- adjust the light level on low or high relative to the brightness or the bedside lamp and the time of the day.

Setting the Nightlight Mode

When this feature is enabled the Sunrise System controls your lamp to fade to a low light level, when the alarm is activated, rather than completely out. Suitable for use as a child's night light. Press the SET button until display shows NIGHTLIGHT OFF or NIGHTLIGHT ON. This feature can be switched ON or OFF by pressing the (- or +) button. Press SET to continue.

Activating the Nightlight Mode

Press the SET button until display reads NIGHTLIGHT OFF. Press the (- or +) buttons to switch the Nightlight On. The nightlight icon will display on the LCD screen. Then press the Alarm Button. You can now press the (- or +) buttons to the light level you would like the nightlight to begin fading down from. The nightlight will dim gradually and turn off.

Note: You must De-activate the nightlight mode to go back into SETUP mode, if you do not De-activate the nightlight mode you may be locked in the SETUP mode when the display shows NIGHTLIGHT LEVEL. If this happens you can reset the unit by unplugging the unit from the wall socket and plugging it back in.

De-activating the Nightlight Mode

Press the Alarm button off, the display will read ALARM OFF. Press the SET Button until the display reads NIGHTLIGHT ON. Press the (- or +) buttons to switch the Nightlight off.

Setting the Weekday

Press the SET button until display shows SUNDAY (or any other day of the week). Although this is not a displayed parameter the clock has a 7 day alarm, therefore it is necessary to keep track of the correct day of the week. The day can be changed by pressing the (- or +) buttons. Press SET to continue.

Setting the Year

Press the SET button until the display shows YEAR 2013. The clock also keeps the correct date including leap year calculation and can display it, as described below.

Setting the Month

Press the SET button until the display shows JANUARY. You can adjust this month by pressing the (- or +) buttons. Press SET to continue.

Setting the Day of the Month

Press the SET button until the display shows DAY. The day can be adjusted by press the (- or +) buttons. February will either be 28 or 29 days depending on whether it is a leap year, set previously in the SETTING THE YEAR. Press SET to continue.

Safety Information

- Never immerse the clock or the wiring of the clock in water
- Do NOT replace the light bulb 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 100w bulb. Do NOT use power saving bulbs, non standard bulbs or low voltage bulbs in the dawn simulator. Do NOT use dimming bulbs.

Function/Set Buttons

Set Button

This button is used to activate SETUP mode and scroll through the various menu. Additionally pressing the SET button when the alarm is activated will switch the display from showing the present time to the alarm time, this feature allows you to verify that the alarm time is correct.

Negative/Positive Buttons (- and +)

In Normal mode these buttons are used to dim or brighten the bedside lamp. The NEGATIVE button dims the lamp and the POSITIVE button brightens the lamp.

Alarm Button

This button activates or de-activates the Alarm, Sunset and Sunrise. When the Alarm button is pressed the display will read ALARM ON and the alarm time will show for approximately 5 seconds before reverting back to the present time. The alarm clock symbol will be illuminated on the display. If the Alarm button is pressed again the display will read ALARM OFF and the alarm clock symbol will disappear.

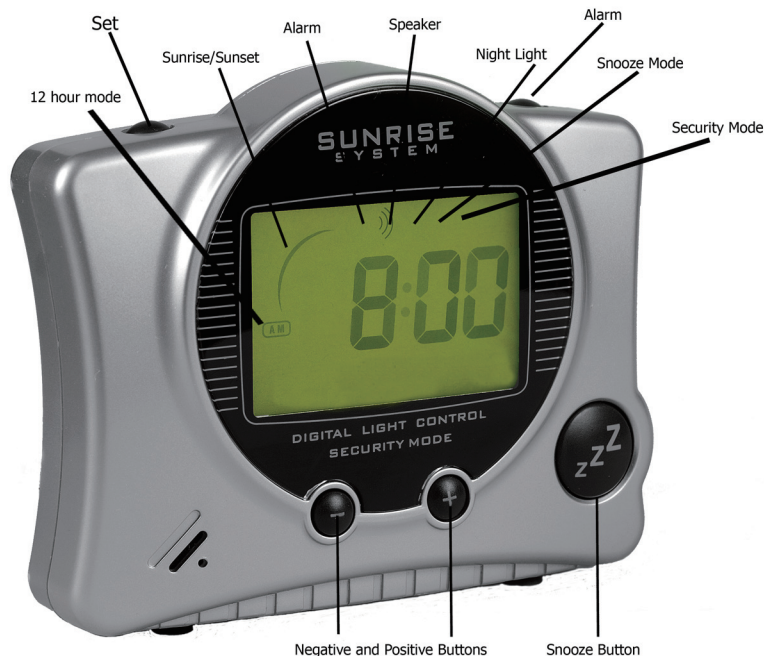
Note: If the security feature is enabled some features will become locked out.

Snooze Button

When the Sunrise System is in the NORMAL mode (Alarm not activated) the snooze button will switch the lamp either ON or OFF. This can be used at night to quickly illuminate the room. If the Sunrise System is in alarm mode, the Alarm is sounding, and the light is on, this button activates the snooze mode. When the Alarm sounds (buzzer) and the lamp is at full brightness, the user has a few options.

Press the snooze button, the buzzer will stop and the light will dim down over 4 seconds. The lamp will fade up again to full brightness over 9 minutes and the buzzer will sound.

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



Setting up your new unit

Install up to a Max 100w incandescent bulb into your bedside lamp.

The Sunrise System is supplied with a specially designed cable. One end of the cable has a socket, insert the plug of your bedside lamp into this socket. The other end of the cable is the mains plug for use with the wall socket

Turn your bedside lamp on. You can control your bedside lamp through the simulator control panel.

Note: You must have your lamp switched on at all times for the sunrise/sunset simulation to work.

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.

Note: When altering the settings ensure the ALARM symbol is not visible. Then unit will come out of SETUP MODE automatically if no button is pressed for 12 seconds or if you press the SNOOZE button.

Setting the Language

Press the SET button, the display will show SET LANGUAGE for 2 seconds, and then it will show ENGLISH. You can change the language by using the (- or +) buttons.

Note: This setting only appears as the first menu item when you plug the Sunrise System in for the first time or reset the unit. At any other time the language can still be changed but the option will be the last menu item.

Setting the Time

Press the Set button, the display will show CLOCK SET. You can now adjust the time by pressing the (- or +) button. If you press and hold the negative or positive button the time will fast forward or reverse. The clock will start when you press SET to adjust the next setting or press SNOOZE to get out of SETUP MODE. Press SET to continue.

Setting the Alarm Time

Press the SET button until the display shows ALARM SET, after 2 seconds the display will show SUNDAY. You can now adjust the Sunday alarm time by using the (- or +) buttons. Once the Sunday alarm time is set press the SET button again and repeat the action for the remaining days of the week. Press SET to continue.

Initiating the Alarm

Press the alarm button. The alarm time and Alarm On 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.

Note: If the security feature is enabled some features will become locked out.

Setting the 12/24 Hour Time

Press the OK button until the display show 12/24 HOUR. By pressing the alarm button you can choose between 12 or 24 hour clock. The earlier set alarm times will automatically adjust accordingly. Press SET to continue.

Setting the Security Mode

Press the SET button until the display shows SECURITY OFF OR SECURITY ON. When you select ON a HOUSE icon will show on the display to remind you that this feature is activated. Press the (- or +) button to switch this feature ON or OFF. When you select SECURITY ON mode the unit will switch the lamp on and off at random times between 9:00am and 7:00pm. The SECURITY MODE will light your home at random times to give the impression to unwanted visitors that the home is occupied. Press SET to continue.

Note: If the security feature is enabled some features will become locked out.

Setting the Alarm Sound

Press the SET button until the display shows SOUND ON or OFF. This setting allows you to activate or de-activate the sound. Press the (- or +) buttons to switch between SOUND ON or SOUND OFF. When the sound is de-activated and the alarm is set, the unit will only perform a sunrise. When the sound is activated and the alarm is set, the unit will perform a sunrise and the sounder will buzz 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 SOUND off. Press SET to continue.

Setting the Sunrise Time

Press the SET button until the display shows SUNRISE 15. The sunrise time is the length of time it will take for the lamp to fade up from OFF to maximum brightness. The maximum brightness of the lamp will coincide with the Alarm Time. Therefore, if the Sunrise time is to 15 minutes and the Alarm time is set for 7:00 the lamp will start fading up at 6:45. The lamp will get to full brightness after 15 minutes. When the speaker is ON, the sounder will start when the lamp is a maximum. The Sunrise time can be set to various times 15, 30, 45, 60 or 90 minutes by pressing the (- or +) buttons. Press SET to continue