

## 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.

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

Press the menu button (M) until the display shows CLOCK 12 or CLOCK 24. Press the alarm button to change from 12 or 24 hour clock.

### Why didn't a Sunrise occur?

Check that the alarm has been activated; 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 plus + 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 turn off the lamp after Sunrise?

Press the Alarm button once to switch the alarm off for that day, and then press the Snooze button to turn the light off.

### How do I cancel the timer?

Press any other button apart from Timer.

# BlueMax™ Sunrise System

the Natural, stress free way to wake up



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

**Model BLSS320**

Thank you for purchasing the BlueMax™ Sunrise System Model 320. The bright LEDs allow the user to use the sunrise or sunset options to mimic real daylight as well as complement bright light therapy for Seasonal Affective Disorder (SAD).

To use the simulator to its full potential and to operate the unit safely, please read this manual carefully. If you have any difficulties while using this system, please consult the manual, your supplier or Full Spectrum Solutions, Inc.

Your Bluemax™ Sunrise System Dawn Simulator 320 includes the following components:

- Power adapter

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## Product Features

- Bright LED portable light box produces enhanced blue spectrum light.
- Sunrise and sunset can be simulated for up to 90 minutes.
- All functions of the BlueMax™ Sunrise System Model 320 are indicated on the large backlit LCD display to clearly show the function being adjusted.
- Light Box timer (which will turn off light box) can be set in 10 minute increments up to 90 minutes maximum.
- Nightlight can be used for comforting light throughout the night.
- Home security light can be set to come on and go off randomly between 7 pm and 9 am if you are away from home
- Select 12 or 24 hour clock display.
- Audible alarm can be disabled if you prefer to wake to the sunrise feature without the buzzer or alarm sound level can be set to desired level.
- Power fail backup for all functions for short power outages or if the Sunrise System is inadvertently unplugged for a brief period of time.
- Full seven day alarm programming to allow the user to set different wake times (if desired) for each day of the week. The factory default alarm time is 7 am for each day of the week.
- Easy to read text display shows time and date.
- Day of the week and leap years are automatically calculated.
- English, French, German, Spanish and Swedish language options
- LCD contrast and backlight adjustment, including completely off.

## Safety Information

- Never immerse the product or power supply in water.
- Use only the power supply provided with the unit.
- Exercise caution when used where young children are present
- Not for use by young children.
- Do not block any of the ventilation openings.
- Do not place near any heat sources.
- Refer all servicing to qualified service personnel. If simulator becomes damaged; contact the company from which you purchased or Full Spectrum Solutions, Inc.



## Function/Set Buttons

### Menu Button (M)

Used to enter and scroll through the SETUP Mode programming menu.

### Timer Button (T)

Sets the timer mode for the light box feature. Press repeatedly for the desired time from 10-90 minutes.

### Plus (+) and Minus (-) Buttons

Used to set the level of the light box  
In SETUP mode (+) (-) will adjust the selected option.

### zZ Snooze Button in Normal mode

In NORMAL mode (Alarm Off) zZ will switch the light ON or OFF. This can be used at night to quickly illuminate the room. If the light is on, pressing the snooze button will switch the lamp off.

### zZ Snooze Button and SUNRISE

During a sunrise, pressing the snooze button will switch the light off and the sunrise time will begin again for the remaining sunrise period. For example if the sunrise time is set for 30 minutes and the snooze button is pressed after 8 minutes of simulation the light will switch off and fade up over the remaining 22 minutes.

### zZ Snooze Button and ALARM mode

If the unit is in ALARM mode, the alarm is sounding and the light is on, the snooze button activates the snooze mode. When the alarm sounds and the light is at full brightness, press the snooze button to stop the buzzer. The light will go off then after 9 minutes the buzzer will sound again. To exit snooze mode simply press the alarm button and the snooze mode will be de-activated. Note: If the buzzer is switched off it will not sound in the Alarm mode.

### Alarm Button

Activates or de-activates the Alarm and Sunset.

## Alarm Activation and Deactivation

When the Alarm button is pressed the current alarm time and ALARM ON will show on the LCD display for approximately 2 seconds before reverting back to the present time/date display, the alarm symbol will also illuminate to show you the alarm has been activated. If this button is pressed again the alarm will be de-activated, the display will show ALARM OFF for 2 seconds and the alarm clock symbol will disappear. If the alarm button is pressed to switch the alarm off and the light is illuminated, the light will remain on at its current brightness level. (Use the snooze button to shut off light.)

1. If SECURITY MODE is enabled (house symbol) the alarm can not be activated.
2. If the ALARM MODE is on, other features will become locked.
3. If the ALARM has begun to activate, pressing the alarm button once will cancel the alarm for that day. The light can be switched off by pressing the SNOOZE button.
4. If the ALARM TIME is reached, light on, buzzer on and no button is pressed for 10 minutes the unit will automatically switch the alarm off for the day.

## Setting the LCD Backlight

Press the Menu (M) button until the display shows Backlight and a number 0-4 will also display. Press the Plus + or Minus - buttons to change the backlight setting. You can choose between 5 possible settings.

0-Backlight is always off

1-Backlight is always lit dimly

2-Backlight is always lit brightly

3-Backlight illuminates at full brightness for 5 seconds if any button is pressed, after which the backlight will go off.

4-Backlight illuminates at full brightness for 5 seconds if any button is pressed, after which the backlight will be dimly lit

## Setting the Calendar Display

Press the Menu (M) button until display shows year, after 2 seconds current date will show.

Press the Alarm button to switch the calendar display.

NOTE: At any time when setting the calendar, pressing the Alarm button will change the date display format. There are 2 possible setting to choose from:

- 31/12/2008 DD/MM/YYYY

- 12/31/2008 MM/DD/YYYY

## Setting the Calendar Year

Press the Menu (M) button until the display shows Year, after 2 seconds the current date will be displayed with the selected option flashing. Press the plus + or minus - button to adjust the year.

## Setting the Calendar Month

Press the Menu (M) button until the display shows Month, after 2 seconds the current date will be displayed with the selected option flashing. Press the plus + or minus - button to adjust the date.

## Setting the LCD contrast

Press the Menu (M) button until the display shows Contrast. You can choose between 16 levels, starting with 0 being the lightest and 16 being the darkest. Press the plus + or minus - button to adjust the contrast setting



## Setting up your new 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.

## Setting Alarm Features and Activation

**PLEASE NOTE:** When adjusting the settings ensure the ALARM clock symbol is not visible as you cannot enter SET UP mode to adjust settings with the ALARM clock enabled. The unit will come out of SET UP mode automatically if no button is pressed for 12 seconds or if you press the zZ (snooze) button.

## Setting the Language

Press the Menu (M) button to set the language you prefer, press (+) or (-) button to scroll through languages. There are five languages English, French, German, Spanish and Swedish; when the language you prefer is displayed, press Menu (M) to continue.

### Setting the Time

Press the menu button (M) until the display shows CLOCK 12 or CLOCK 24. Adjust the 12 or 24 hour clock by pressing the (+) or (-) to set the current time. Press to fast forward or fast reverse. Press the alarm button (top left) to change 12 or 24 hour clock. Press menu (m) to continue.

### Setting the Alarm Time

Press the menu (M) button until the display shows MONDAY, the alarm time for that day will appear on the display. Adjust the alarm time by using the (+) or (-) button. If you press and hold these buttons the alarm time will fast reverse or fast forward. Repeat this process for each day of the week. Press the menu (M) button to advance to the next day. After all 7 days are complete, press the Menu (M) button to continue.

### Setting the Alarm Sound

Press the menu (M) button until the display shows SOUND ON or SOUND OFF. Press the plus + or minus – button to switch the alarm buzzer on or off. When off is selected and the alarm is set the unit will simulate a sunrise without the buzzer. When the alarm sound is set to on the unit will simulate a sunrise and the sounder will beep when the alarm time is reached. Press the Menu (M) button to continue.

### Setting the Sunrise Time

Press the menu (M) button until the display shows Sunrise Time. Press the + plus or – minus buttons to change the Sunrise time, select from 0 (off), 15, 30, 45, 60, 75 or 90 minutes. The Sunrise time is the length of time it will take for the light to reach maximum brightness from off. For example if the Sunrise time is set to 15 minutes and the alarm time is set for 7:00am the light will start fading up at 6:45am and reach full brightness at 7:00am. If the alarm sound is set to on, the buzzer will start when the light is at full brightness. Press the Menu (M) button to continue.

### Activating the Sunrise

First set the alarm time, and then choose the desired Sunrise period from the menu. Activate the alarm by pressing the alarm button. The alarm icon will show on the LCD display.

### Setting the Sunset Time

Press the Menu (M) button until the display shows Sunset. Press the Plus + or Minus – buttons to change the Sunset time, select from 15, 30, 45, 60, 75 or 90 minutes. The Sunset time is the length of time it will take to fade the light down from maximum brightness to fully off. Press the Menu (M) button to continue.

### Activating the Sunset

Check that the Sunrise time is set. Turn the lamp to full brightness, you can do this by pressing the plus + button. Activate the sunset by pressing the alarm button.

Note: if the light is off then the Sunset will not occur.

### Menu Programming Table

Button	Idle Mode
Menu (M)	Enter Programming Setup Menu
Alarm	Alarm On or Off
+	Light On
-	Light Off
zZ Snooze	Light On or Off/Snooze
Timer (T)	Set Timer Value

Button	Setup Menu Mode
Menu (M)	Advance to next Menu option
Alarm	Change Time and Date display
+	Increase selection/ Nightlight On
-	Decrease selection/ Nightlight Off
zZ Snooze	Exit Set up or Menu
Timer	No action

The programming table below provides a useful summary of the set up process.

# of Presses	Result
Of Set button	
1	Language
2	Clock Set
3	Monday alarm
4	Tuesday alarm
5	Wednesday alarm
6	Thursday alarm
7	Friday alarm
8	Saturday alarm
9	Sunday alarm
10	Alarm Sound
11	Sunrise time
12	Sunset time
13	Backlight level
14	Calendar Year
15	Calendar Month
16	Calendar Date
17	Contrast
18	Security
19	Nightlight on or off
20	Nightlight level