

Instruction Manual

Sound Oasis® Sound Therapy System



Model S-560-03

sound  *oasis*®
sleep better. feel better. live better.

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sound oasis®
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Sound Oasis makes life better!

Thank you for choosing Sound Oasis®!

Sound Oasis® is the world leader in sound therapy systems and we are dedicated to making your life healthier and more enjoyable with creative sound solutions that combine superior quality with the very latest technology.

Please take a few moments to review the following important information before using this item.

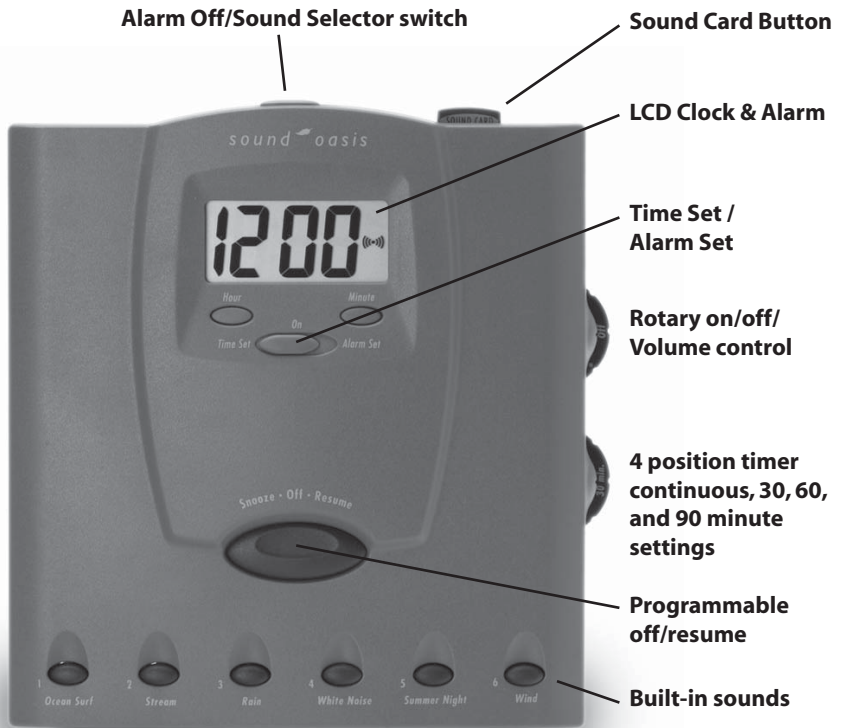
Thank You!

Important Safeguards

- Read all instructions.
- To protect against electrical shock, do not immerse cord, plug or unit in water or other liquid. Care should be taken so that objects do not fall on and liquids are not spilled through openings in the unit.
- Unplug the power cord from the wall outlet when unit is left unused for a long period of time.
- Do not operate with a damaged cord or plug, or after the unit malfunctions or has been damaged in any manner.
- The unit should be situated away from heat sources such as direct sunlight, radiators, heat registers, stoves or other heat-producing appliances.
- The unit should only be connected to the enclosed power supply or one described in these instructions, or as marked on the appliance.
- To clean, gently wipe with a soft cloth moistened with warm water or mild detergents only, and then remove all moisture with a soft, dry cloth. Do not use harsh solvents or chemicals for cleaning.

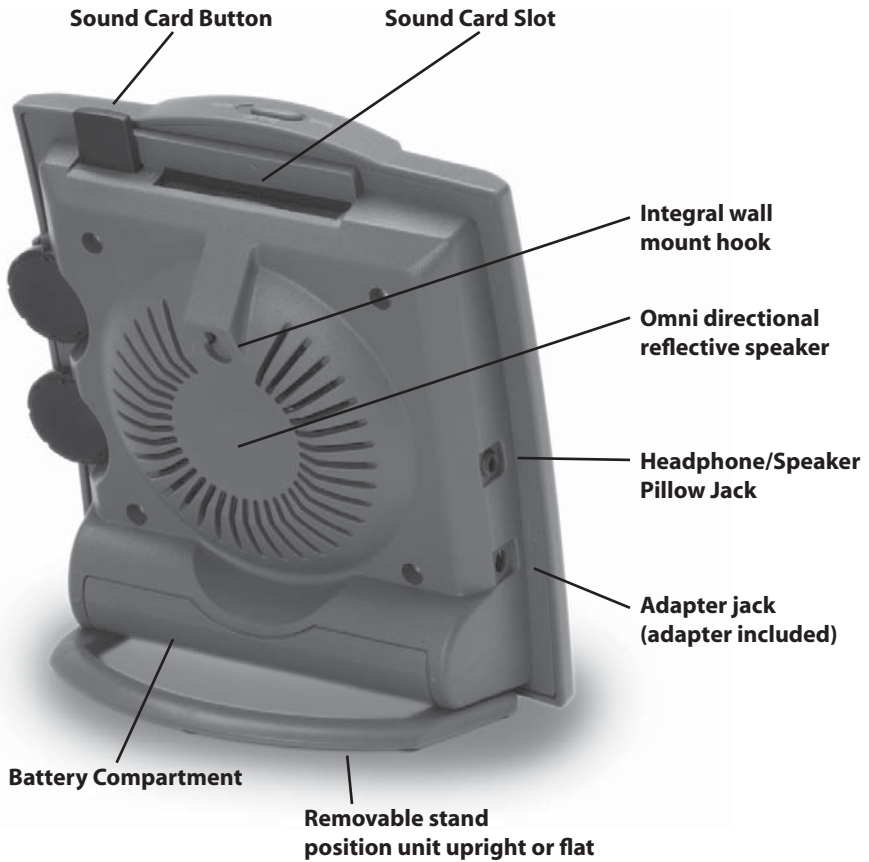
Key Buttons & Features

Front of Unit



Key Buttons & Features

Rear of Unit



Power Sources

Your Sound Oasis® unit can be powered by an **AC Adapter** (included) or by 4 “AA” batteries (not included).

Using Battery Power

To install batteries, open the **Battery Compartment** located at the bottom of the unit. Insert 4 “AA” alkaline batteries in the direction marked by the indicators inside the **Battery Compartment**. Replace the **Battery Compartment Door**.

Using AC Power

Connect the supplied **AC Adapter** to the **AC Adapter Jack** located on the side of the unit and plug the **AC Adapter** into a wall outlet. When plugged in, the unit will draw no power from any batteries that you may have installed in the unit’s **Battery Compartment**. If a power outage occurs, the unit will automatically switch over to battery power.

Setting the Clock & Alarm

Setting the Clock

To set the clock, slide the **Time Set/Alarm Set** switch on the front of the unit to the **Time Set** position. Press the **Hour** and **Minute** buttons until your desired time is shown on the **Clock Display**. A “P” in the upper left corner indicates PM. To exit the **Time Set** mode, move the **Time Set/Alarm Set** switch to the middle **ON** position.

Setting the Alarm

To set the alarm, slide the **Time Set/Alarm Set** switch on the front of the unit to the **Alarm Set** position. An “AL” icon will be displayed to show you that you are in **Alarm Set** mode. Press the **Hour** and **Minute** buttons until your desired alarm time is shown on the **Clock Display**. To exit the **Alarm Set** mode, move the **Time Set/Alarm Set** switch to the middle “On” position.

Turning the Alarm On & Selecting Wake-up Sounds

To turn the alarm “**On**”, simply move the **Alarm Sound** selector switch (located on the top of the unit above the **Clock Display**) to **Buzzer** for a buzzer alarm, or to **Sounds** for a nature sound alarm (see **Setting Alarm Sounds** for more details). When the alarm is turned “**On**”, the **Alarm On Icon** [(☀)] will be visible on the right side of the **Clock Display**.

Note:

To wake to a nature sound alarm, the unit’s **Rotary On/Off Volume Control** must be turned **ON**. If the **Rotary On/Off Volume Control** is turned **ON**, sound playback can still be stopped with the 30, 60, 90-minute timer function or by the **Snooze•Off/Resume Button**.

Setting Alarm Sounds

You can wake to a buzzer or any one of the six (6) built-in nature sounds. If you are using a **Sound Card**, you may also wake to any one of the six (6) **Sound Card** sounds (so long as the **Sound Card Button** is in the **ON** position).

Note:

If you choose to wake to a nature sound, your unit will play whatever nature sound was last played.

Turning The Alarm Off

The alarm can be turned off by:

- Moving the **Alarm Sound** selector switch to the **Alarm Off** position. The **Alarm On Icon** [(☀)] will disappear from the **Clock Display** to show that the alarm is **OFF**.
- Pressing the **Snooze•Off/Resume Button**.
(See Snooze Cycle for more details)

Snooze Cycle

When waking to either the buzzer or a nature sound, pressing the **Snooze•Off/Resume Button** when the alarm sounds will turn off the alarm and start a four (4) minute snooze cycle (the **Alarm On Icon** [(☹☹)] will flash signifying that you are in the snooze cycle). The snooze cycle will repeat (for a limitless number of cycles) every time the **Snooze•Off/Resume Button** is pressed until the **Alarm Sound** selector switch is moved to the **Alarm Off** position.

Note:

If you wake to a nature sound alarm and the **Snooze•Off/Resume Button** is **Not** pressed, the nature sound alarm will continue for whatever time duration is selected on the 4 Position Timer dial (30, 60, 90 minutes or continuous setting).

If you awake to the buzzer sound and the **Snooze•Off/Resume Button** is **Not** pressed, the buzzer will sound for one (1) minute and then automatically turn off.

To Operate

Follow these steps to use your Sound Oasis®.

- Install batteries into the **Battery Compartment** at the bottom of the unit or connect the **AC Adapter** to the unit.
- Your Sound Oasis® unit includes a **Removable Stand**. To install the stand, hold the stand so the arrows point to the front of the unit. Then insert the stand's tabs into the recess holes located on the bottom of the case. Slide the stand in the direction of the arrows until both tabs "snap" into place.
- Turn the unit on by rotating the **On/Off Volume Control Dial** to your desired volume. When first turned on, the unit will automatically play its factory sound setting – "**Ocean Surf**". To select a different sound, simply press one of the other sound buttons located at the front of the unit.

- Select the length of time you want the sound to be played by rotating the **Timer Control Dial** to the desired setting. Four positions are available; Continuous (Cont.) for constant playback; “30” for 30 minutes, “60” for 60 minutes and “90” for 90 minutes. On the “30,” “60” and “90” minute timer positions, the sound gradually fades away in the last 12 minutes before the unit turns itself off.
- In addition to the timer feature, the unit may be turned off manually by turning the **On/Off Volume Control Dial** off or by pressing the programmable **Off/Resume Button** once. (Described in more detail below.)

Note:

After turning the unit off with the **On/Off Volume Control Dial**, wait at least 15 seconds before turning the unit on again. This will allow the units’ computer controlled electronics to reset. If you do not wait at least 15 seconds, you may hear a mixture of sounds coming from the unit.

Using The Programmable Snooze•Off/Resume Button

The unique programmable **Snooze•Off/Resume Button** located at the front of the unit allows you to conveniently turn the unit off during sound playback or to repeat your last played sound sequence.

Pressing the programmable **Snooze•Off/Resume Button** once during sound playback turns the sound off automatically without having to turn the unit off with the **On/Off Volume Control Dial**. Pressing the programmable **Snooze•Off/Resume Button** a second time repeats your last played sound at the same volume and timer setting.

Example:

If you are listening to the “**Ocean Surf** ” sound at half volume on the 60-minute timer position, pressing the programmable **Snooze•Off/Resume Button** once will turn the unit off. Pressing it again will automatically repeat the entire sequence by automatically playing back the “**Ocean Surf** ” sound at half volume for another full 60-minute period.

Placement of Unit

The design of Sound Oasis® allows the unit to be placed flat on its back, hung on a wall, or placed in an upright position to save table space. To place the unit on its back, remove the stand by simply pulling it away from the base of the unit in the opposite direction of the arrows. To mount the unit on a wall, hang the unit from a wall hook or nail using the integral wall mount. The unit will lie flush against the wall.

Note:

The Removable Stand allows you to conserve luggage space when traveling.

Using Headphones/Pillow Speaker

For listening to sounds in private, your Sound Oasis® unit includes a **Headphone/Pillow Speaker Jack** (headphones or pillow not included). The headphone jack accepts a 1/8" (3.5mm) monaural or stereo plug, for monaural sound playback.

Built-in Sounds

Sound Oasis® incorporates 6 built-in sounds that have been digitized from actual sounds of nature by the world's leading recorder of nature. Choose from **Ocean Surf, Stream, Rain, White Noise, Summer Night** and **Wind**.

1. Ocean Surf

The ocean surf provides a calm rhythm that helps you drift off to sleep or creates a relaxing oceanside environment.

2. Stream

A rippling mountain stream helps you unwind and creates an excellent background sound for daily activities in the home or at the office.

3. Rain

A tranquil rainfall provides a peaceful setting for relaxation and sleep. The shower sound is particularly good at masking higher-toned background noise.

4. White Noise

The steady flow of a cascading waterfall is perfect as a “natural white noise” for masking unwanted background sounds.

5. Summer Night

A gentle chorus of crickets provides a peaceful and restful environment for contemplation, rest and sleep.

6. Wind

Dramatic, but calming, gusts of wind sweep you away to a wilderness retreat.

Operating The Sound Card Feature

You can conveniently add 6 additional sounds to your Sound Oasis® with our unique Sound Oasis® Sound Cards (available separately). Follow these steps to use the Sound Cards.

- Insert a **Sound Card** into the Sound Oasis® **Sound Card Slot** with the indicator arrow on the **Sound Card** pointing into the slot and facing the front of your Sound Oasis®.
- Push the **Sound Card** down until you feel the **Sound Card** meet the bottom of the slot (about 1/2" / 10mm of the **Sound Card** will go into the slot).
- To activate the **Sound Card** function, press the **Sound Card Button** located next to the **Sound Card Slot**. The Sound Card Button will pop-up to



indicate that the **Sound Card** is activated.

- To play back the sounds stored on the **Sound Card**, turn your unit on (if not on already), and press the **Sound Button** next to the number that corresponds to the sound number you want to listen to from the **Sound Card**.

Example:

If “**Ocean Rain**” is the 5th **Sound Card** sound, pressing the sound button with a “5” next to it will play the “**Ocean Rain**” sound.

- To deactivate the **Sound Card** function, press the **Sound Card Button** down. You may then listen to the sounds built into your Sound Oasis® in the normal manner.



Caution

- Do not touch the metal contact on the **Sound Card**. Touching these electrical contacts with statically charged objects, including your fingers, could erase the sounds stored in the **Sound Card**.
- If you remove the **Sound Card** from your Sound Oasis® system, store the card inside its carton to protect the card's electrical contacts from dust and debris.
- Do not place excessive pressure on the **Sound Cards**.
- Do not expose **Sound Cards** to heat, cold or liquids.

FCC Information

This equipment has been tested and found to comply with the limits for a class B digital Device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

Contact

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