

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

Natural Wake-Up and Sleep System

Use & Care Manual

Please Read Prior to Use



Sound Oasis® is the world leader in sound therapy systems.

We are dedicated to making life healthier and more enjoyable with creative sound solutions that combine superior quality with the very latest technology.

Your Natural Wake-Up and Sleep System allows you to wake-up more refreshed while helping you sleep and relax easier.

For customer service, please call 1-866-625-3218 or visit us at www.soundoasis.com

CONTENTS

- Natural Wake-Up and Sleep System
- Aromatherapy Beads (4 scents)
- AC Adapter



OPERATING INSTRUCTIONS

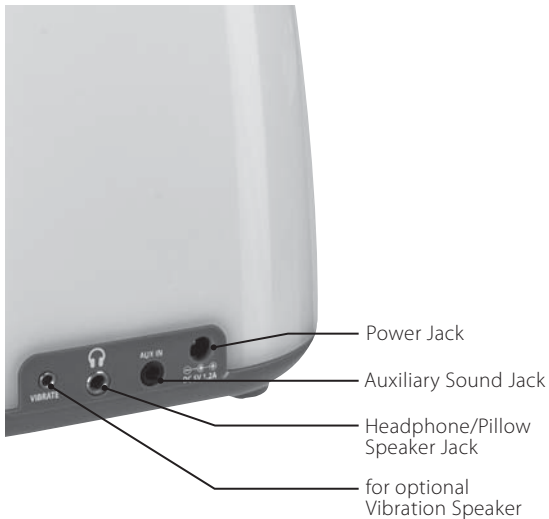
BLS-100SO

Start and end your day naturally with Light, Sound and Aromatherapy.

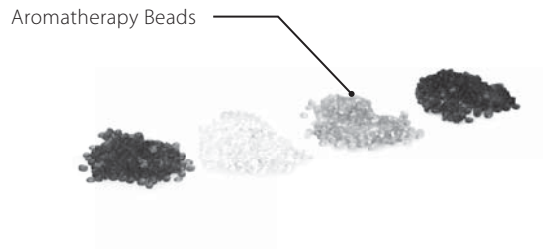
FEATURES

- Sunrise/Sunset Light Simulator
- Alarm Clock
- Nature Sounds: Ocean Surf, Thunderstorm, White Noise, Spring Rain, Mountain Stream, Forest Stream
- 4 Containers of Aromatherapy Beads





AC Adapter
(adapter prongs included will vary by region)



Caution!

- To reduce the risk of electric shock, do not remove any components. There are no serviceable parts inside.
- To reduce the risk of fire or electric shock, do not expose this unit to rain or moisture.



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 unit’s enclosure that may be of sufficient magnitude to constitute a risk of electric shock.



The exclamation point 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 unit.

Save These Instructions

Safety Instructions: Important! Please Read First

1. Aroma beads are for external use only. Do not ingest. Keep out of reach of children. If ingested, call a physician.
2. Do not cover the Aroma Bowl Lid with any type of material while operating. Damage to the unit could occur.
3. All the safety and operating instructions should be read, followed, adhered to and retained for future reference.
4. The unit should not be used near water, such as a bathtub, swimming pool, washbowl, kitchen sink, laundry tub or in a wet basement.
5. Care should be taken so that objects do not fall and liquids are not spilled onto the unit.
6. Do not reach for unit if it has fallen into water. Unplug it immediately.
7. Avoid placing this unit in areas that are exposed to direct sunlight or close to heat-radiating products, such as electric heaters. Do not place unit on top of stereo equipment that radiates heat. Avoid placing the unit in areas that are dusty, humid and moist, lack ventilation and are subject to constant vibration.
8. This unit may be subject to interference from external sources such as transformers, electric motors or other electronic devices. To avoid distortion created by such sources, it is advised that you place the unit as far away from such sources as possible.

9. Do not apply excessive force when using any switches or controls. damage the finish. Use a clean, dry cloth.
10. The unit should be connected to a power supply only of the type described in the operating instructions or as marked on the unit.
11. Precautions should be taken so that the grounding or polarization means of the unit are not defeated.
12. Power supply cords should be routed so that they are not likely to be walked on or pinched by items placed on or against them, paying particular attention to cords at plugs, convenience receptacles and the point where they exit from the unit.
13. The unit is equipped with an attachment plug with overload protection. This is a safety feature. If replacement of the plug is required, be sure the service technician has used a replacement plug specified by the manufacturer that has the same overload protection as the original plug.
14. The unit should be cleaned only as recommended in the instructions.
15. The power cord of the unit should be unplugged from the outlet when left unused for long periods of time.
16. The user should not attempt to service the unit beyond that described in the operating instructions.
17. Do not attempt to clean the unit with a chemical solvent as this might damage the finish. Use a clean, dry cloth.

Note:

- Operate controls and switches as described in the manual.
- Before turning on the power, make certain that the power cord is properly connected to the electrical outlet.
- When moving the unit, be sure to first unplug the power cord.

GETTING STARTED

Plug It In

Connect the supplied 5V 1.2A AC ADAPTER to the POWER JACK located on the back of the unit, and plug the AC ADAPTER into a wall outlet. The unit will only operate properly with the included AC ADAPTER.



Installation of Batteries for Clock Back Up Power

Open the BATTERY COMPARTMENT DOOR located at the bottom of the unit. Insert 3 alkaline AA batteries (not included) into the BATTERY COMPARTMENT as indicated by the polarity markings inside the BATTERY COMPARTMENT. The batteries will supply temporary power to the clock and alarm functions in case of a power failure. After insertion of the batteries, securely close the BATTERY COMPARTMENT DOOR.



Note: Your unit needs to be plugged in to play sounds and illuminate the Sunrise/Sunset Light Simulator, clock display and LED indicators – back up batteries will only preserve your alarm settings and activate a chime alarm.

INDEPENDENT FEATURES

Enjoy the special features of your Natural Wake-Up and Sleep System around the clock.

Sound

Press any of the 6 SOUND SELECTION buttons to hear relaxing nature sounds. You may listen to the sounds continuously, or have the sounds turn off automatically in 30, 60 or 90 minutes. To turn the sound off at any time, press the SNOOZE-OFF-RESUME button.



Light

Enjoy your unit's Sunrise/Sunset Light Simulator for waking up, falling asleep or as a nightlight (see the Wake Up Settings and Sleep Settings sections in this manual). Press the LIGHT CONTROL button once for light at full intensity. Press and hold the LIGHT CONTROL button to dim the light. To turn off the light, press the LIGHT CONTROL button once more.

Aromatherapy

Your Natural Wake-Up and Sleep System has a built-in AROMA BOWL and 4 included AROMA BEAD scents so you can enjoy aromatherapy as you fall asleep or wake up (see the USING THE AROMATHERAPY FEATURE section of this manual for more details). The AROMA BEADS are gently heated in the AROMA BOWL whenever the light is on. You can choose not to use the aromatherapy feature by simply not filling the AROMA BOWL with AROMA BEADS.

Note: You can use your own aromatherapy oil in the AROMA BOWL.

SETTING THE TIME

1. Press and hold the TIME SET button, then press the SET HOUR button until the correct hour appears on the display. For evening times, press the SET HOUR button until the PM INDICATOR light turns on.
2. Press the SET MINUTES button until the correct minute appears on the display. You can advance minutes quickly by holding down the SET MINUTES button.
3. Release the TIME SET button.

SETTING THE ALARM TIME

1. Press and hold the ALARM SET button, then press the SET HOUR button until the correct hour appears on the display. For evening times, press the SET HOUR button until the PM INDICATOR light turns on.
2. Press the SET MINUTES button until the correct minute appears on the display. You can advance minutes quickly by holding down the SET MINUTES button.
3. Release the ALARM SET button.
4. Press the ALARM ON/OFF button to turn the alarm ON or OFF. When your alarm is "on", the ALARM ON/OFF INDICATOR is lit and your alarm will repeat daily.
5. See "Selecting The "Wake To" Alarm section below for instructions on how to select your preferred alarm type.

SELECTING THE "WAKE TO" ALARM

Your unit offers 6 different alarm types for gentler wake ups. Please follow the directions below for selection.

Wake to Nature Sound: nature sound alarm activates (at last played sound and with gradually increasing volume) at alarm time.

To Select: Press the WAKE TO button until the NATURE SOUND ALARM INDICATOR lights up.



Wake to Sound + Light: Sunrise/Sunset Light Simulator gradually turns on starting at 30 minutes prior to alarm time; nature sound activates

15 minutes prior to alarm time (at gradually increasing volume) and chimes activate at alarm time.

To Select: Press the WAKE TO button until the WAKE TO NATURE SOUND INDICATOR and WAKE TO LIGHT INDICATOR light up.



Note: If you have filled the AROMA BOWL with AROMA BEADS or your own aromatherapy oil, the AROMA BOWL will start to heat up and diffuse aroma 30 minutes prior to the alarm time.

Wake to Light: Sunrise/Sunset Light Simulator gradually turns on starting at 30 minutes prior to alarm time - no other alarm activates.

To Select: Press the WAKE TO button until the WAKE TO LIGHT INDICATOR lights up.



Note: If you have filled the AROMA BOWL with AROMA BEADS or your own aromatherapy oil, the AROMA BOWL will start to heat up and diffuse aroma 30 minutes prior to the alarm time.

Wake to Light + Chime: Sunrise/Sunset Light Simulator gradually turns on starting at 30 minutes prior to alarm time and chimes activate at alarm time.

To Select: Press the WAKE TO button until the WAKE TO CHIME INDICATOR and WAKE TO LIGHT INDICATOR light up.



Note: If you have filled the AROMA BOWL with AROMA BEADS or your own aromatherapy oil, the AROMA BOWL will start to heat up and diffuse aroma 30 minutes prior to the alarm time.

Wake to Chime: chimes activate at alarm time.

To Select: Press the WAKE TO button until the WAKE TO CHIME INDICATOR lights up.



Wake to Vibration: with the included vibration speaker plugged into the VIBRATION SPEAKER JACK, the VIBRATION SPEAKER will vibrate when any alarm sounds.

Off - no alarm activates. No alarm indicators are lit up.

To Select: Press the ALARM ON/OFF button once and the ALARM ON/OFF INDICATOR goes off.

SHUTTING ALARM OFF

The alarm turns off, temporarily or permanently, by pressing either of the following:

- **Pressing the SNOOZE-OFF-RESUME button.** When your alarm sounds, pressing the SNOOZE-OFF-RESUME button once starts the snooze cycle. Pressing the SNOOZE-OFF-RESUME button a second time turns the alarm off and resets the alarm for the next day's use.
- **Pressing the ALARM ON/OFF button.** When your alarm sounds, pressing the ALARM ON/OFF button will stop the alarm. To reset the alarm for the next day's use, you will need to press the ALARM ON/OFF button again so the ALARM ON/OFF INDICATOR IS LIT.
- **Pressing any SOUND SELECTION button.**
- **Pressing the ALARM SET button.**

SLEEP TIMER

Your unit incorporates a timer with four positions - OFF for continuous playback; "30" for automatic shut off after 30 minutes; "60" for automatic shut off after 60 minutes; and "90" for automatic shut off after 90 minutes.

To set the SLEEP TIMER, press the SLEEP TIMER button until your desired timer duration is visible on the display.

SELECTING THE SLEEP SETTING

Your unit offers 2 different settings to help you fall asleep. Please follow the directions below for selection.

Sound Ramp-down: selected nature sound plays for your selected ramp-down period (30, 60 or 90 minutes) with gently decreasing volume – the Sunrise/Sunset Light Simulator stays off.

Note: See the above Sleep Timer section of this manual for operation of the 30, 60 or 90 minute automatic shut off timer.

To Select: Press the SLEEP TO button until the SLEEP TO NATURE SOUND INDICATOR lights up.



Sound + Light Ramp-down: Sunrise/Sunset Light Simulator starts at full brightness and gradually dims over 30 minutes; your last played nature sound plays for your selected ramp-down period (30, 60 or 90 minutes or in continuous mode) with gently decreasing volume.

To Select: Press the SLEEP TO button until the NATURE SOUND INDICATOR and LIGHT INDICATOR light up.



Note: If you have filled the AROMA BOWL with AROMA BEADS or your own aromatherapy oil, the AROMA BOWL will start to heat up and diffuse aroma for during the 30 minute ramp-down period.

USING THE AROMATHERAPY FEATURE

Your unit has the ability to diffuse aromatherapy. You may use the included AROMA BEADS or use your own aromatherapy source (e.g. aromatherapy beads or oil).

How To Fill Your Unit With AROMA BEADS:

1. Remove AROMA BOWL LID from the top of your unit.
2. Remove and discard any used AROMA BEADS or aromatherapy oil from the AROMA BOWL.
3. Choose your desired new scent and pour the AROMA BEADS (or your own aromatherapy oil) into the AROMA BOWL. Use only one layer of AROMA BEADS to experience the best results.
4. Carefully replace the AROMA BOWL LID on top of your unit.



NATURE SOUND PLAYBACK

Your unit incorporates the following 6 nature sounds. You may play each sound continuously or have it turn off automatically in 30, 60 or 90 minutes. You may also wake up to any of these sounds as a WAKE TO sound as described in the SELECTING THE "WAKE TO" ALARM section of this manual.

1. **Ocean Surf:** The ocean surf provides a calm rhythm that helps you drift off to sleep and creates a relaxing ocean side environment.
2. **Thunderstorm:** Unwind to the exhilarating, but soothing sound of distant thunder as gentle rain falls upon a remote lake.
3. **White Noise:** The steady flow of a cascading waterfall is perfect as a "natural white noise" for masking unwanted background sounds.

4. **Spring Rain:** A tranquil rainfall provides a peaceful setting for relaxation and sleep. The rain sound is particularly effective at masking higher-toned background noise.

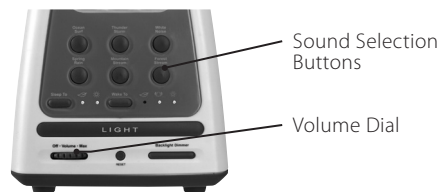
5. **Mountain Stream:** A rippling mountain stream helps you unwind and creates an excellent background sound for daily activities in the home or at the office.

6. **Forest Stream:** Enjoy the peacefulness of a sparkling mountain stream as exotic jungle birds search the adjoining foliage for fruit and insects.

To play any sound, press the SOUND BUTTON for your selected sound and adjust the playback volume with the VOLUME DIAL.

LIGHT CONTROL

You can use your Natural Wake-Up and Sleep System as a lamp or night light. Pressing the LIGHT CONTROL button once will turn on the Sunrise/Sunset Light Simulator at full intensity. Pressing the LIGHT CONTROL a second time will turn the Sunrise/Sunset Light Simulator off. Pressing and holding down the LIGHT CONTROL will gradually increase and decrease the Sunrise/Sunset Light Simulator intensity.



SNOOZE-OFF-RESUME

The SNOOZE-OFF-RESUME button serves 3 functions:

1. When a nature sound is playing you can turn it off by pressing the SNOOZE-OFF-RESUME button.
2. When your alarm sounds, pressing the SNOOZE-OFF-RESUME button will turn the alarm off for 10 minutes. After 10 minutes, the alarm will turn on again. You can repeat this 10 minute snooze cycle indefinitely.
3. Pressing the SNOOZE-OFF-RESUME will also conveniently replay your last played nature sound at the same volume and timer setting as the time before. This is handy for "one button" activation at bedtime.

For example: If you are listening to OCEAN SURF at half volume on the 60-minute timer setting, pressing the SNOOZE-OFF-RESUME button once will silence the unit. Pressing the SNOOZE-OFF-RESUME button again will resume playback of OCEAN SURF at half volume for another full 60-minute period.

HEADPHONE/PILLOW SPEAKER JACK

A HEADPHONE/SPEAKER PILLOW JACK is included so you can enjoy the unit's sounds in private. To use, simply plug in headphones, pillow speakers, etc. into the HEADPHONE/PILLOW SPEAKER JACK located on the back of the unit. The HEADPHONE/PILLOW SPEAKER JACK accepts a 1/8" (3.5 mm) monaural or stereo type plug. Sound from the internal speaker will turn off when this jack is in use.



AUXILIARY SOUND JACK

An AUXILIARY SOUND JACK is provided so you can play music from an iPhone®, iPod®, MP3 player or CD player through the unit's speaker system.

Connect your iPhone®, iPod®, MP3 player or CD player to the AUXILIARY SOUND JACK located on the back of your unit with a separately purchased cable with 1/8" (3.5 mm) jacks. While using the AUXILIARY SOUND JACK, you will not be able to play back the nature sounds.

Note: This jack is intended for use with non-amplified inputs only (maximum of .05 W).



VIBRATION SPEAKER JACK

An optional SOUND OASIS® VIBRATION SPEAKER will allow you to wake to pleasant vibration under your pillow in addition to the alarm selected. To use, simply plug the VIBRATION SPEAKER into the VIBRATION SPEAKER JACK located on the back of your unit.



BACKLIGHT DIMMER

Display brightness and indicator light brightness can be set to high, medium or off by pressing the BACKLIGHT DIMMER button until you reach your preferred brightness.



Backlight Dimmer

RESET

Should you experience problems with the proper function of your unit, you may need to reset the unit's computer-controlled electronics. To do so, push the RESET button located on the front of your unit. This will reset all time and alarm settings to original factory settings.



Reset Button

MAINTENANCE

Your Natural Wake-Up and Sleep System uses two high-powered LEDs to provide light. These lights should not need servicing over the life of your unit.

To clean your unit, use a soft, damp cloth to wipe the surface clean. NEVER USE HARSH CLEANING CHEMICALS as they may damage the unit.

The AROMA BOWL is stainless steel and may be removed from the unit for easier cleaning. The AROMA BOWL may be submerged in water or washed in a dishwasher.

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.

TECHNICAL SPECIFICATIONS

Power: DC Adapter, Input 5 V DC, 1200 mA min. rating

Back-Up Battery: 3 AA (1.5V each) alkaline batteries (not included)

Earphone Jack Output: 32 Ω 15 mW (single channel)

Input Jack: 0.7V rms MAX

WARRANTY SERVICE

Questions or Comments:

Please call 1-866-625-3218 in U.S. only or visit us at

www.soundoasis.com

