

# INSTRUCTION MANUAL



## sleep & wake mask

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brought to  
you by

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

**Model GTS-3000**  
**[www.glotosleep.com](http://www.glotosleep.com)**

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# THANK YOU FOR CHOOSING ILLUMY™!

Sound Oasis® is the world leader in sound therapy systems and electronic sleep masks. We are dedicated to making life healthier and more enjoyable with creative solutions that combine superior quality with the very latest technology. ILLUMY, our newest addition to our Glo to Sleep® line, was created to help you fall asleep easier, and naturally, to a dimming sunset, and wake-up easier, more refreshed with blue sky morning light.

Our optional Sleep Enhancement® technology helps nudge you into sleep with pulsing lights. These lights pulse at slower Delta frequencies consistent with sleep at bedtime, and with faster Alpha frequencies consistent with waking up in the morning.

ILLUMY is controlled by an easy to use smartphone APP. Once you have set your alarm settings, you simply connect a cable to the mask and press a button. The mask then holds your settings without further need for your smartphone.

ILLUMY includes a built-in rechargeable battery for weeks of use on one charge. The mask cover is washable for easy cleaning.

## IMPORTANT SAFEGUARDS

- Read and keep these instructions.
- Do not use this product in or around water. Do not expose it to rain or moisture. Do not place objects filled with water, such as a vase, on the product.
- Do not place product on or near any heat sources such as radiators, heat registers, stoves, or other apparatus (including amplifiers) that produce heat.
- This product contains a rechargeable lithium-ion battery which is not user replaceable. Tampering with your product, or attempting to modify the electronics, will void the warranty and can result in a safety hazard.
- Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory.
- Charge the battery in accordance with the instructions supplied in this user manual.
- CAUTION: To reduce the risk of fire or explosion, do not expose battery to excessive heat such as sunshine, fire or other heat sources.
- After extended periods of storage, it may be necessary to charge and discharge the battery pack several times to obtain maximum performance.
- In the event fluid from the battery leaks from the product, do not allow the liquid to come in contact with your skin or eyes. If contact has been made, wash the affected area with generous amounts of water and seek medical advice.

- Do not defeat the safety purpose of a 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 are provided for your safety. When the provided plug does not fit into your outlet, consult an electrician for replacement of the obsolete outlet.
- Protect the power cord from being walked on or pinched, particularly at the plugs, receptacles, and the point where they exit from the product.
- Only use attachments/accessories specified by the manufacturer.
- To clean, remove the washable cover and hand wash or gently machine wash the washable cover with mild soap. Do not use harsh solvents or chemicals for cleaning. Make sure the cover is completely dry before putting the cover back on your mask.
- Unplug this product during lightning storms or when unused for long periods of time.
- Refer all servicing to qualified service personnel or contact Sound Oasis® at [www.soundoasis.com](http://www.soundoasis.com) or 1-888-625-3218. Servicing is required when the product has been damaged in any way (e.g. when a power supply cord or plug is damaged, the product has been exposed to rain or moisture or does not operate normally).

## ABOUT ILLUMY AND YOUR SLEEP

Light has played a central role in the evolution of humans. Our bodies and sleep cycles developed around going to bed when the sun set and waking up when the sun rose. Our modern society challenges this natural rhythm with artificial lighting, hectic schedules and long distance travel.

ILLUMY's goal is to help you get the sleep your body needs by using the natural power of light. At bedtime, ILLUMY provides a gradual dimming "sunset" to nudge you into sleep. In the morning, ILLUMY will automatically start illuminating a "blue sky" before your set alarm time. This scientifically proven regimen is used on the international space station to help astronauts' body clocks stay in sync.

### Getting to sleep with our sunset light



ILLUMY provides a relaxing, gently dimming sunset to help you fall asleep at bedtime. The red sunset provides your body with a visual cue that it is evening and time for your body to start preparing for sleep. By watching the sunset gradually dim and with you breathing in

a relaxed manner, ILLUMY will focus your mind on the dimming sunset rather than the worries of the day that often keep people awake.

### Waking up with our blue sky light



Your body has its own internal clock that controls your natural cycle of sleep. Melatonin is a hormone produced by the pineal gland that helps your body keep this internal clock in sync. Normally, melatonin levels begin to rise in the mid to late evening, remain high for most of the night, then drop in the early morning hours.

Light affects how much melatonin your body produces. With the use of artificial lighting at night, light emitting electronics and the changes in daylight hours throughout the year, your body's internal clock can be pushed out of sync making it harder for you to fall asleep at night and more difficult to wake up in the morning.

ILLUMY helps keep your body clock in sync and helps you wake up by providing gradually brightening “blue sky” light in advance of your

chosen alarm time. Since blue light is the most effective light at suppressing the body's secretion of melatonin, ILLUMY helps your body naturally prepare for waking up rather than being jolted awake by buzzing alarms in a dark room, as with traditional alarm clocks. You will also find that your body feels less groggy when you wake up naturally.

## **Sleep Enhancement<sup>®</sup> helps you fall asleep and wake-up**



If you suffer from insomnia or need extra help waking up, our optional Sleep Enhancement<sup>®</sup> technology uses pulsing lights to help. At bedtime, the dimming sunset will pulse at increasingly slower Delta frequencies consistent with sleep at bedtime, and when waking up in the morning, the “blue sky” light will pulse at increasingly faster Alpha frequencies consistent with being alert.



## Blocking out light during sleep



Sleep experts agree that an important component of an ideal night's sleep is total darkness. If you've ever closed your eyes while looking towards the sun or a light bulb, you've probably noticed that some of that light passes through your eye lids. When you're trying to sleep with lights or other light producing electronics on, this light can not only keep you awake, but it can affect your melatonin flow and interfere with your sleep cycles. ILLUMY will block out all external light so your body can enjoy higher quality sleep.

# WHAT IS INCLUDED WITH YOUR ILLUMY

ILLUMY MASK



TRAVEL CASE



USB  
Programming  
Cable



USB  
Charging  
Cable



Wall  
Charger



(Wall charger may not be exactly as shown)

User Manual



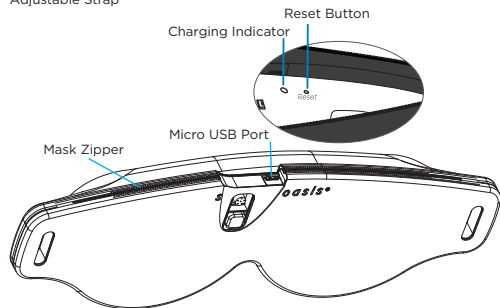
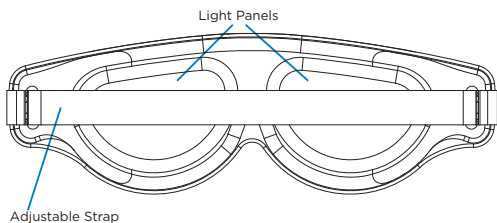
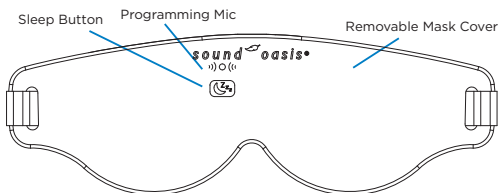
Quick Set-Up  
Sheet



Free APP  
(Download from  
iTunes or Google Play)



# KEY BUTTONS AND CONTROLS



# HOW TO USE YOUR ILLUMY

Welcome to ILLUMY! Please follow these directions on the use of this revolutionary sleep and wake mask.

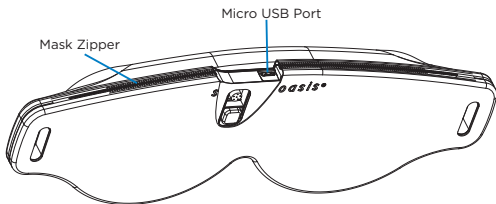
When using ILLUMY for the first time, you will need to follow these steps:

1. Charge ILLUMY.
2. Download the free ILLUMY APP.
3. Select your ILLUMY settings on the ILLUMY APP.
4. Connect the USB PROGRAMING CABLE to ILLUMY and YOUR PHONE, then press SYNC to transfer the settings to your ILLUMY mask.
5. At bedtime, press the SLEEP BUTTON to start your selected sleep and wake routine.

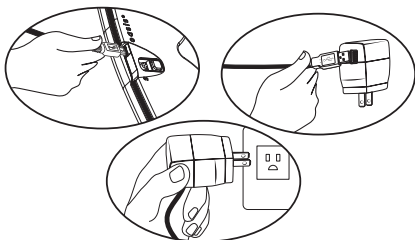
These steps are described in more detail below.

## ① CHARGE ILLUMY

1. Zip open your ILLUMY mask so the MICRO USB PORT is visible.



2. Charge your ILLUMY mask by plugging the small end of the included USB CHARGING CABLE into your mask's MICRO USB PORT and larger rectangular end of the USB CHARGING CABLE into the included WALL CHARGER. Then, plug the WALL CHARGER into a wall outlet to provide power



- The red LED CHARGING INDICATOR beside the USB port will illuminate brightly to indicate ILLUMY is charging.



- When the battery is fully charged, the red LED CHARGING INDICATOR will be off or very dim.

Note: You can use other USB ports to charge your ILLUMY (e.g. your computer USB port), but some USB ports may not have enough power output. If you do not see the red CHARGING INDICATOR illuminate when the USB CHARGING CABLE is connected, try another USB source or use the WALL CHARGER as a power source.

## ② DOWNLOAD THE ILLUMY APP

1. Download the Sound Oasis ILLUMY APP on your iPhone or Android device.



### 2. This APP will allow you to control the following settings:

- Selection of HOME or AWAY time (you can use ILLUMY on either time zone)
- ALARM ON or OFF (turns wake-up alarm on or off)
- ALARM TIME (the time you want to wake-up)
- ALARM CHIME (whether you want the alarm chime to sound or not)
- SUNRISE DURATION (how soon before your alarm time that you want the sunrise to start)
- SUNSET DURATION (how long you want the sunset to last for)
- SLEEP ENHANCE (selects Sleep Enhancement ON or OFF)
- SYNC (sends your setting selections to your ILLUMY)

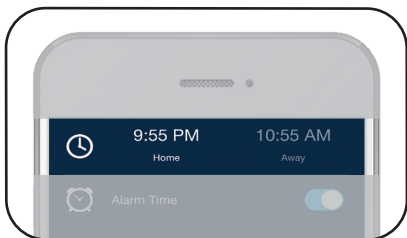
### ③ SELECT YOUR SETTINGS

The ILLUMY programming APP works on all mobile platforms with functions displayed on one page/screen.

The APP features are explained below:

#### **Home or Away Clock**

The Home or Away clock at the top of the APP is used to set the internal clock of ILLUMY.



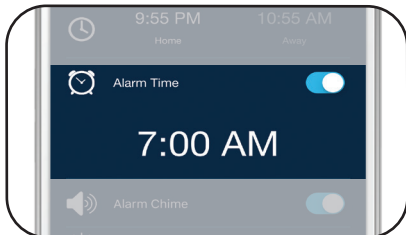
- Select HOME if the time should be set to your current time zone
- Select AWAY if you wish to manually choose the time zone that is not your home time (e.g. the time in the city you have traveled to).

Selecting AWAY will prompt you to set the clock manually. You can find the appropriate time zone for your AWAY location by entering the city and country name in the blank FIND search box. Press FIND to obtain the time for your chosen city and country. When you see the time, enter that time into the APP by scrolling through the time bar shown and pressing CLOSE.

## Alarm Features

### ALARM TIME:

Set ALARM status to ON or OFF by pressing the toggle button to the right of ALARM TIME.



1. To set the ALARM time, make sure the ALARM TIME is set to ON.
2. Press the ALARM TIME numbers shown in the ALARM TIME area. When you press the time, the time picker scroll columns pop up.
3. Scroll to your desired alarm time and select AM or PM.
4. Press CLOSE to select and set that alarm time.

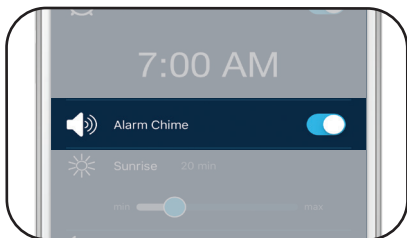
### ALARM OFF MODE:

Setting the alarm to OFF disables the alarm and deactivates the ALARM TIME, ALARM CHIME and SUNRISE selector.

### ALARM CHIME ON/OFF:

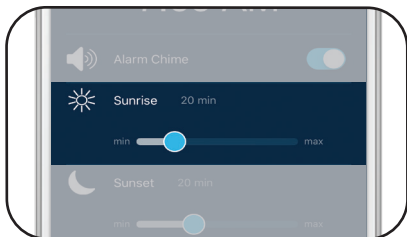
If the ALARM CHIME is ON, the mask will beep for 3 minutes at your desired alarm time. If the ALARM CHIME is OFF, no beep alarm will sound when the sunrise duration is complete.





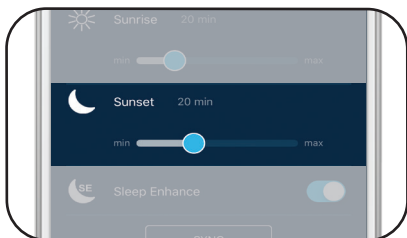
## SUNRISE DURATION SELECTOR:

You can set your mask to provide a gradually brightening sunrise over a 10, 20, 30, 40, 50 or 60 minute period. You select your chosen duration by sliding the SUNRISE selector switch.



## SUNSET DURATION SELECTOR:

You can set your mask to provide a gradually dimming sunset over a 10, 20, 30, 40, 50 or 60 minute period. You select your chosen duration by sliding the SUNSET selector switch. You can also choose not to use the SUNSET by sliding the SUNSET selector switch to OFF.



### **To enjoy a sunset & sunrise:**

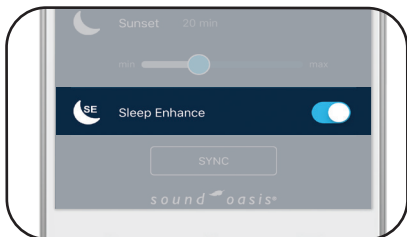
This setting allows you to enjoy the SUNSET feature at bedtime and the SUNRISE feature at wake-up time. The ALARM TIME SELECTOR must be turned ON to experience a SUNSET and SUNRISE.

### **To enjoy only a sunset:**

This setting allows you to enjoy the SUNSET feature at bedtime, but not the SUNRISE feature. The ALARM TIME SELECTOR must be turned OFF to deactivate the SUNRISE.

### **SLEEP ENHANCE ON/OFF:**

Sleep Enhance will pulse ILLUMY's lights to help you fall asleep or wake you up. Simply press the SLEEP ENHANCE selector to ON to activate SLEEP ENHANCE in the SUNSET or SUNRISE modes. Whichever mode you have turned on, SUNSET or SUNRISE, will deliver pulsed light.



## Sleep Enhance When You Want to Sleep:

- If SLEEP ENHANCE is turned ON and you have SUNSET mode ON, your mask's LIGHT PANELS will start pulsing at the faster BETA frequency rate and slowly reach the slower DELTA frequency level until the SUNSET period ends.

## Sleep Enhance When You Want to Wake-Up:

- If SLEEP ENHANCE is turned ON and you have the SUNRISE mode ON, at your selected SUNRISE start time, your mask's LIGHT PANELS will start pulsing at the slower DELTA frequency and slowly reach a faster BETA frequency level as your alarm time approaches.

## ④ TRANSFER YOUR SELECTED SETTINGS TO YOUR ILLUMY

Once you have completed your ILLUMY APP settings, transfer these settings to your ILLUMY by following these steps:

- a. Plug the USB PROGRAMMING CABLE into your phone's Headphone Jack.



- b. Plug the other end of the USB PROGRAMMING CABLE into the MICRO USB PORT on your ILLUMY mask.



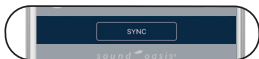
Note: For iPhone 7 and higher users, you will need to connect the USB PROGRAMMING CABLE to the iPhone LIGHTNING TO 3.5 MM HEADPHONE JACK ADAPTER.



- c. The mask will beep and the LIGHT PANELS in the mask will turn green to indicate that you have a good connection.



- d. Press the "SYNC" button on the ILLUMY APP to send these settings to your ILLUMY mask.



The settings will remain in your ILLUMY mask until you make changes and RE-SYNC.

- e. ILLUMY's LIGHT PANELS will flash Green if the SYNC was successful and Red if the SYNC was unsuccessful.



- i. If the LIGHT PANEL flashes Red, check your cable connections and press the SYNC button again on the ILLUMY APP. Increasing the output volume on your PHONE may help.
- ii. If the SYNC fails again, unplug the USB PROGRAMMING CABLE and reset your mask.... reset your mask by pressing the small RESET BUTTON located inside the mask (located to the right of the MICRO USB PORT).



Note: You may change the settings and press SYNC again as many times as necessary as long as the USB PROGRAMMING CABLE remains plugged in.

- f. When you have programmed your desired settings, unplug the USB PROGRAMMING CABLE from your mask. Your settings will remain in your ILLUMY until you reprogram it.

## ⑤ HOW TO USE YOUR ILLUMY

At bed time, start your ILLUMY program by pressing the SLEEP BUTTON located at the front of the mask.



The LIGHT PANELS will briefly flash red to confirm that your mask program is ACTIVE



1. The Red LIGHT PANEL will be illuminated and slowly dim until complete darkness is reached over the time selected on your ILLUMY APP.
2. If Sleep Enhance is enabled, the Red LIGHT PANEL will pulse. The frequency of the pulsing will begin at faster BETA frequencies and gradually slow until DELTA frequencies are reached.
3. The sunset can be cancelled at any time by pressing the SLEEP BUTTON on the front of your mask. The light panels will briefly flash Red to indicate you have turned OFF the program.
4. The alarm is set for the next morning after programming. After the first day, you must press the SLEEP BUTTON every night when you go to bed to enable the alarm for the following morning. If you do not wish to use the SUNSET feature, the SUNSET feature can be disabled using the APP.

### Regarding the Sunrise Feature:


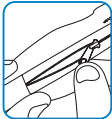
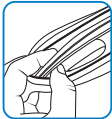

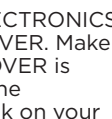
- a. The sunrise will begin so that it is complete at your chosen alarm time.
- b. The blue sky LIGHT PANELS will begin brightening until your selected alarm time is reached.
- c. If Sleep Enhance is enabled, the blue LIGHT PANELS will pulse. The frequency of the pulsing will begin in Delta and gradually increase to Beta to entrain your brain to wake up.
- d. When your selected alarm time is reached, the LIGHT PANELS will change color from blue to white.
- e. If the ALARM CHIME feature is enabled, your ILLUMY will beep for 3 minutes at your selected alarm time.
- f. The white light will be displayed for 5 minutes.
- g. The sunrise can be cancelled at any time by pressing the SLEEP BUTTON on the front of your ILLUMY.
- h. The alarm is not automatically activated for the following day. You must press the SLEEP BUTTON before bed every night in order to activate your ILLUMY.

#### Note:

- There will be no alarm on the second morning or afterwards unless you press the SLEEP BUTTON before bed.
- Low battery – the LIGHT PANELS will flash orange 3 times at the beginning of your SUNSET program if the battery is low.

## CLEANING INSTRUCTIONS

You can spot-clean your ILLUMY by using a wet cloth or sponge with mild soap. For a more extensive cleaning, please follow these instructions:

1. Remove the ADJUSTABLE STRAP from your ILLUMY.
2. Zip open ILLUMY using the MASK ZIPPER.
3. Separate the REMOVABLE MASK COVER from the LIGHT PANEL ELECTRONICS. The REMOVABLE MASK COVER can be hand washed or washed in a washing machine on gentle cycle. Only use mild soap. Do not use harsh solvents or chemicals for cleaning.
4. Dry the REMOVABLE MASK COVER by air drying or in your clothes dryer.
5. Re-insert the LIGHT PANEL ELECTRONICS into the REMOVABLE MASK COVER. Make sure the REMOVABLE MASK COVER is completely dry before putting the REMOVABLE MASK COVER back on your mask. Replace the ADJUSTABLE STRAP. ILLUMY is now ready to use again.



## TECHNICAL SPECIFICATIONS

<b>Washable Cover Material</b>	Polyester covered neoprene
<b>Internal Mask Material</b>	Polyurethane foam
<b>Strap Material</b>	Woven antislip elastic
<b>Run Time</b>	1 – 2 weeks of normal use
<b>Charging Time</b>	2 hours
<b>Battery</b>	Built-in lithium battery, 3.7V/3.7V/260mA
<b>Charging Voltage</b>	5V +/-0.25V
<b>Light Panel Source</b>	1 RGB LED per light panel
<b>Dimensions</b>	11.38"/28.91mm wide; 3.75"/9.53mm height; 1.5"/3.81mm
<b>Weight</b>	3.6 oz./ 100 g

## DISPOSAL

Dispose of all product parts in accordance with local regulations. If in doubt, please consult your local authorities.

The rechargeable lithium battery in your ILLUMY needs to be recycled. Do not attempt to replace the built-in battery yourself.



The crossed-out wheeled bin means that within the European Union the product must be taken to separate collection at the product end-of-life. Do not dispose of these products as unsorted municipal waste.



Li-ion



## 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.

## **1 YEAR LIMITED WARRANTY**

Sound Oasis Company warrants that this product is free from defects in materials or workmanship for a period of one (1) year from the date of original purchase.

If the product fails to operate in accordance with the manufacturer's specifications, simply return the product to the retail location where

you purchased it or call our toll free number below within one (1) year of the date of purchase. Proof of date of purchase is required.

Sound Oasis Company will, at its option, repair or replace the product at no charge to you.

This warranty does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, the affixing of any attachment not provided with the product, or loss of parts, or subjecting the product to anything but the specified voltage or batteries.

**This warranty is in lieu of any other warranty, express or implied. All implied warranties, including any implied warranty of merchantability or fitness for any particular purpose, are limited in duration to one (1) year from the date of original purchase. In no event will Sound Oasis Company be responsible for incidental, consequential, or special damages resulting from the use of this product.**

Some states do not allow limitation on how long an implied warranty lasts and/ or the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, which vary from state to state.

To speak with a Sound Oasis Customer Service Representative, please call:

1-866-625-3218 or email us at [info@soundoasis.com](mailto:info@soundoasis.com)

Thank you for choosing Sound Oasis®!

[www.glotosleep.com](http://www.glotosleep.com)

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