

# Rise & Shine<sup>®</sup>

Natural Sleep System

**Model: VA04**

|                |                         |
|----------------|-------------------------|
| Job#: 0.0???   | Title: VA04 Manual      |
| Date: 07/19/11 | Version: VA04-MAN-Rev32 |



Dear Customer,

Thank you for purchasing the Verilux Rise & Shine® Natural Sleep System. You have received an innovative and quality manufactured product, backed by a one year limited warranty.

I hope you'll take the time to read and follow the instructions in this owner's guide. It will help you to set up, operate and enjoy the Rise & Shine's many features. Please save this owner's guide for future reference.

Many other healthy lighting products are available through our catalog and online. Visit us on the web at [www.verilux.com](http://www.verilux.com) to request a free catalog and learn more about all our quality Verilux products, or call us toll-free at 1-800-786-6850.

As a Verilux customer, your satisfaction means everything to us. We look forward to serving you now and in the future.

Have a bright day!

A handwritten signature in black ink that reads "Nicholas Harmon". The signature is written in a cursive, flowing style.

Nicholas Harmon  
President, Verilux, Inc.

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## READ ALL INSTRUCTIONS BEFORE USING

### Important Safeguards

#### **▲ DANGER:**

- Do not operate this product near a water source to avoid electrocution.

#### **▲ WARNING:**

- Do not use with power supply voltage other than 120 VAC.
- This product must be connected to a mains socket outlet with a protective earthing connection.
- To reduce the risk of electric shock, do not remove any components. There are no serviceable parts inside.
- Do not block any ventilation openings. Install in accordance with the manufacturer's instructions. Do not cover the product with newspapers, curtains, blankets or anything else that will impede its ventilation.
- This product requires 4 inches of space around the product for sufficient ventilation.
- Do not defeat the safety purpose of the electrical grounding 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 is provided for your safety. If the provided plug does not fit in your outlet, consult an electrician for replacement of the obsolete outlet.
- If the product has been damaged in any way, such as a power cord or a plug is damaged, liquid has been spilled or objects have fallen into the product, the product has been exposed to rain or moisture, does not operate normally or has been dropped, it should not be operated. There are no user serviceable parts inside.
- Do not operate in close proximity to flammable or combustible vapors, such as aerosol (spray) products or in areas where oxygen is being administered.
- The auxiliary lamp connector slot is only designed to power a lamp, and is not for use with other electrical devices.

#### **▲ CAUTION:**

- No naked flames, such as candles, should be placed on the product.
- This product must be disconnected from power before replacing the fuse.
- No objects filled with liquids should be placed on this product.
- Do not install near any heat sources, such as radiators, heat registers, stoves or other apparatus (including amplifiers) that produce heat.
- Protect the power cord from being walked on or pinched particularly at plugs, convenience receptacles and the point where they exit from the product.
- Only use attachments and/or accessories specified by the manufacturer.
- Unplug product during lightning storms or when unused for long periods.
- Modifications not authorized by the manufacturer will void the warranty and may result in personal injury.
- For indoor use only.

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**▲CAUTION: — continued**

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- Avoid placing in areas that are dusty, humid or moist, lack ventilation or are subject to constant vibration.
- Avoid placing product on a metal surface; this could interfere with FM reception.
- Only use lamps with incandescent bulbs of 100W or lower as a light supplement with this product.
- Use only a soft, dry cloth to clean the enclosure of this product. Do not use solvents or cleaners containing abrasives or ammonia.
- Long-term exposure to loud music may cause hearing damage. Avoid extreme volume when using headphones, especially for extended periods.

**SAVE THESE INSTRUCTIONS**

|                |                         |
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## FCC Compliance

**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, and (2) this device must accept any interference received, including interference that may cause undesired operation.**

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.

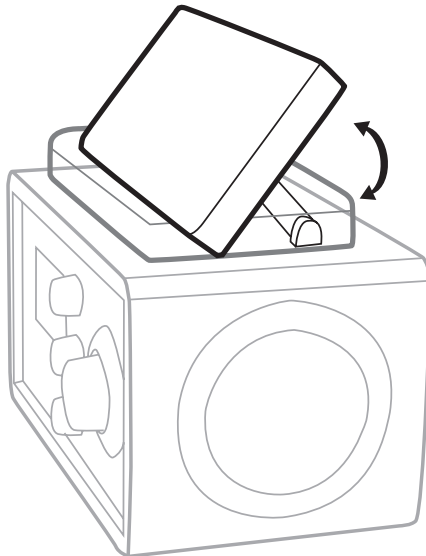
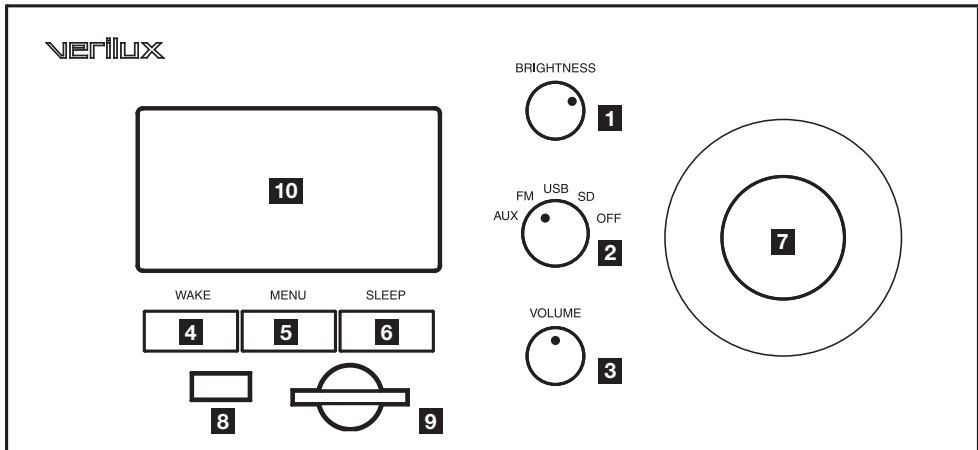
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

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

## Guide to Features

### Front Panel

1. Brightness Control for LED light panel and optional external lamp
2. Audio Input Selector/Off Control
3. Volume Control
4. Wake On/Off Button
5. Menu Show/Hide Button
6. Sleep On/Off Button
7. Selector Control Dial
8. USB Port
9. SD/MMC Card Reader
10. Time and Menu Display

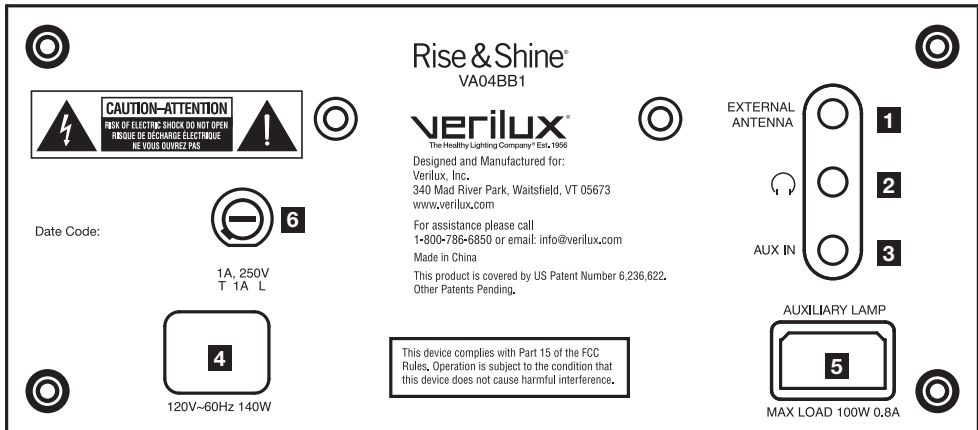


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## Guide to Features — continued

### Back Panel

1. External Antenna Jack  
(1/8" Mini connector)
2. Headphone Jack  
(1/8" Mini connector)
3. AUX In Jack (1/8" Mini connector)
4. 120V-60Hz AC Connector Socket
5. Auxiliary Lamp Connector Socket
6. Fuse





## Introduction

Congratulations on your purchase of the Verilux® Rise & Shine® Natural Sleep System. With the Rise & Shine, you'll fall asleep peacefully and wake refreshed with soothing, ambient lighting and sound, customized to your preferences.

### Sound options

The Rise & Shine provides relaxing and rejuvenating sleeping and waking experiences with an FM radio and an MP3 player that can support up to 800 MP3 files from a USB thumb drive or SD card. Additionally, an AUX IN connection allows you to connect to external audio sources, including iPods®, as another option to customize the audio portion of your sleeping and waking experience.

Come morning, the Rise & Shine light panel will slowly brighten as your selected audio increases in volume over 5, 15 or 30 minutes. Find serenity when waking gently to one of eight included natural ambient soundscapes, your favorite FM radio station, MP3 songs, talk therapy programs or books.

### Light options

Your Rise & Shine's LED light panel – which incorporates both blue and white LEDs – helps you to fall asleep and wake at a gentle, gradual pace.

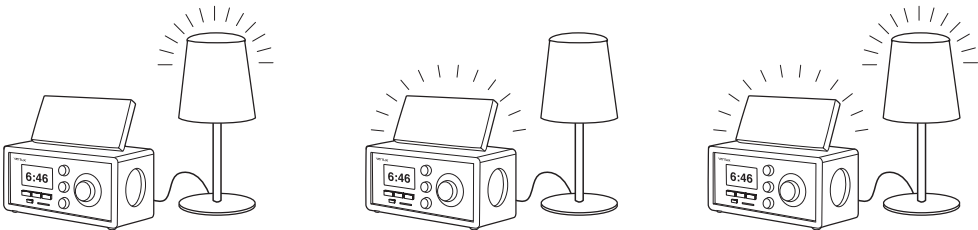
At night, the LED panel's white LEDs dim gradually over your chosen "sleep duration" as you fall asleep. The light panel has 20 brightness levels – and you can also use an optional external lamp, which will dim and brighten automatically with the LED panel to help you sleep or wake.

For Sleep Mode, you set the initial brightness level for the cycle. When the Sleep Cycle begins, the white LEDs will begin at this level then continue to dim until the Sleep Cycle duration ends.

In the morning, first blue then white light gradually brightens to help you wake refreshed. The blue LED's are only used in Wake Mode to provide additional stimulus to your body's waking functions.

The use of light from both the LED light panel and an external lamp are optional. You may choose:

- no light
- an external lamp only
- LED light only
- both LED light and external lamp light



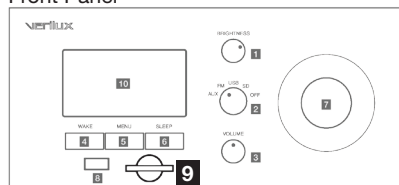
# Setting up Your Rise & Shine®

## Unpacking

Please check your shipping carton for the following items:

- Verilux® Rise & Shine Natural Sleep System
- AC power cord
- External FM antenna
- Secure Digital (SD) Card containing natural ambient soundscapes and wake-up tones. This card can be found in the SD card reader opening (see number 9 in the image above).

Front Panel



## Selecting a location

- Place your Rise & Shine on a table or other flat surface near your bedside.
- For best performance, place product within two feet of a wall and avoid placing it in a corner.

### **▲ CAUTION:**

- Avoid placing product on a metal surface; this could interfere with FM reception.
- Do not install near any heat sources, such as radiators, heat registers, stoves or other apparatus (including amplifiers) that produce heat.
- No naked flame sources, such as lighted candles, should be placed on this device.

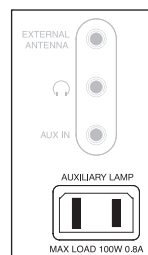
## Connecting to Power

1. Plug the AC power cord into the power connector on the rear panel labeled 120V-60Hz.
2. Plug the other end of the AC power cord into an AC wall outlet.

## Connecting an Auxiliary Lamp

If you wish to supplement the Rise & Shine LED light panel with an auxiliary lamp:

Plug the AC power cord of a lamp with an incandescent bulb of not more than 100 watts into the Auxiliary Lamp connector receptacle on the rear of the Rise & Shine.



**Note:** ONLY designed to power a lamp, not for use with other electrical devices.

**▲ WARNING:** The auxiliary lamp connector slot is only designed to power a lamp, and is not for use with other electrical devices.

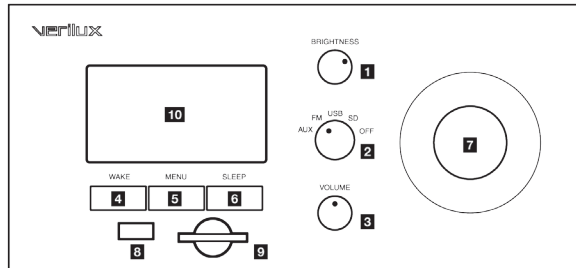
**▲ CAUTION:** Only use lamps with incandescent bulbs of 100W or lower as a light supplement with the product.

# Operating Your Rise & Shine®

Your Rise & Shine Natural Sleep System has a wealth of features. Explanations for the controls for the product are listed below.

## Front Panel

1. Brightness Control for LED light panel and optional external lamp
2. Audio Input Selector/Off Control
3. Volume Control
4. Wake On/Off Button
5. Menu Show/Hide Button
6. Sleep On/Off Button
7. Selector Control Dial
8. USB Port
9. SD/MMC Card Reader
10. Time and Menu Display



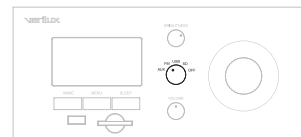
## Selector Control Dial

The Selector Control Dial is used to make selections from the various menus which can be displayed. The Selector Control Dial has two functions. By pressing the Selector Control Dial, you choose an option which is highlighted on the screen. The dial can also be turned right or left. After a menu is selected, turning the dial left will move the highlighted selection down on the screen menu. Turning the dial right will move the highlighted section up on the screen menu. Menus are described on the following pages of this manual to set your options for function such as time, volume, brightness and sound.

## Audio Input Selector

The Audio Input Selector is used to select the source of the sound. There are four different selections for this feature:

- AUX is selected when an iPod® or a different auxiliary device is chosen (Page 31 provides details for this application).
- FM is selected to use the radio which is built into the product.
- USB drive is selected to play MP3 files (Page 27 provides details for this application).



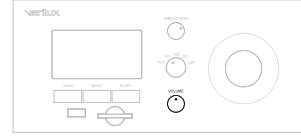
## Operating Your Rise & Shine® — continued

- SD card, either the one provided or your own SD card, is selected to play MP3 files (Page 28 provides details for this application).

### Controlling the Volume

The Volume dial is used to adjust the volume for the different sound sources. There are four different sound sources for this feature:

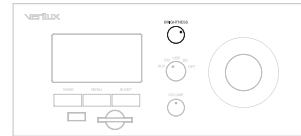
- AUX volume can be controlled by either the connected audio device, such as an iPod®, or by the Rise & Shine volume dial (Page 31 provides details for this application).
- FM volume can be controlled by the Rise & Shine volume dial.
- USB drive volume can be controlled by the Rise & Shine volume dial.
- SD card volume can be controlled by the Rise & Shine volume dial.



### Using the Brightness Control

This dial can be used to set the brightness for the LED light panel, time and menu display and an optional auxiliary lamp. There are four different brightness sources for this feature:

- Sleep Set (Page 19 provides details for this application).
- Wake Set (Page 15 provides details for this application).
- General Lighting (Page 14 provides details for this application).
- Time and Menu Display (Page 13 provides details for this application).

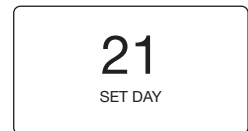
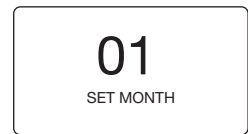
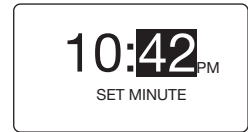
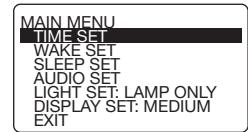
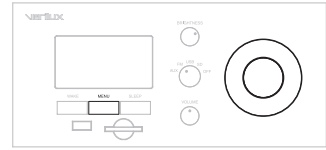


## Operating Your Rise & Shine® — continued

### Setting the Time

1. Press the MENU button.
2. The first item in the Main Menu, TIME SET, is highlighted (TIME SET sets the time, year, month and day).
3. Press the Selector Control Dial to choose Time Set. The time and SET HOUR are shown. The hour digits are highlighted.
4. Turn the Selector Control Dial to the desired hour.
5. Press the Selector Control Dial to set the hour. Minutes are then highlighted and SET MINUTE is displayed.
6. Turn the Selector Control Dial to the desired minutes.
7. Press the Selector Control Dial to set the minute. The last two digits of the year and SET YEAR are displayed.
8. Turn the Selector Control Dial to the desired year.
9. Press the Selector Control Dial to set the year. The two digits of the month and SET MONTH are displayed.
10. Turn the Selector Control Dial to the desired month.
11. Press the Selector Control Dial to set the month. The two digits of the day and SET DAY are displayed.
12. Turn the Selector Control Dial to the desired day.
13. Press the Selector Control Dial to set the day.

You have now set the time, year, month and day. The display returns to the Main Menu. Select EXIT to return to the time display.



# Operating Your Rise & Shine® — continued

## Setting and Using LIGHT and DISPLAY SET

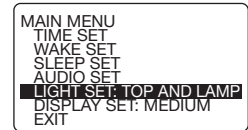
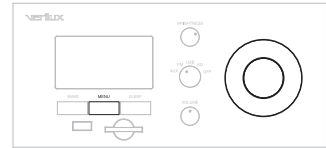
### Light Settings

LIGHT SET determines whether the LED light panel, an auxiliary lamp or both are controlled by the Brightness Control. This allows you to use either or both light sources during everyday use, at the brightness you wish, when not in Wake or Sleep mode. Wake and Sleep modes have individual controls for both light sources.

1. Press the Menu Button.

From the Main Menu:

2. Turn the Selector Control Dial to highlight LIGHT SET: TOP AND LAMP (TOP AND LAMP is the default setting).
3. Press the Selector Control Dial.
4. From the LIGHT SETTINGS sub-menu, turn the Selector Control Dial to highlight TOP ONLY, LAMP ONLY, TOP AND LAMP or NONE.
5. Press the Selector Control Dial to choose the highlighted selection.



The Light Setting is changed and the display returns to the Main Menu.

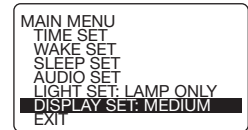
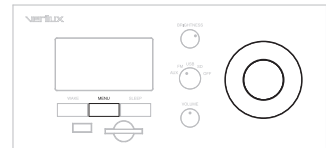
The DISPLAY SET item on the Main Menu is used to set the display brightness.

### Display Brightness Settings

1. Press the Menu Button.

From the Main Menu:

2. Turn the Selector Control Dial to highlight DISPLAY SET: MEDIUM (MEDIUM is the default setting).
3. Press the Selector Control Dial.
4. From the DISPLAY SETTINGS sub-menu, turn the Selector Control Dial to highlight LOW, MEDIUM or HIGH.
5. Press the Selector Control Dial to choose the highlighted selection.



The display Brightness setting is changed and the display returns to the Main Menu.

## Setting and Using WAKE MODE

You can set separate weekend and weekday wake cycles and customize them to start either 5, 15 or 30 minutes before your desired wake-up time. You may need to experiment with the 5, 15 or 30 minute intervals to determine which cycle works best for you.

### Example:

Wake Time: 6:30 am

Wake Options: Audio (FM) and Light  
Duration = 15 minutes

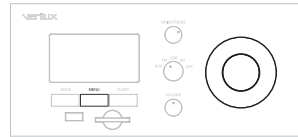
WAKE: On

WAKE is shown in the bottom left of the display.

The Wake Cycle will begin at 6:15 am (because of 15-minute “Duration” time delay). The FM radio and light will start at a very low level and will gradually increase to maximum at 6:30 am.

### Setting the WAKE Time

1. Press the MENU button.
2. The Main Menu is displayed.
3. Turn the Selector Control Dial to highlight WAKE SET.
4. Press the Selector Control Dial to choose WAKE SET. The WAKE SETTINGS menu is displayed. The TIME: item is highlighted.
5. Press the Selector Control Dial to choose WAKE TIME. The WAKE TIME sub-menu is displayed. WEEKDAY is highlighted. The current WAKE TIME settings for weekday and weekend are shown in the right column. The current time setting is shown at the bottom of the menu. As in all sub-menus, a PREVIOUS item allows you to return to the previous menu.
6. Press the Selector Control Dial. The hour and AM (or PM) are highlighted.
7. Turn the Selector Control Dial to choose both the alarm hour and AM or PM. Notice that the display changes from AM to PM as you pass from 11 to 12 or 12 to 11 (as you turn the control).
8. Press the Selector Control Dial to set the alarm hour. Minutes are highlighted.
9. Turn the Selector Control Dial to choose the alarm minutes.
10. Press the Selector Control Dial to set the alarm minutes. The Alarm Time is set and the menu returns to WEEKDAY.



```

MAIN MENU
TIME SET
WAKE SET
SLEEP SET
AUDIO SET
LIGHT SET: LAMP ONLY
DISPLAY SET: MEDIUM
EXIT
    
```

```

WAKE SETTINGS
TIME: 06:00AM/08:00AM
DURATION: 5 MINUTES
LIGHT: NONE
VOLUME: 25
SOUND: SD
PLAY MODE: CONTINUOUS
PREVIOUS
    
```

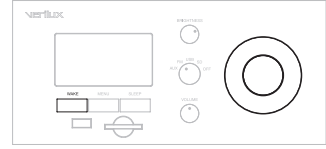
```

WAKE TIME
WEEKDAY 6:00AM
WEEKEND 8:00AM
PREVIOUS
7:42PM
    
```

## Setting and Using WAKE MODE — continued

### Use the same method to set a WEEKEND alarm.

**Note:** You have now set the alarm time(s), but you have not turned the alarm on. To turn on the alarm, press the WAKE button. WAKE will show in the bottom left of the display. To turn the alarm off, press the WAKE button a second time. WAKE will no longer appear in the bottom left of the display.



### Wake Mode Options

In addition to alarm time, in the WAKE SETTINGS menu you can set:

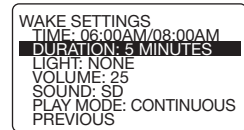
- Duration
- Light
- Volume
- Sound
- Play

### Duration Settings

Duration is the length of time before the alarm time. During the duration, the light (if chosen) increases in brightness and the sound (if chosen) increases in volume.

From the WAKE SETTINGS menu:

1. Turn the Selector Control Dial to highlight DURATION: 5 MINUTES.
2. Press the Selector Control Dial.
3. From the WAKE DURATION sub-menu, turn the Selector Control Dial to highlight 5 MINUTES, 15 MINUTES or 30 MINUTES.
4. Press the Selector Control Dial to choose the highlighted selection. The display returns to the WAKE SETTINGS menu.

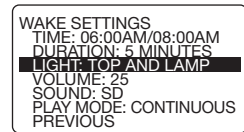


### Wake Light Settings

For the Wake Cycle, the LED light panel and optional external lamp increase from "OFF" to maximum brightness at the set alarm time.

From the WAKE SETTINGS menu:

1. Turn the Selector Control Dial to highlight LIGHT: TOP AND LAMP (TOP AND LAMP is the default setting).
2. Press the Selector Control Dial.
3. From the WAKE LIGHT sub-menu, highlight TOP ONLY, LAMP ONLY, TOP AND LAMP or NONE.
4. Press the Selector Control Dial to choose the highlighted selection. The display returns to the WAKE SETTINGS menu.





## Setting and Using WAKE MODE — continued

### Wake Volume Settings

From the WAKE SETTINGS menu:

1. Turn the Selector Control Dial to highlight VOLUME: 25 (25 is the default setting).
2. Press the Selector Control Dial.
3. From the WAKE VOLUME sub-menu, turn the Selector Control Dial to choose a volume between 0 and 25.
4. Press the Selector Control Dial to choose the displayed volume setting. The display returns to the WAKE SETTINGS menu.

```
WAKE SETTINGS
TIME: 06:00AM/08:00AM
DURATION: 5 MINUTES
LIGHT: TOP AND LAMP
VOLUME: 25
SOUND: SD
PLAY MODE: CONTINUOUS
PREVIOUS
```

```
WAKE VOLUME
25
```

### Wake Sound Settings

From the WAKE SETTINGS menu:

1. Turn the Selector Control Dial to highlight SOUND: NONE (NONE is the default setting).
2. Press the Selector Control Dial.
3. From the WAKE SOUND sub-menu, turn the Selector Control Dial to choose MP3 SD, MP3 USB, FM RADIO or NONE. Be sure to insert a USB Drive or SD Card before selecting “SD” or “USB.”
4. Press the Selector Control Dial to choose the highlighted WAKE SOUND setting.

```
WAKE SETTINGS
TIME: 06:00AM/08:00AM
DURATION: 5 MINUTES
LIGHT: TOP AND LAMP
VOLUME: 25
SOUND: NONE
PLAY MODE: CONTINUOUS
PREVIOUS
```

```
WAKE SOUND
MP3 SD
MP3 USB
FM RADIO
NONE
```

If you choose MP3 SD or MP3 USB, the device’s audio file directory will be shown and you can select an SD or USB wake song, book or other audio file.

The display returns to the WAKE SETTINGS menu.

If you choose MP3 SD and you have inserted the supplied Verilux® nature sounds SD Card, the SD’s file directory will be shown to select a nature audio file.

The display returns to the WAKE SETTINGS menu.

If you highlight FM RADIO and push the Selector Control Dial to select, the display returns to the WAKE SETTINGS menu with the last chosen FM frequency highlighted.

1. Turn the Selector Control Dial to change the FM frequency, as desired.
2. Press the Selector Control Dial to choose the FM frequency.

The display returns to the WAKE SETTINGS menu.

### Wake Play Mode Settings

From the WAKE SETTINGS menu:

1. Turn the Selector Control Dial to highlight PLAY MODE: CONTINUOUS (CONTINUOUS is the default setting).

## Setting and Using WAKE MODE — continued

2. Press the Selector Control Dial.
3. From the WAKE PLAY MODE sub-menu, turn the Selector Control Dial to choose CONTINUOUS or REPEAT. Choosing CONTINUOUS will begin playing with the audio file chosen in the SOUND setting (for either SD or USB) and then play subsequent tracks, in sequence, as they are arranged on the SD Card or USB device. REPEAT will play and continue to repeat the track chosen in SOUND.
4. Press the Selector Control Dial to choose the displayed Play Mode setting. The display returns to the WAKE SETTINGS menu.



Highlight PREVIOUS and push the Selector Control Dial to return to the Main Menu.

## Using SNOOZE

After the Wake Cycle begins, you can “snooze” for another five minutes by pressing the Selector Control Dial. The wake cycle stops and will begin again in five minutes.

## Setting SLEEP MODE

During a Sleep Cycle, the Rise & Shine will reduce the light and sound level from their current settings to completely off. This decreasing of light and sound prepares the body and allows you to fall asleep gradually and sleep soundly.

The starting level of the light and sound is determined by the settings of the Rise & Shine when the sleep button is pressed, however, the blue LEDs on the LED light panel will be immediately turned off. Blue light can be very stimulating to the system and is not useful in preparing the body to sleep.

The Rise & Shine will remain in the Sleep Mode for 12 hours unless interrupted. This means all of the Sleep Options will remain as set for the Sleep Mode (including the backlight which may be on or off depending on your settings).

### Sleep Mode Options

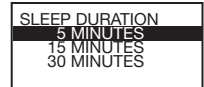
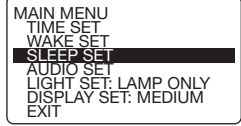
The Sleep Mode optional functionality must be preset from the SLEEP SET menu. These options include:

- Duration
- Light
- Backlight
- Sound
- Play Mode

## Setting SLEEP MODE — continued

### Duration Settings

1. Press the MENU button.
2. The Main Menu is displayed.
3. Turn the Selector Control Dial to highlight SLEEP SET.
4. Press the Selector Control Dial to choose SLEEP SETTINGS. The SLEEP SETTINGS menu is displayed. DURATION: 5 MINUTES is highlighted (5 MINUTES is the default setting).
5. Press the Selector Control Dial.
6. From the SLEEP DURATION sub-menu, highlight 5 MINUTES, 15 MINUTES or 30 MINUTES.
7. Press the Selector Control Dial to choose the highlighted selection.



The display returns to the SLEEP SETTINGS menu.

### Sleep Light Settings

You may select from four choices for light sources during the Sleep Cycle.



1. Top Only (will use LED panel only) – Remember only white lights will work in sleep mode.
2. Lamp Only (will use External Light Source only) – This is a lamp plugged into the connector receptacle on the back of the Rise & Shine (Reference Page 10 under Connecting an Auxiliary Lamp).
3. Top and Lamp (will use both LED Panel and External Light Source).
4. None – To be used if no light is desired while in Sleep Mode.
  - a. Reasons to use None are either you wish to fall asleep to sound (audio) only or you want to use the sleep button to turn off both light and sound immediately (to do so sound source also needs to set to None).

To set your desired sleep light settings complete the following steps:

1. Turn the Selector Control Dial to highlight LIGHT: TOP AND LAMP (TOP AND LAMP is the default setting).
2. Press the Selector Control Dial.
3. From the SLEEP LIGHT sub-menu, highlight TOP ONLY, LAMP ONLY, TOP AND LAMP or NONE.
4. Press the Selector Control Dial to choose the highlighted selection.



The display returns to the SLEEP SETTINGS menu.

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## Setting SLEEP MODE — continued

### Backlight Settings

The BACKLIGHT Option determines if the backlight on the LCD display will remain on or turn off when the Sleep Cycle is complete. Some people chose to turn the LCD display off to eliminate ANY light from the Rise & Shine while sleeping.



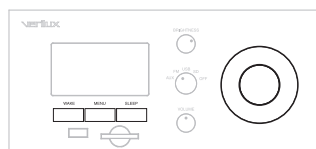
To set your desired BACKLIGHT settings, complete the following steps:

1. Turn the Selector Control Dial to highlight BACKLIGHT: OFF (OFF is the default setting).
2. Press the Selector Control Dial.
3. From the sub-menu, turn the Selector Control Dial to choose ON or OFF (ON is the default setting).
4. Press the Selector Control Dial to choose the highlighted selection.

The display returns to the SLEEP SETTINGS menu.

Once the Rise & Shine has completed the Sleep Cycle, turning the lights and sound to off, the system will remain in Sleep Mode for up to 12 hours. This Mode will keep the lights and sound (as well as the backlight, if selected) off during this period.

If you wish to quickly check the time or otherwise interact with the Rise & Shine while it is in Sleep Mode with the backlight off, simply touch the Selector Control Dial or any of the other buttons to bring the display back on for 5 seconds.



### Sleep Sound Settings

The starting level of the sound is determined by the settings of the Rise & Shine when the Sleep button is pressed. The actual audio that will play when you begin Sleep Mode is determined by which audio source and specific sound or radio station you selected in the SLEEP SET Menu.



To set your desired Sleep Sound, complete the following steps:

1. Turn the Selector Control Dial to highlight SOUND: NONE (NONE is the default setting).
2. Press the Selector Control Dial.
3. From the SLEEP SOUND sub-menu, turn the Selector Control Dial to choose MP3 SD, MP3 USB, FM RADIO or NONE.
4. Press the Selector Control Dial to choose the highlighted SLEEP SOUND setting.

## Setting SLEEP MODE — continued

If you chose MP3 SD or MP3 USB, you will be presented a further selection display where you can choose an SD, USB initial sleep song or sound file.

5. The display returns to the SLEEP SETTINGS menu.

If you highlight FM RADIO and push the Selector Control Dial to select, the display returns to the SLEEP SETTINGS menu with the last chosen FM frequency highlighted.

6. Turn the Selector Control Dial to tune in the desired FM Radio Station (frequency).

7. Once the desired FM Radio Station (frequency) is displayed, press the Selector Control Dial to set the frequency.

### Sleep Play Mode

Selecting a Play Mode tells the Rise & Shine if you wish to sleep to only 1 particular sound (repeat the same song) or if you prefer to let the system move through the play list. This setting only applies to MP3 Sleep Sounds (USB or SD Card).

To set your desired Sleep Play Mode, complete the following steps:

1. Turn the Selector Control Dial to highlight PLAY MODE:  
CONTINUOUS (CONTINUOUS is the default setting).



2. Press the Selector Control Dial.

3. From the SLEEP PLAY MODE sub-menu, turn the Selector Control Dial to choose CONTINUOUS or REPEAT. Choosing CONTINUOUS will begin playing with the audio file chosen in the SOUND setting (for either SD or USB) and then play subsequent tracks, in sequence, as they are arranged on the SD Card or USB device. REPEAT will play and continue to repeat the track chosen in SOUND.

4. Press the Selector Control Dial to choose the displayed Play Mode setting.

The display returns to the SLEEP SETTINGS menu.

Highlight PREVIOUS and push the Selector Control Dial to return to the Main Menu.

## Using SLEEP MODE

Once your Sleep Mode settings are complete, you are ready to use this Mode to help guide your body into a restful sleep state.

### Checking Sleep Settings

If prior to entering Sleep Mode you wish to check your settings:

1. Press the Menu Button.
2. Turn the Selector Control Dial to highlight SLEEP SET.
3. Press Selector Control Dial.

Here you will see the list of Sleep Options and current settings. Using the Selector Control Dial you can highlight any of the specific settings to get more detail. (To change a setting, please refer to the 'Setting Sleep Mode' section in this manual.)

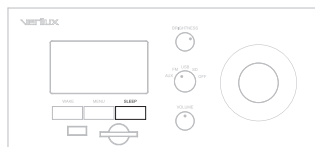
4. Press Menu Once to Exit. Please note: Exiting in this manner is a 'quick escape' and will do so WITHOUT saving changes to a setting.

REMEMBER: Once a Sleep Cycle is started, the SLEEP SET MENU will not be available. If you wish to review or adjust your Sleep Options, you must first interrupt the current Sleep Cycle.

### Starting a Sleep Cycle

Starting a Sleep Cycle is as easy as pressing the SLEEP button.

Remember: Once the SLEEP button is pressed, the Rise & Shine will begin to run your Sleep Cycle. The Blue LEDs will immediately turn off, because blue light is too stimulating for the system when trying to prepare the body for sleep, and the light and sound levels will start from the current level and progressively lower until completely off.



### Muting a Sleep Cycle

During a Sleep Cycle, the Audio can be muted by pressing the Selector Control Dial. However, the sleep program will continue. Therefore when you turn the Mute function off you may find the audio level lower than it was when Mute was initially selected. While the Sleep Cycle is muted the light brightness will continue to reduce (if selected as part of your preset Sleep Options).

### Interrupting a Sleep Cycle

There are two separate portions of a Sleep Cycle. The first is during the reduction of light and sound as the Rise & Shine is preparing you to sleep. This portion continues until the selected Sleep Cycle duration is completed (5, 15 or 30 minutes) and the lights and sound are completely off.

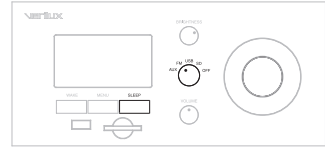
## Using SLEEP MODE — continued

During this time in the Sleep Cycle, the Cycle can be interrupted by:

1. Pressing the SLEEP BUTTON.

Or

2. Turning the AUDIO INPUT SELECTOR.



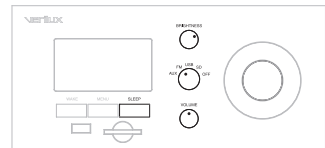
The second portion of the Sleep Cycle occurs once the lights and sounds are completely off. This portion of the Sleep Cycle will continue for 12 hours unless the Sleep Cycle is interrupted or broken. The BACKLIGHT may be off during this portion of the Sleep Cycle (if selected as part of your preset Sleep Options.)

During this time in the Sleep Cycle, the Cycle can be interrupted by:

1. Pressing the SLEEP BUTTON. (You may need to press it twice if the Backlight is set to OFF, See Sleep Backlight Controls below for more information)

Or

2. Turning the BRIGHTNESS, AUDIO INPUT SELECTOR or VOLUME DIALS



The Rise & Shine system is attempting to remain in the SLEEP MODE during your entire rest period. The system assumes if you are adjusting the Brightness, Audio Sources or Volume levels you no longer are asleep and wish the system to resume non-sleep related functions.

**REMEMBER:** When you interrupt the Sleep Mode, the Rise & Shine will return to the settings of the system before the Sleep Cycle was started. The lights and audio will come back on at the same settings as they were when the Sleep Mode started. This can be startling. Please be mindful when interrupting a Sleep Cycle.

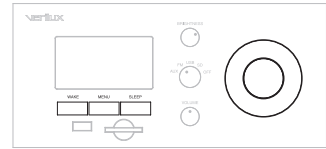
Please note: A Preset Wake Cycle will also automatically break the Sleep Mode when it begins to wake you with light and/or sound. Once a Sleep Cycle is interrupted it can only be re-entered by completing another Sleep Cycle (allowing the light and sound to reduce over a 5, 15 or 30 minute cycle).

### Backlight in a Sleep Mode

If the Backlight is set to OFF in Sleep Mode, once the light and sound have been reduced and turned off, the backlight will turn off as well. This is a very useful feature for people who do not want ANY light in the room while they are sleeping. However, in this mode it is very difficult to see the time or make any adjustments to the Rise & Shine system. So while in the Sleep Mode, if the back light is off, the system is able to briefly turn the Backlight back on if you wish to quickly view the time or interact with the system.

## Using SLEEP MODE — continued

By pressing any of the buttons (Wake, Menu or Sleep) or the Selector Control Dial you can turn the Backlight on for 5 seconds to view the time or other information.



**REMEMBER:** Pressing the Sleep Button TWICE will break the Sleep Cycle and return the system to the pre-sleep settings. This can be startling if done in error so please use caution when selecting the Sleep Button to operate the Backlight in Sleep Mode. It is suggested the Selector Control Dial be used for this function to minimize the possibility of an accidental interruption of the Sleep Cycle.



## Setting and Using the AUDIO Function

### Bass and Treble Settings

AUDIO SET is used to adjust audio Bass and Treble levels.

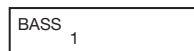
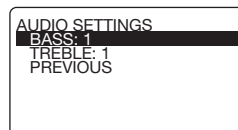
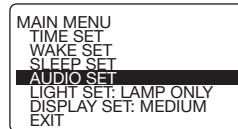
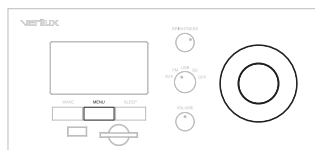
1. Press the Menu Button.

From the Main Menu:

2. Turn the Selector Control Dial to highlight AUDIO SET.
3. Press the Selector Control Dial.
4. From the AUDIO SETTINGS sub-menu, turn the Selector Control Dial to highlight BASS or TREBLE.
5. From the BASS or TREBLE sub-menu, turn the Selector Control Dial to choose 0, 1, 2 or 3 (0 is least and 3 is the greatest amount of treble or bass).
6. Press the Selector Control Dial to return to the AUDIO SETTINGS sub-menu.

Highlight PREVIOUS and push the Selector Control Dial to return to the Main Menu.

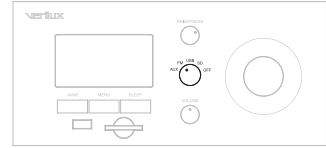
**Note:** The base and treble settings may be different for FM, MP3, SD, etc. When switching different audio sources, it is recommended that you adjust the settings to enhance your experience.



## Listening to FM Radio

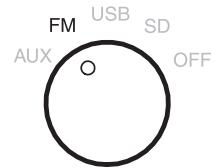
### Turning the Radio on

Turn the Audio Input Selector to FM.



### Tuning the Radio and Setting Volume

- Turn the Selector Control Dial to tune to the desired FM frequency. The FM frequency range is 88.1 MHz. to 107.9 MHz.
- Turn the Volume Control to set FM reception volume.



### Muting the Radio

To mute the FM Radio, press the Selector Control Dial. MUTED is shown at the bottom of the display. Press again to turn Mute off.

**Note:** Muting does not mute headphone audio. When using headphones, MUTED is shown on the display, but headphone audio is not muted.

**Note:** To improve FM reception, connect the supplied FM antenna to the EXTERNAL ANTENNA jack on the back panel. For details SEE PAGE 32.

## Listening to USB MP3 Songs

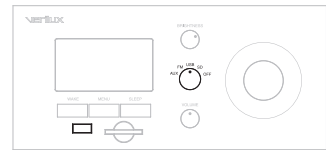
The USB Port on the front panel of the Rise & Shine® is used to listen to MP3 audio files on USB Flash Drives, also known as “Thumb Drives.”

Your Rise & Shine can play MP3 audio on all standard USB Drives, regardless of memory capacity. There are limits of not more than 800 MP3 files and not more than 100 directories (or “folders”) per USB Drive.

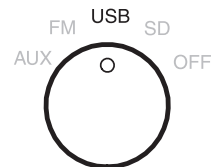
Files on USB Drives can be placed in folders and subfolders before being copied to a USB Drive. This directory structure is maintained on the USB Drive, but nested folders are displayed “flattened” to a single column, not shown as nested sub-directories.

**Note:** Instructions for placing music onto your own USB or SD card are not provided with this manual. Please visit the Verilux website for a link to a website that will provide instructions how to perform this activity.

**Note:** Only MP3 files can be played and only directories containing MP3 files will be displayed.

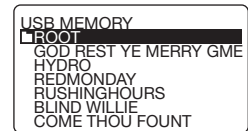


1. Insert a USB Flash Drive or other USB device into the USB Port on the front panel. As with CD and DVD discs, USB Drives have a proper “up” side. If the USB Drive doesn’t insert easily don’t force it. Flip it over and try again. There should only be a slight resistance as you insert the drive into the port.
2. Turn the Audio Input Selector to USB.
3. The display will show SEARCHING then LOADING as it reads the USB memory.



When the contents of the USB Drive are read, the display shows the USB file structure.

If the MP3 files were copied directly to the USB Drive, without being first placed in folders, ROOT will be highlighted in the display.



1. Press the Selector Control Dial to open the default ROOT folder and display the files on the USB Drive.
2. Turn the Selector Control Dial to highlight an MP3 file.
3. Press the Selector Control Dial to choose the file.

The display returns to the Time/Date display. The MP3 file begins to play and the file’s title is shown at the bottom of the display.

If the MP3 files were contained in folders before being copied to the USB Drive, the folder names will be displayed.

1. Turn the Selector Control Dial to highlight a folder name.

## Listening to USB MP3 Songs — continued

2. Press the Selector Control Dial to open the folder and display the MP3 files.
3. Turn the Selector Control Dial to highlight an MP3 file.
4. Press the Selector Control Dial to choose the file.

The display returns to the Time/Date display. The MP3 file begins to play and the file's title is shown at the bottom of the display.

To pause while listening to USB audio, press the Selector Control Dial. PAUSED will be shown on the display. To resume play, press the Selector Control Dial again.

**Note:** If the USB is removed during play, the display will indicate "MEMORY DEVICE NOT FOUND" and then go to the time display.

## Listening to SD MP3 Songs

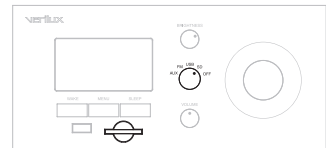
The SD/MMC Card Reader is used to listen to MP3 files on Flash Memory Secure Digital (SD) Cards, also known as Multi-Media Cards (MMC). An SD card with pre-recorded selections is included with your Rise & Shine®.

SD Card memory capacity varies. Your Rise & Shine can play audio on all standard SD Cards, up to 2 gigabyte (GB) capacity. There are also limits of not more than 800 MP3 files and not more than 100 directories (or "folders") per SD Card.

**Note:** Only MP3 files can be played and only directories containing MP3 files will be displayed.

### Inserting an SD Card

Insert an SD Card into the SD/MMC Card Reader slot on the front panel. Insert the card with the label up and the exposed pins facing down. As you push in the card, you'll notice a slight springy resistance. Push a bit more until you feel the card stop. When you release your finger, the card will engage and spring back very slightly to be almost flush with the front panel.



### Removing an SD Card

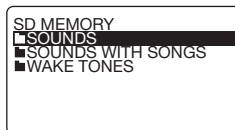
To remove an SD Card, push it in with your finger and release. The card will spring out slightly and you can easily remove it.

## Listening to SD MP3 Songs — continued

### Using the Supplied Verilux® SD Card

Included with your Rise & Shine® is an SD Card that contains sounds, sounds with songs and wake tones, in three folders:

**SOUNDS**  
**SOUNDS WITH SONGS**  
**WAKE TONES**



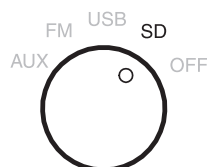
Each folder contains three or more selections, which you can play, as described next, or use as a “wake sound” as described under “Setting WAKE Options” on page 16. If the SD Card is removed, the wake sounds will not be available.

### Transferring Music from the Verilux SD Card to Another SD Card

1. Insert provided SD card into your home computer SD slot. This may require an USB to SD adapter.
2. Select your SD card contents and copy them to your computer (**Note:** 250MB of free space is required).
3. Remove the provided SD card and replace with a new SD card.
4. Select the contents from the first SD card and copy them onto the new SD card.

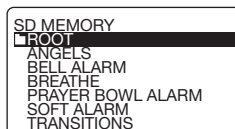
### Choosing and Playing an MP3

1. Insert an SD card.
2. Turn the Audio Selector to SD.
3. The display will show LOADING.
4. The files on the SD card will appear.



If you’ve inserted the Verilux® SD card, the folders mentioned above are shown. If you recorded your own SD card using folders (directories) those folders will be shown. If you copied files without first placing them in folders, the display will show.

**SD MEMORY**  
**ROOT**



ROOT will be highlighted.

5. Press the Selector Control Dial to open the default “ROOT” folder and display the files on the SD Card.
6. Turn the Selector Control Dial to highlight a file.
7. Press the Selector Control Dial to choose the file.

## Listening to SD MP3 Songs — continued

The display returns to the Time/Date display. The MP3 file begins to play and the file's title is shown at the bottom of the display.

If the MP3 files were contained in folders before being copied to the SD Card, the folder names will be displayed.

1. Turn the Selector Control Dial to highlight a folder name.
2. Press the Selector Control Dial to open the folder and display the MP3 files.
3. Turn the Selector Control Dial to highlight a file.
4. Press the Selector Control Dial to choose the file.

The display returns to the Time/Date display. The MP3 file begins to play and the file's title is shown at the bottom of the display.

### Pausing Play

To pause while listening to SD audio, press the Selector Control Dial. PAUSED will be shown on the display. To resume play, press the Selector Control Dial again.

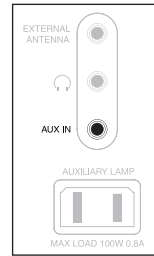
**Note:** *If the SD is removed during play, the display will indicate "MEMORY DEVICE NOT FOUND" and then go to the time display.*

## Listening to AUX Devices

When using an iPod®, cassette tape player or other audio device, you can enhance your listening experience by playing the device through your Rise & Shine® using the AUX IN jack on the rear panel.

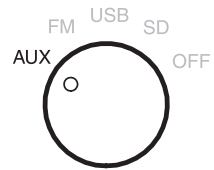
Connecting an audio device requires one of the following cables:

- Male-to-male 3.5 mm (1/8") stereo cable (this would be used, for example, to connect an iPod® to the Rise & Shine AUX IN).
- Dual RCA male to 3.5 mm (1/8") male stereo cable (to connect, for example, the left and right stereo outputs of an external device to the Rise & Shine AUX IN).



### To Connect an Audio Device to AUX IN

1. Connect one end of the stereo cable to the output of the audio device.
2. Connect the other end of the cable to the AUX IN jack on the rear panel.
3. Turn the Audio Input Selector to AUX.
4. Use the Volume Control to adjust volume.



**Note:** If the volume level is not high enough using the Rise & Shine Volume Control, increase the volume level of the connected audio device.

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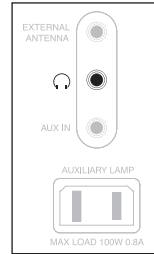
## Using Headphones

For private listening, connect headphones to the headphone jack on the rear panel using a 1/8 inch “mini” headphone jack.

The speaker is automatically muted when you plug in your headphones.

**Note:** The speaker will automatically unmute when headphones are disconnected. Because headphone volume may vary from speaker volume, be sure to lower the volume before connecting or disconnecting headphones.

**CAUTION:** Long-term exposure to loud music may cause hearing damage. Avoid extreme volume when using headphones, especially for extended periods.

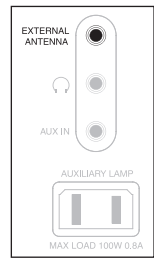


## Using the External FM Antenna

To improve FM reception, you may wish to use the included external FM antenna.

Connecting an external FM antenna:

1. Plug the 3.5 mm (1/8") plug of the FM antenna into the EXTERNAL ANTENNA jack on the rear panel.
2. Straighten the antenna and position to establish optimum reception.



## Maintaining Your Rise & Shine®

Your Rise & Shine is made from high quality materials and will last for many years with a minimum of care.

**CAUTION:** Use only a soft, dry cloth to clean the enclosure of your Rise & Shine Natural Sleep System. DO NOT USE SOLVENTS OR CLEANERS CONTAINING ABRASIVES OR AMMONIA.

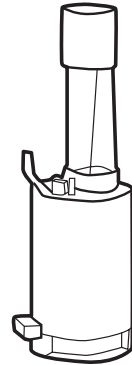


## Changing the Fuse

You may need to replace the Rise & Shine® fuse if it no longer brightens and dims your auxiliary lamp with your Wake and Sleep settings. In order to replace the fuse, do the following:

- This product must be disconnected from power before replacing the fuse.
- On the back of the product there is a black circular plastic head that holds the fuse. The part is labeled 1A, 250V.
- Use a flat head screwdriver and carefully turn the black head to the left (counter-clockwise).
- Remove the black head. It will appear as a black cylinder when you pull it out. The fuse is inside the cylinder.
- Pull the fuse out.
- Replace the fuse with an identical 1 amp fuse.

**Note:** Take the fuse to a hardware store to locate a replacement fuse if you do not have a replacement fuse on hand.



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## Troubleshooting

| Problem   | What to do   |
|---|--|
| My Rise & Shine® does not turn on or play music.  | <ul style="list-style-type: none"> <li>• Make sure the power cord is fully plugged into an operating electrical outlet.</li> <li>• Make sure the Audio Input Selector is not OFF. See page 11 for further instructions.</li> </ul>   |
| The Brightness Control does not change the brightness of the LED light panel or auxiliary lamp. | <ul style="list-style-type: none"> <li>• Make sure that the light you wish to control is ON: Go to LIGHT SET on the display menu and check settings. See page 14 for further instructions.</li> <li>• Make sure an auxiliary lamp is plugged into the Rise &amp; Shine and turned on.</li> </ul>   |
| Auxiliary Lamp does not work when plugged into the Rise & Shine.                                | <ul style="list-style-type: none"> <li>• Verify that the lamp switch is turned on.</li> <li>• The auxiliary lamp bulb may not be functional. Replace the bulb.</li> <li>• The lamp may not be enabled in “Light Set”. Review the instructions on page 14 to enable the lamp.</li> <li>• You may need to replace the fuse. Review the instructions on page 33 to replace the fuse.</li> </ul> |
| LED's do not work in Wake or Sleep Set.   | <ul style="list-style-type: none"> <li>• “Top” is not enabled in “Light Set”. Review the instructions on page 14 under Light Settings.</li> <li>• “Top” is not enabled in Wake or Sleep Settings. Reference page 16 under Light Settings.</li> </ul>   |
| The lights just suddenly turned off or the volume suddenly turned off.                          | <ul style="list-style-type: none"> <li>• One hour after the alarm setting time, if the product is not used, it will turn off.</li> <li>• Once it is used again, it will turn on.</li> </ul>  |
| The screen keeps going dark. I want it to stop.   | <ul style="list-style-type: none"> <li>• The product is performing in the Sleep Mode. It is currently set for the display to be off during this time.</li> <li>• To stop this mode, turn one of the middle 3 dials on the front of the system. These dials are labeled Brightness, Mode Select or Volume.</li> <li>• You need only turn one of the dials.</li> </ul>                         |

## Troubleshooting — continued

|   |  |
|---|--|
| <p>The alarm did not go off.</p>  | <ul style="list-style-type: none"> <li>• Verify that the correct Wake time was set (Reference page 15).</li> <li>• Verify that the correct setting for weekday or weekend was set (Reference page 15-16).</li> <li>• Verify that the date which was set is correct (Reference page 13).</li> <li>• Verify that the AM or PM settings are correct (Reference page 13 and 15).</li> <li>• Verify that in wake settings that a SOUND and/or LIGHT source has been chosen (Reference page 16-17).</li> </ul> |
| <p>There is a statement on the screen:<br/>MP3 FILES NOT FOUND.</p>     | <ul style="list-style-type: none"> <li>• The product will only read MP3 files.</li> <li>• Ensure that you are using songs in an MP3 format.</li> <li>• It will not recognize iTunes, .wav, or .wma formats. Most formats (such as iTunes) can be converted to MP3 format. Please visit <a href="http://support.apple.com/kb/HT1550">http://support.apple.com/kb/HT1550</a> for instructions on how to perform this activity.</li> </ul>  |
| <p>There is a statement on the screen:<br/>MEMORY DEVICE NOT FOUND.</p> | <ul style="list-style-type: none"> <li>• The memory device is not being recognized.</li> <li>• Verify that the device is inserted correctly.</li> </ul>  |
| <p>I cannot see all my folders.</p>                                     | <ul style="list-style-type: none"> <li>• The product has a limit of 100 folders. It cannot recognize or display additional folders.</li> </ul>   |
| <p>I cannot see all my files.</p>                                       | <ul style="list-style-type: none"> <li>• The product has a limit of recognizing 800 songs. Songs over that limit will not be recognized.</li> <li>• The Rise &amp; Shine® only displays MP3 files. Most formats (such as iTunes) can be converted to MP3 format. Please visit <a href="http://support.apple.com/kb/HT1550">http://support.apple.com/kb/HT1550</a> for instructions on how to perform this activity.</li> </ul>   |

## Troubleshooting — continued

|   |  |
|---|--|
| <p>The audio is not working.</p>  | <ul style="list-style-type: none"> <li>• Turn the volume up.</li> <li>• Make sure the Audio Input Selector is not set to OFF.</li> <li>• Does the display show MUTE? If so, press the Selector Control Dial to unmute.</li> </ul>  |
| <p>Volume of connected AUX device is too low.</p>                                   | <ul style="list-style-type: none"> <li>• Turn up volume of Rise &amp; Shine® and AUX device. Do so carefully.</li> </ul>   |
| <p>I set an MP3 for my wake/sleep and the FM radio played instead.</p>              | <ul style="list-style-type: none"> <li>• Verify that the sound source was correctly set in the menu. Reference page 17 or 20. To ensure there is some wake up sound, the system will default to Radio if the SD or USB cannot be found.</li> </ul>   |
| <p>I am getting a display on the screen “SD Card/USB missing.”</p>                  | <ul style="list-style-type: none"> <li>• The device has not been detected by the product.</li> <li>• Ensure that the device is inserted properly.</li> </ul>   |
| <p>FM reception is weak.</p>  | <ul style="list-style-type: none"> <li>• Connect the supplied external antenna.</li> </ul>   |
| <p>The song I selected is not playing. A different song is playing.</p>             | <ul style="list-style-type: none"> <li>• If you selected continuous mode, other songs will be played.</li> <li>• Verify that the correct memory device was inserted, for example the correct SD card.</li> </ul>   |
| <p>After snoozing, the alarm seems louder.</p>                                      | <ul style="list-style-type: none"> <li>• The snooze interrupts the wake sequence.</li> <li>• The farther along the Rise &amp; Shine moves into the wake cycle, the louder the sound becomes, until it reaches the maximum setting you programmed.</li> <li>• If the volume is too loud, you will need to readjust the maximum volume in the wake setting (Reference page 17).</li> </ul> |
| <p>When I selected a Wake tone, the play mode changed to repeat.</p>                | <ul style="list-style-type: none"> <li>• This is a normal feature of Wake tones. The tones are intended to loop.</li> <li>• If you do not like this setting, change the setting to continuous (Reference page 17-18).</li> </ul>   |
| <p>When I looked at the provided wake tones, there was a symbol in front of it.</p> | <ul style="list-style-type: none"> <li>• This symbol is a unique character recognized by the system to enable looping upon selection.</li> </ul>   |

## Troubleshooting — continued

|  |  |
|--|--|
| <p>I turned the dial brightness/volume/mode select dial and the Rise &amp; Shine® light and/or audio turned on suddenly.</p> | <ul style="list-style-type: none"> <li>• During the Wake/Sleep cycle, the center dial settings (Brightness/Mode/Volume) are overridden by the Wake/Sleep cycle.</li> <li>• If you adjust one of the center dials during the Wake/Sleep cycle, the system will break the cycle and return to the current Brightness and Volume settings.</li> </ul> |
| <p>The volume is too loud during the alarm.</p>  | <ul style="list-style-type: none"> <li>• Adjust the volume in the Wake settings. (Reference page 17).</li> </ul>   |
| <p>I cannot access the Sleep/Wake setting during the Sleep/Wake cycle.</p>   | <ul style="list-style-type: none"> <li>• The product does not allow updates to settings during the respective cycle.</li> <li>• If you wish to update, first break the current Wake/Sleep cycles. (Reference the note on page 20).</li> </ul>  |
| <p>I cannot access the USB device when playing my SD device.</p>   | <ul style="list-style-type: none"> <li>• The product does not create a directory when you are playing the other memory device.</li> </ul>  |
| <p>I cannot access the SD device when playing my USB device.</p>   | <ul style="list-style-type: none"> <li>• The product does not create a directory when you are playing the other memory device.</li> </ul>  |

If you continue to have difficulties, we would be happy to help you. Please contact the Vermont based Customer Service team at 1-800-786-6850.

## **Technical Specifications**

AC power rating 120V~ 60Hz 140W

Auxiliary Lamp Max. load 100W

Dimensions 9.75" W x 5.25" D x 5.5" H (24.8 cm x 13.3 cm x 14 cm)

Weight 5.5 lbs

Temperature 0-30°C

Relative Humidity 75% max

All specifications subject to change without notice.

## One Year Limited Warranty

**ATTENTION!** ONCE OPENED, PLEASE **DO NOT** RETURN THIS PRODUCT TO THE STORE WHERE IT WAS PURCHASED FOR REPAIR OR REPLACEMENT!

Many questions may be answered by visiting [www.verilux.com](http://www.verilux.com), or you may call our Customer Service Department at 1-800-786-6850 during normal business hours.

This limited warranty is provided by: Verilux, Inc., 340 Mad River Park, Waitsfield, VT 05673

Verilux warrants this product to be free from defects in material and workmanship for a period of one year from the date of the original retail purchase from Verilux or an authorized Verilux distributor. **Proof of purchase is required for all warranty claims.** During the limited warranty period, Verilux, Inc. will, at its option, repair or replace defective parts of this product, at no charge to the customer, subject to the following limitations: This limited warranty does not include any postage, freight, handling, insurance or delivery fees. This warranty does not cover damage, defect or failure caused by or resulting from accident, external destruction, alteration, modification, abuse, misuse or misapplication of this product.

This warranty does not cover damage to the product resulting from return shipping or handling. The use of shipping insurance is recommended to help protect your product.

**Return Authorization is required for all returns.** To obtain a Return Authorization, please contact the Verilux Customer Service Department at 1-800-786-6850.

If, during the first year of ownership, this product fails to operate properly, it should be returned as specified at [www.verilux.com/warrantyreplacement](http://www.verilux.com/warrantyreplacement) or as instructed by a Verilux customer service representative at 1-800-786-6850.

**Note:** *Verilux recommends using a quality surge suppressor on all electronics equipment. Voltage variations and spikes can damage electronic components in any system. A quality suppressor can eliminate the vast majority of failures attributed to surges and may be purchased at electronics stores.*

Due to ongoing improvements, actual product may have slight variations from the product described in this manual.

Please visit our website at [www.verilux.com](http://www.verilux.com) or call our Customer Service Department at

**1-800-786-6850**

Representatives are available Monday — Friday, 9am — 5pm EST

**verilux**<sup>®</sup>

340 Mad River Park, Waitsfield, VT 05673

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| Job#: 0.0????  | Title: VA04 Manual      |
| Date: 07/19/11 | Version: VA04-MAN-Rev32 |

