



littlehippo

# MELLA

Ready to Rise Children's Sleep Trainer,  
Night Light and Sound Machine

## SETUP GUIDE

**1 Year** Limited Warranty  
support@littlehippo.com  
650-395-7884  
littlehippo.com

**CONGRATULATIONS** on your purchase of MELLA, the all-in-one sleep aid designed to keep your kid in bed longer!

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# MEET MELLA



**Fig. 1** MELLA

Thank you for purchasing MELLA! More than a children's alarm clock, MELLA is a sleep trainer that teaches kids to stay in bed, a friendly night light and a soothing sound machine.

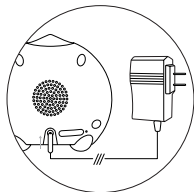
Each LittleHippo purchase comes with a 100% Satisfaction Guarantee and one year warranty. Contact [support@littlehippo.com](mailto:support@littlehippo.com) or 650-395-7884 for support, warranty claims and inquiries.

Now, let's get started.

## IN THE BOX



MELLA



AC ADAPTER



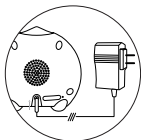
CR2032 BATTERY

**⚠ WARNING:**

- Not suitable for children under 36 months
- Choking hazard - small parts
- Parental supervision required



# SETUP AND MAINTENANCE



**Fig. 2** AC Adapter

## SET UP

Attach the AC adapter jack to the MELLA's base and insert the cord into a 100V-240V household outlet (Fig. 2).

## STORE

MELLA should be left on display, or stored in its box or a cool, dry place.

## CLEAN

Wipe off dust with a soft, damp cloth. Do not use liquids or abrasive cleaners.



**Fig. 3** Battery Compartment







## INSTALL BATTERY

Eject the battery cartridge by inserting the included battery pin into the hole (Fig. 3). Insert the battery positive side up and fully slide the cartridge back into the compartment.

## USER TIP

When MELLA is not plugged into an outlet, the included CR2032 battery preserves basic memory functions.

# DISPLAY

 Battery	 Nap Timer	 Lock
 Sleep Time	 Alarm	 Wake Time

# CONTROL PANEL

To program all settings, use the control panel on the bottom of MELLA (Fig. 4).

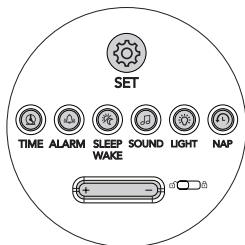


Fig. 4 Control Panel

# TIME

When MELLA is first plugged in, the display will read "12:00 AM."

## STEPS:

- 1. Press SET**  
The word "set" will appear on the display.
- 2. Press TIME**  
The hour will flash. Use (+|-) to set the hour (hold for rapid setting).
- 3. Press TIME**  
Use (+|-) to set the minute.
- 4. Press TIME**  
Use (+|-) to toggle between 12 and 24 hour mode.
- 5. Press SET**  
To exit Time mode or
- 6. Press TIME**  
To loop back to the beginning.



# ALARM

## STEPS:

1. **Press SET**  
The word “set” will appear on the display.
2. **Press ALARM**  
The alarm icon and hour will flash. Use (+|-) to set the hour.
3. **Press ALARM**  
Use (+|-) to set the minute.
4. **Press ALARM**  
Use (+|-) to choose among three alarm sound options.
5. **Press SET**  
To exit Alarm mode or
6. **Press ALARM**  
To loop back to the beginning.



To toggle the alarm on or off, press **ALARM**. The alarm icon will appear when the alarm is on.

## USER TIP

Review the currently set alarm time by holding down the Hat for 2 seconds during normal display times.



# ALARM

## SNOOZE

Tap the Hat once to snooze for 9 minutes (the alarm sound will stop playing) (Fig. 5).

## TURN OFF

To cancel the snooze at any time or to turn off the alarm while it is sounding, press the **ALARM** button or hold down the Hat for 2 seconds.



Fig. 5 Snooze Active

## WHAT IS THE READY TO RISE SLEEP TRAINER?

When it is time for bed, MELLA will go to sleep too! Your child will know to stay in bed because MELLA will close its eyes.

When it's time to wake up, MELLA will greet your child with a smile and the light will turn **GREEN** - it is ready to rise!

MELLA teaches your child to wait for good things to come. Thirty minutes before it is time to wake up, MELLA will glow **YELLOW**. Teach your child to wait patiently in his/her room until the light turns **GREEN**!

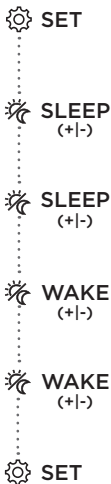
### USER TIP

In addition to using MELLA's sleep trainer, set a night light during bed time to train your child to associate sleep with a specific color light.

# SLEEP TRAINER

## STEPS:

- 1. Press SET**  
The word "set" will appear on the display.
- 2. Press SLEEP/WAKE**  
To enter the Sleep Mode. The display will read "sleep set", MELLA will display a sleeping expression, and the moon icon will flash.
3. Enter the sleep time. Use (+|-) to set the hour.
- 4. Press SLEEP/WAKE**  
Use (+|-) to set the minute.
- 5. Press SLEEP/WAKE**  
To enter the Wake Mode. The display will read "set wake", MELLA will display a smiling expression, the sun icon will flash and the light will glow green.
6. Enter the wake time. Use (+|-) to set the hour.
- 7. Press SLEEP/WAKE**  
Use (+|-) to set the minute.
- 8. Press SET**  
To exit the Sleep/Wake Mode or
- 9. Press SLEEP/WAKE**  
To loop back to the beginning.
- 10.



# SLEEP TRAINER

Don't forget to turn on MELLA's sleep trainer after you've set it!

To toggle the sleep trainer on or off, press **SLEEP/WAKE**. During normal hours, MELLA will display a sun icon when the sleep trainer is on.

## PLAY PERIOD

Thirty minutes prior to the wake time, MELLA will enter the Play Period.

During the Play Period, MELLA will display a playful expression, the moon icon will continue to show and the light will glow yellow (Fig. 6). Teach your child to play quietly in his/her room until the light turns green!



Fig. 6 Play Period Active

## TURN OFF

To turn off the yellow light during the Play Period, hold down the Hat for 2 seconds. To turn off the green light during the Wake Period, hold down the Hat for 2 seconds.

If the user does not turn off the green light, it will automatically shut off after one hour after the wake time.

## USER TIP

If any alarms are sounding, they must first be turned off before the Hat may be used to turn off the sleep trainer lights. Hold down the Hat for 2 seconds to turn off any alarms, and then hold down the Hat again for 2 seconds to turn off sleep trainer lights.

# SLEEP TRAINER

## EXAMPLE (Fig. 7)

MELLA's sleep time is set to 9:00 PM. MELLA's wake time is set to 7:00 AM. The Play Period is automatically set to 6:30 AM. One hour after the wake time, the green light automatically shuts off.

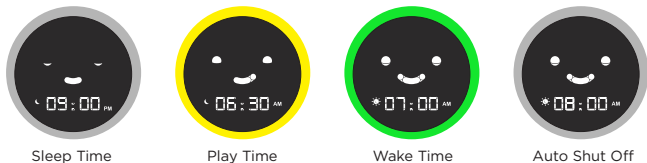


Fig. 7 Sleep Trainer Example

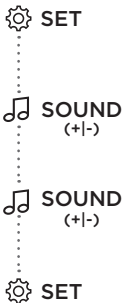
### USER TIP

MELLA's Play Period introduces the concept of delayed gratification. Teach your child to play quietly in his/her bedroom until the light turns green!

# SLEEP SOUND MACHINE

## STEPS:

1. **Press SET**  
The word "set" will appear on the display.
2. **Press SOUND**  
The first sleep option will preview and the screen will display "1".
3. Use (+|-) to scroll through the three sound options: (1) white noise, (2) ocean and (3) lullaby.
4. **Press SOUND**  
Use (+|-) to adjust the duration of the sleep sounds. The duration options are 10/20/30/45/60/90 minutes, or continuous ("ON").
5. **Press SET**  
To exit Sleep Sound mode or
6. **Press SOUND**  
To loop back to the beginning.



To toggle the sleep sound machine on or off, press **SOUND**.

## USER TIP

When an alarm is sounding, it will override the sound machine.

# NIGHT LIGHT

## STEPS:

1. **Press SET**  
The word “set” will appear on the display.
2. **Press LIGHT**  
The night light will glow white and the first duration option will preview.
3. Use (+|-) to adjust the duration of the night light. The duration options are 10/20/30/45/60/90 minutes, or continuous (“ON”).
4. **Press SET**  
To exit Night Light mode.



To toggle the night light on or off and also to change the night light color, press **LIGHT**.

Changing the night light color will restart the night light timer.

If the sleep trainer is toggled on, the yellow and green lights will override the night light at their designated times.

## USER TIP

For optimal sleep quality, we recommend using the amber night light at bed time!

# NAP TIMER

## STEPS:

1. **Press SET**  
The word "set" will appear on the display.
2. **Press NAP**  
The nap icon will flash.
3. Use (+|-) to adjust the duration of the nap. The duration options are 15/30/45/60/90/120/150/180 minutes.
4. **Press NAP**  
Use (+|-) to choose an active alarm sound (AL) or green light (LI) at the end of the countdown.
5. **Press SET**  
To exit Nap Timer mode.



SET



NAP  
(+|-)



NAP  
(+|-)



SET

To toggle the nap timer on or off, press **NAP**.  
The nap timer icon will appear when the nap timer is on.

## SNOOZE

When the nap is finished, the alarm sound will play or the green light will display.  
Tap the Hat once to snooze for 9 minutes.

## TURN OFF

To cancel the snooze at any time or to turn off the nap timer alarm or green light, press the **NAP** button or hold down the Hat for 2 seconds.

## USER TIP

Review the remaining duration of the nap by holding down the Hat for 2 seconds while the nap timer is active.

## VOLUME AND BRIGHTNESS

There are 5 volume levels. Press (+) to increase the volume. Press (-) to decrease the volume.

There are 5 brightness levels. To adjust the brightness, press **TIME** to scroll through the options.

## BATTERY

If there is no battery in the cartridge or when the battery is low, the battery icon will flash continuously. Replace the battery when the icon is flashing in order to preserve memory functions when MELLA is unplugged.

## LOCK MODE

Use the slider on the bottom of the clock to lock the clock and prevent changes. The following features still function in lock mode:

- Adjusting the volume and display brightness
- Holding down the Hat for 2 seconds to check the set alarm time or remaining time left in the nap timer
- Holding down the Hat for 2 seconds

to snooze and/or to turn off sounds when the alarm and nap alarm are sounding

- Holding down the Hat for 2 seconds to turn off green and/or yellow lights when the sleep trainer or nap timer is on
- The **ALARM** button when the alarm is sounding
- The **NAP** button when the nap alarm is sounding



# ONE YEAR WARRANTY

LittleHippo's warranty covers defects in material and product workmanship under normal use for a period of one (1) year. The warranty does not cover damages resulting from misuse, abuse, immersion, normal wear and tear or unauthorized modification.

For warranty claims, please contact us:

Phone: 650-395-7884

Email: support@littlehippo.com

There are no expressed warranties except as listed above. This warranty gives you specific legal rights which may vary from state to state. **NOT LEGAL FOR TRADE.**

## TECHNICAL INFORMATION

### **AC ADAPTER**

Input Voltage:

AC 100V-240V, 50Hz or 60Hz

Output Voltage:

DC 5V

**Clock Backup Battery:**

CR2032 x1, DC 3V

# IMPORTANT SAFETY INFORMATION

## **READ ALL INSTRUCTIONS BEFORE USING. SAVE THESE INSTRUCTIONS.**

To reduce the risk of electric shock, burns, fire or injury:

- Do not attempt to open MELLA. Please refer any servicing to qualified service personnel.
- Unplug MELLA from the outlet when not in use and before cleaning.
- Keep MELLA away from water and locations where it can fall or be pulled into a water source such as a tub or sink.
- Keep MELLA away from heat sources such as stoves, radiators and other devices emitting heat.
- Keep any CR2032 battery intended to be used with MELLA out of reach of children.
- Use MELLA only for its intended use as described in this manual. Do not use attachments not provided with MELLA.
- Do not spill liquid on or into MELLA, and never insert objects into the openings.
- Do not use MELLA if it has a damaged cord, plug, cable or housing. Please reach out to LittleHippo at [support@littlehippo.com](mailto:support@littlehippo.com) or 650-395-7884.

## FCC DISCLAIMER

This device complies with Part 15 of the FCC Rules. Operation of this device 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.

Caution: Changes or modifications that is not expressly approved by the manufacturer could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits of a Class B digital device, pursuant of 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 radiates radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference in the radio communications. 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, you are encouraged to try to correct the interference by one or more of the following measures:

1. Reorient/relocate the receiving antenna.
2. Increase the separation between the equipment and the receiver.
3. Connect the equipment into an outlet from a different circuit where the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.



**littlehippo**

We stand behind our 100% Satisfaction Guarantee and one year warranty.

Visit [littlehippo.com](http://littlehippo.com) for more information.



Note: Due to production changes and improvements, actual product may vary slightly from images shown in manual and/or on packaging.

U.S. Patent No. D797,575

**PARENTHOOD JUST  
GOT EASIER**