

# Aroma-Snooze

The Ultimate Sleep Aid Vaporiser

[www.livelyliving.com.au](http://www.livelyliving.com.au)



## Aroma-Snooze

A better sleep for the whole family.

We believe sleep is not a luxury, it is a necessity and we're here to help!

The Aroma-Snooze is specifically designed to improve and enhance the sleep of the whole family, from newborn babies, to toddlers, teens, adults, and senior family members.

Using the latest cool-mist technology underpinned by evidence-based research on the science of sleep, the Aroma-Snooze combines a range of sleep enhancing features, utilises the natural power of aromatherapy, plus has the ability to ionise and humidify the air. Together these features will ensure you and your loved ones not only fall asleep quicker, but stay asleep too.

## Aromatherapy

Today, Aromatherapy is recognised around the world as an important natural therapy for a wide range of conditions and purposes. Diffusing Essential Oils is one of the most safe and effective ways to experience the natural benefits of Aromatherapy.

Some of the main benefits of Aromatherapy can include: sleep promotion, tummy upsets, calm and soothe, congestion & coughs, skin irritations, antibacterial & to relieve anxiety.

Pure and high quality Essential Oils can be used in the Aroma-Snooze.

Lively Living have a wide range of Certified Organic Essential Oils, including the Certified Organic Aroma Snooze Remedy Essential Oil blend. The Aroma Snooze Remedy blend was created to support sleep and work alongside the many other features of the Aroma-Snooze sleep aid.

## Sound Therapy

One of Aroma-Snooze's secret weapon lies in its built-in music and sound component. We have carefully selected a number of different sounds and tones, based on scientific studies on sleep patterns and habits.

**These sounds include the choice of:**

### Rock-a-bye Baby

A soft, musical lullaby for nighttime

### Pink Noise

Celebrated for its sleep-enhancing properties, pink noise slows down and regulates brain waves allowing for a deeper, longer sleep

### Comforting Heartbeat Sound

Great for relieving separation anxiety

### Rain Sound

Soothing sound of rain, perfect for adults and children

### Uplifting Tempo Lullaby

A gentle lullaby with a faster tempo for relaxation and day-play

## Voice Recorder

All children are unique, and you know what soothes them most. The Voice Recorder will allow you to personalise your Aroma-Snooze experience by making a recording (up to 30 seconds) that can be played on a continuous loop. Perhaps you may like to record **a)** A favourite song **b)** Positive words of encouragement **c)** A comforting 'shhhh' sound.

## Colour Therapy

### Red/Orange Light

With the first press of the light button, the Aroma-Snooze will bathe your room in the warm glow of LED light, cycling between shades of red and orange, scientifically renowned for their therapeutic ability to stimulate melatonin levels – the hormone in our body that regulates sleep.

This rhythmic 8 second cycle is at a desired tempo to work alongside the benefits of red/orange light therapy known to support sleep further.

### Colour Changing Lights

Adding to its impressive array of features, Aroma-Snooze's light can also oscillate between shades of the full colour spectrum of LED light, for a soothing and mesmerising effect and can be set to individual colours if desired.

## Benefits of colour therapy:

### Green Light

Balancing and is perfect for use during the day!

### Red/Orange Light

Assists the production of melatonin, the hormone in our body that regulates sleep.

### Purple/Mauve Light

Calming effects of mind & nerves. May trigger creativity & is perfect to enhance calm day-play periods.

### Pink Light

Encourages a caring & compassionate space for self and others! Ideal to encourage family unity.

### Turquoise/Blue Light

Is calming and soothing. Aids in relaxation.

## Ultrasonic Technology

Ultrasonic Technology uses high frequency vibrations to immediately turn water into a cool vapor without the use of heat. The advantage is that there is no condensation created and the Essential Oils are kept in their purest form. The Ultrasonic Technology used in the Aroma-Snooze will also create the following benefits:

### Humidifier

The Aroma-Snooze adds a light moisture back into the atmosphere to create a better breathing environment. It can also assist with children to sleep more comfortably and prevent dry skin conditions.

### Ioniser

The water vibrates at 2.4 million Hz/sec creating 'healthy' negative ions which counteract positive 'pollutant' ions in the air. Negative ions help remove dust, germs and bacteria in the air, and can aid respiratory problems such as Asthma, Sinus and Allergies

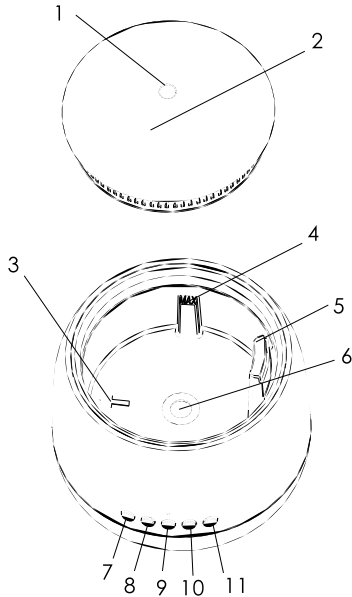
### Air Purifier

As well as the Ioniser acting as an air purifier, the cool mist carries droplets of Essential Oil into the atmosphere. Many pure Essential Oils carry antibacterial properties, which will also purify the air you breathe.

## Specifications

Voltage 24V  
Power 12W  
Water capacity 300ml  
Product Size 15x 15cm

1. Mist Outlet Hole
2. Cover
3. Arrow - Water drain side
4. Max water level indicator
5. Outlet
6. Ultrasonic Disc
7. Mist buttons
8. Lamp button
9. Music button
10. Volume down button
11. Volume up button



## Operation

### POINTS TO CONSIDER BEFORE USE:

- Place the Aroma-Snooze on a dry and even surface
- DO NOT use detergents or aggressive agents to clean
- Use only clean, room temperature water to fill the water tank
- Disconnect the diffuser from the power supply before cleaning
- 100% pure essential oils are recommended for use
- DO NOT lean, move or attempt to empty or refill during operation.
- Empty, rinse water tank and wipe dry with a clean cloth when changing to a different type of essential oil and before storage.
- We encourage you use your Aroma-Snooze as regularly as possible and reap the benefits!

## Button Functions:



### Mist Control: ☰

**First Press:** Continuous mist mode

**Second Press:** Intermittent mist mode (approx. 30sec on 30sec off)

**Third Press:** Mist switched off

### Light Control: 💡

**First Press:** Light cycles between Red & Orange lights, ideal for sleep

**Second Press:** Fix the colour light (Red/Orange colours)

**Third Press:** Colour Changing Light mode - Full colour spectrum

**Fourth Press:** Fix the colour light - at any point of the full colour spectrum

**Fifth Press:** Turn off light completely (mist and sound can still operate)

### Music/Sound Control: 🎵

**First Press:** Play - Rock-a-bye baby. Slow rhythm lullaby.

**Second Press:** Play - Pink noise. For deeper, longer sleep

**Third Press:** Play - Comforting Heartbeat sound.

**Fourth Press:** Play - Rain sound. Calming & soothing sound of nature

**Fifth Press:** Play - Uplifting tempo lullaby. For relaxation and day play

**Sixth Press:** Sound off (mist and light can still operate)

**Note:** Press the 🎵 Music button for 1.5sec to turn off music at any stage

### Volume Control: ⏪ ⏩

Each press of the ⏪ Volume Down button will reduce sound volume by 5%

Each press of the ⏩ Volume Up button will reduce sound volume by 5%

Note: The default volume after power-on is 85%

### Voice Record Function:

The Aroma-Snooze has the ability for you to record your own voice and play it back, ideal for comforting and reassuring young children.

For best recording quality, record whilst the mist function is switched OFF.

#### Recording:

Press and hold the ⏪ volume button for the duration of your recording.

Red flashing lights will activate which indicates recording is taking place.

To finish recording, release the ⏪ volume button.

Your recording is now stored.

#### Playback:

To play your stored recording, press and hold the ⏩ volume button for approx 2 seconds. This will start a loop of the recording. To stop playing the recording, press the 🎵 music button once.

The last recording will be saved until you make a new recording by following the above steps again. Only one recording can be stored at any one time.

**Please note:** The Aroma-Snooze is not a toy, please operate with care and should be kept out of reach of small children at all times.

## Cleaning

As essential oils are a natural, potent and powerful substance, it is important to pay attention to the care and regular cleaning of your Aroma-Snooze.

We recommend to wipe out your Aroma-Snooze with a clean cloth or paper towel after every couple of uses. Please do not leave essential oil residue sitting in the bottom of the diffuser for extended periods of time. Please ensure the ceramic disc at the bottom of the diffuser is cleaned regularly with a cotton bud.

## Warning

- In case of abnormal situations such as smoke, peculiar smells and cacophony etc, any further use may result in an accident, such as fire or electric shock. You should unplug the adaptor immediately and contact your local supplier.
- Never wrap the adaptor with cloth or paper when on, as it will not dissipate the heat properly, which may damage the unit.
- Never attempt to disassemble or repair the product yourself. In case of internal inspection or repair, please contact your local supplier.
- Keep the product out of reach of children to avoid injury.

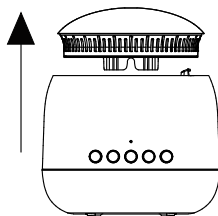
## Troubleshooting

### NO MIST

Possible Cause	Solution
Power supply is not connected	Plug in the power and press the <b>MIST</b> Button
Insufficient Water (Lower than the sensor)	Refill with sufficient clean water
Too much water Exceeds max water line	Pour away excess water
Mist outlet is blocked by water residue	Keep the mist outlet clean and ventilated

### NO LIGHT

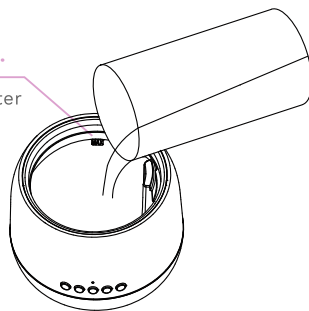
Possible Cause	Solution
Lamp button is not pressed	Connect the power and press the <b>LIGHT</b> button to activate the light
Sleep mode (no light) is ON	



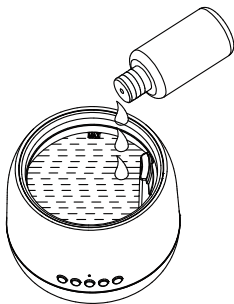
1. Remove the cover

**DO NOT EXCEED THE MAXIMUM WATER LEVEL LINE.**

2. Fill the water tank with water to the indicated water line.

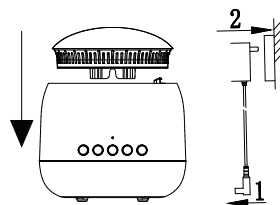


3. Add 2-3 drops of your favourite essential oil into the water.



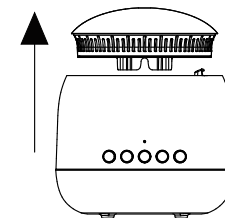
4. Replace the cover

5. Plug in the adaptor and press the **MIST**, **LIGHT** & **SOUND** buttons.

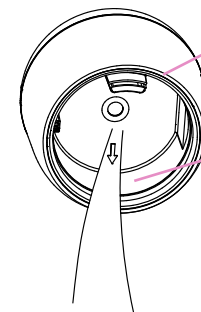


## Maintenance

1. Press the mist button to turn off the unit and unplug the power adapter



**WARNING: DO NOT empty water from the air vent side, or allow water to enter this air vent hole**



2. Empty water from the side directed by the arrow in bottom of the water tank. (opposite side to the air vent)

3. Regularly use a damp cloth to clean the exterior of the unit.

Regularly use a clean swab/cloth to clean the water tank and ceramic disc.

