

**Learn & Climb™**

## SLEEP TRAINING SYSTEM MANUAL

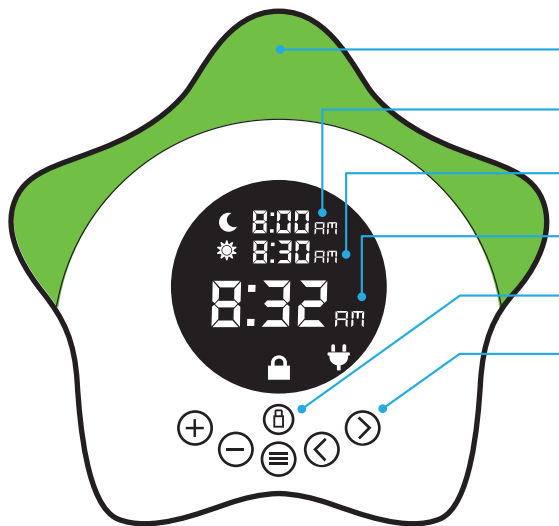


**My  
Good Morning  
Buddy**



Easy to set, lock and  
get some rest

Welcome to your Good Morning Buddy Sleep Training Clock!  
A big congratulations to you for taking the first step on your way to getting your family a good night's rest!  
Let's get acquainted!



1. The **BIG BUTTON**

2. ☾ **STAY IN BED** start time

3. ☀ **WAKE UP** time

4. **TIME** of day

5. 🔒 **LOCK**

6. **CONTROL PANEL** featuring:

☰ **MENU**

+/- **ADD** or **DECREASE TIME**

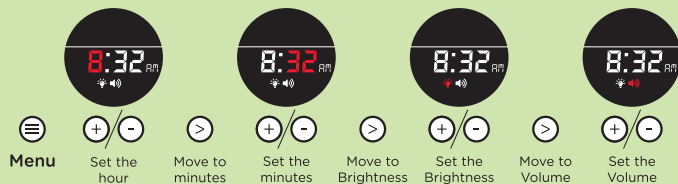
</> **NAVIGATE** through the menu

🔌 **PLUG** your clock into power

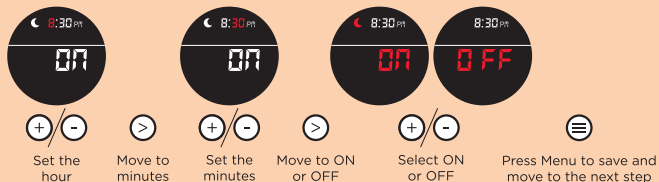
1. The **BIG BUTTON**- This multi-purpose button is both a soft glowing light and a useful button. This area lights up red while in stay in bed mode, green when it's time to get up, it will illuminate yellow for soon and white while functioning as a soft, glowing nightlight. Your child will simply press this to turn off the alarm and green light, plus it turns on and off the nightlight.
2. The **STAY IN BED** display is the first set of numbers at the top of your screen. When the stay in bed function is activated, there will be a little moon icon letting you know it is properly set.
3. The **WAKE UP** display time is the second set of numbers on your screen. When the wake up function is activated, there will be a little sun icon right next to the time to let you know it is properly set.
4. The **TIME** of day is represented by the large numbers on the clock.
5. The **LOCK** button will lock your settings with a simple press and hold for 7 seconds.
6. The **CONTROL PANEL** features readily recognizable icons to make setting a breeze!

## QUICK START

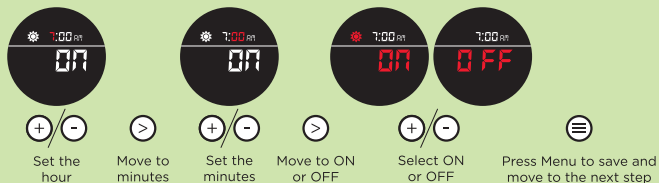
- 1** Set the time, brightness and volume



- 2** Set the stay in bed time for the red light to come on



- 3** Set the wake-up time for the green light to come on and the alarm to sound if sound has been enabled in step 1.



**4** Set the nightlight duration



Set the duration of time you would like the nightlight to be lit once activated



Press Menu to save and move to the next step

**5** Set the soon yellow light to come on 20 minutes before the green wake up light



Turn the SOON light on or off



Press Menu to save and move to the next step

**6** Fast track to the \*nap mode from default screen:



Press



Set the duration of the nap from 10 min to 3 hours



Press to save the settings and start the NAP

\*Turn off NAP by pressing and holding the top Big Button for 5 seconds.

## INCLUDED IN THIS PACKAGE:

- 1 The Good Morning Buddy sleep training clock
- 1 6 foot DC cord
- 1 UL listed 1 amp adapter
- 1 Bed time with Buddy Story book
- 1 Tip Sheet
- 1- 8 week Reward Chart
- 1 Quick Start Instruction Manual
- 1 Detailed Instruction Manual

## SIMPLE SET UP:

Your Good Morning Buddy Clock has a battery compartment found on the back which holds 3 AAA batteries. The batteries are used for saving your settings in case of a power outage. Please do not try to operate the clock on batteries alone as the batteries are for back-up only.

Using a small screwdriver, remove the screw securing the battery compartment cover.

Open the cover and insert 3 AAA batteries as shown inside.

Secure the battery cover in place, replace the screw and tighten the screw securely.

Find a nearby outlet for your power adapter and plug it in. Attach the convenient 6 foot DC cord to the adapter and to the clock. Push the cord into the clock until it is flush.

If your clock is not properly attached to power the plug icon will flash on the screen until it is properly plugged in. Now your clock is ready to go!

## Set the TIME, BRIGHTNESS and VOLUME

(**Note:** Your Buddy is smart! These settings will be remembered until you change them)


When you first plug in your clock, the screen will default to 12:00am for **STAY IN BED** time, 8:00am for **WAKE UP** time and 12:00am for **TIME** of day.

### Set 12/24 hour mode:

**Note:** If you are using 12-hour format, move to step 1 below. (If you are using 24-hour format, press the + button while in the default screen and 24-hour mode will be activated. Simply press + again to return to 12-hour format.)





Press the menu button  1 time to enter the **TIME** set mode

Use the  buttons to set the am or pm hour





Press the  button to move to the minutes

Use the  to set the minutes

Press the  button to move to the **BRIGHTNESS** mode

Use the  buttons to increase or decrease the brightness from low  to medium   
to high 

Press the  button to move to the **VOLUME** mode

Use the  buttons to increase or decrease the volume from off  to low   
to high 

Press the menu button 1 time to save your settings and move on to setting the STAY IN BED light. Or, to save and exit settings altogether, simply continue pressing the menu button until 2 beeps are heard.



## Set the STAY IN BED light:

Now you are in the **STAY IN BED** mode (or from the default screen, press the menu button two (2) times to enter the stay in bed mode). The Big Button light will turn red and the Stay in bed hour will flash to let you know what you are setting.

Press the  $\oplus/\ominus$  to select the hour for the stay in bed light to turn on.

Press the  $\triangleright$  button to move to the minutes, then use the  $\oplus/\ominus$  buttons to set the minutes.

Press the  $\triangleright$  button to enter off or on mode, then use the  $\oplus/\ominus$  to select off or on (when you turn the stay in bed function on, the moon icon will appear next to the time to let you know that the stay in bedtime is set and on).

***\*Note- if you are setting the red light and it is currently later than the time you have set, the clock will not illuminate red until the next day at the set time.***

Press the menu button one time to save your settings and to move on to setting the Wake-Up light. Or, to save and exit settings altogether, simply continue pressing the menu button until 2 beeps are heard.



## Set the WAKE-UP Light:

Now you are in the **WAKE-UP** mode (or from the default screen, press the menu button three (3) times to enter the wake-up mode).

The Big Button light will turn green and the Wake-up hour will flash to let you know what you are setting.

Press the  $\oplus/\ominus$  to select the hour for the Wake-up light to turn on.

Press the  $\triangleright$  button to move to the minutes, then use the  $\oplus/\ominus$  buttons to set the minutes.

Press the  $\triangleright$  button to enter off or on mode, then use the  $\oplus/\ominus$  to turn the Wake-up light off or on (when you turn the Wake-up function on, the SUN icon will appear next to the time to let you know that the stay in bedtime is set and on).

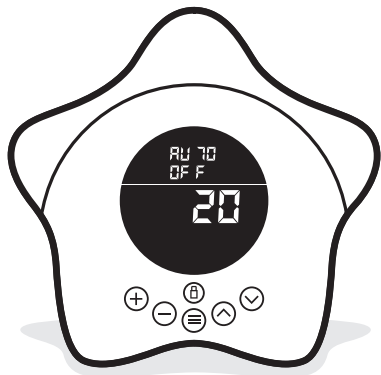
If you have the sound set to low or high, the alarm will sound at the same time the wake-up light comes on.

If the sound is set to off  $\downarrow$  then the green light will illuminate at the set time without sound.

**\*Set the volume on page 7.**

Press the menu button one time to save your settings and to move on to setting the Nightlight mode. Or, to save and exit settings altogether, simply continue pressing the menu button until 2 beeps are heard.





## Set the nightlight duration:

The nightlight is a soft glowing white light that is easily turned on at any time by simply pushing the top Big Button one time. The nightlight can be set for a duration of time anywhere from 10-60 minutes and will automatically turn off after the length of time you have set here once turned on. The nightlight overrides the other lights only for the duration of time you set here:


Press the menu button (≡) four (4) times to enter the nightlight duration mode (“Auto Off” will display and the big button light will illuminate white while in the Nightlight setting mode)

Use the (+)/(-) buttons to set the duration of time you would like the nightlight to illuminate in increments of 10 minutes from 10-60 minutes.

Press the menu button (≡) one time to save the amount of time you would like the nightlight to stay lit (overriding the other lights) once activated and move on to setting the SOON light mode. Or, to save and exit settings altogether, simply continue pressing the menu button until 2 beeps are heard.




## Set the SOON Light:

The SOON light is an optional feature which allows you activate a yellow light and the soon icon  to let your child know that soon it is time to wake up. The soon light is pre-set to turn on 20 minutes before the Wake-Up light and can either be turned on or off according to your wishes.

To activate the Soon light:

Press the menu button  five (5) times to enter the Soon light settings


Press the  buttons to turn the Soon light on or off


Press the menu button  one time to save your settings exit settings altogether.




## Fast track to the NAP mode:

It was important to us that you had a fast track to the nap mode, so here it is:

From the default screen, simply press the  button to enter the nap light mode.

Press the  buttons to set the duration of the nap in increments of 10 minutes up to 3 hours.


Press the  button to save the setting and start the NAP timer.

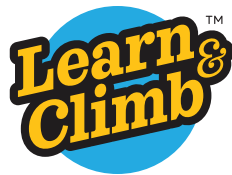
While the NAP timer is activated, the red light will illuminate during the countdown, then will turn green. No alarm will sound when the NAP light turns green. You're welcome!

When your child awakens and the light has turned green, you or your child will simply press the top Big Button to turn off the light.

**To turn off the NAP** light early or to reset it, simply press and hold the top Big Button for five (5) seconds.

## Lock Your Settings

By simply pressing and holding the Lock button  on the face of your clock for 7 seconds, all your settings will be locked. When the clock is locked, the function buttons will not operate. The only exceptions are that the Big Button can be used to turn on/off the nightlight, and your child will be able to turn off the alarm when the Wake Up Light is green. You can unlock to change your settings at any time simply by pressing and holding the Lock icon again for 7 seconds.



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