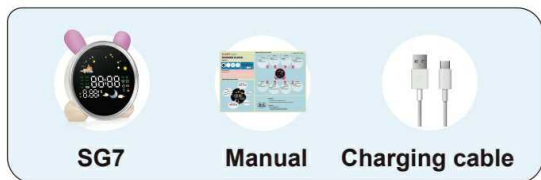


SLEEP TRAINER CLOCK

User Manual SG7

UNPACK



Power supply connection:

 Type-c 5v= 1A OR 2A



Note: silencing time

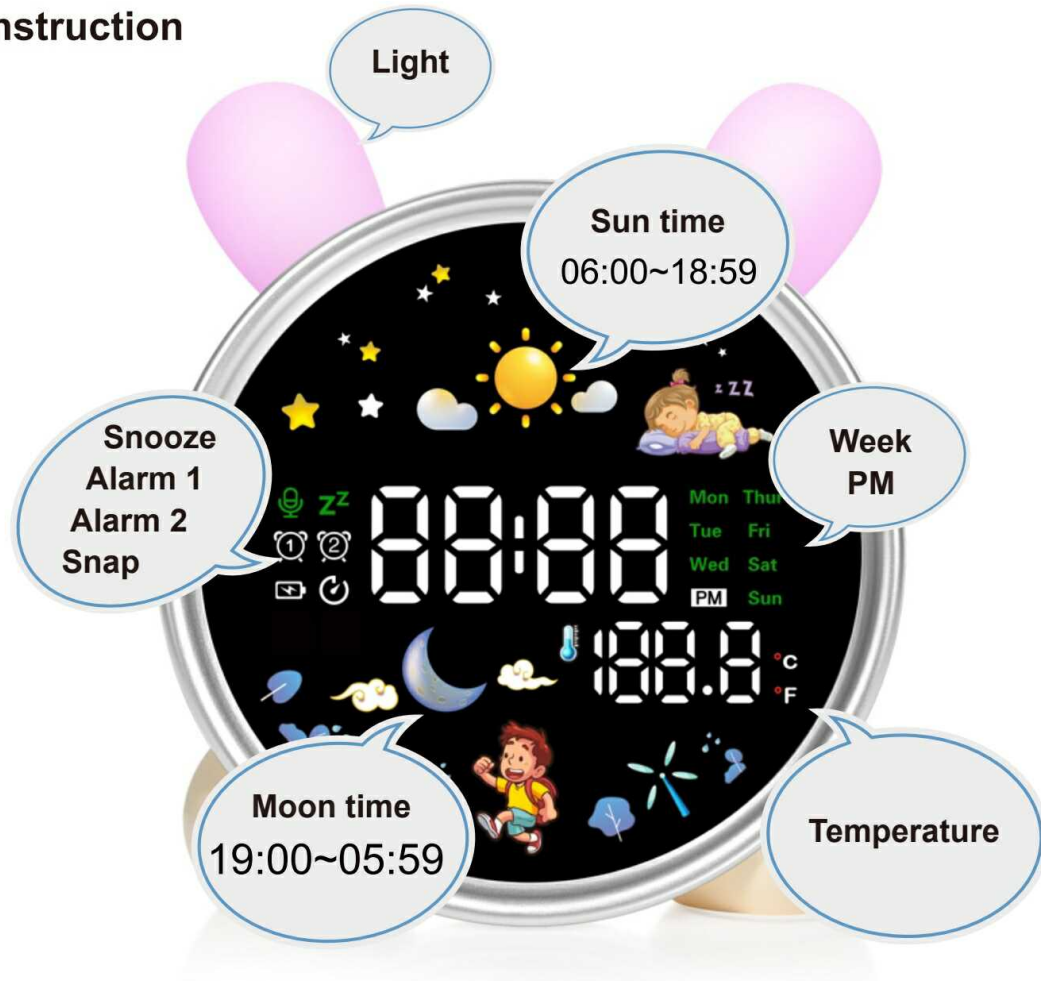
Default as do not disturb mode at 10:00PM – 7:00AM.

All remind sound on equipment are mute.

(Except alarm clock bell)



Screen Instruction



- The SUN time is valid from 6:00 to 18:59
- The moon time is valid from 19:00 to 5:59. (next day)



**ON/OFF •
& LIGHT**

 Short press

- Selecting light color, five lighting effects.

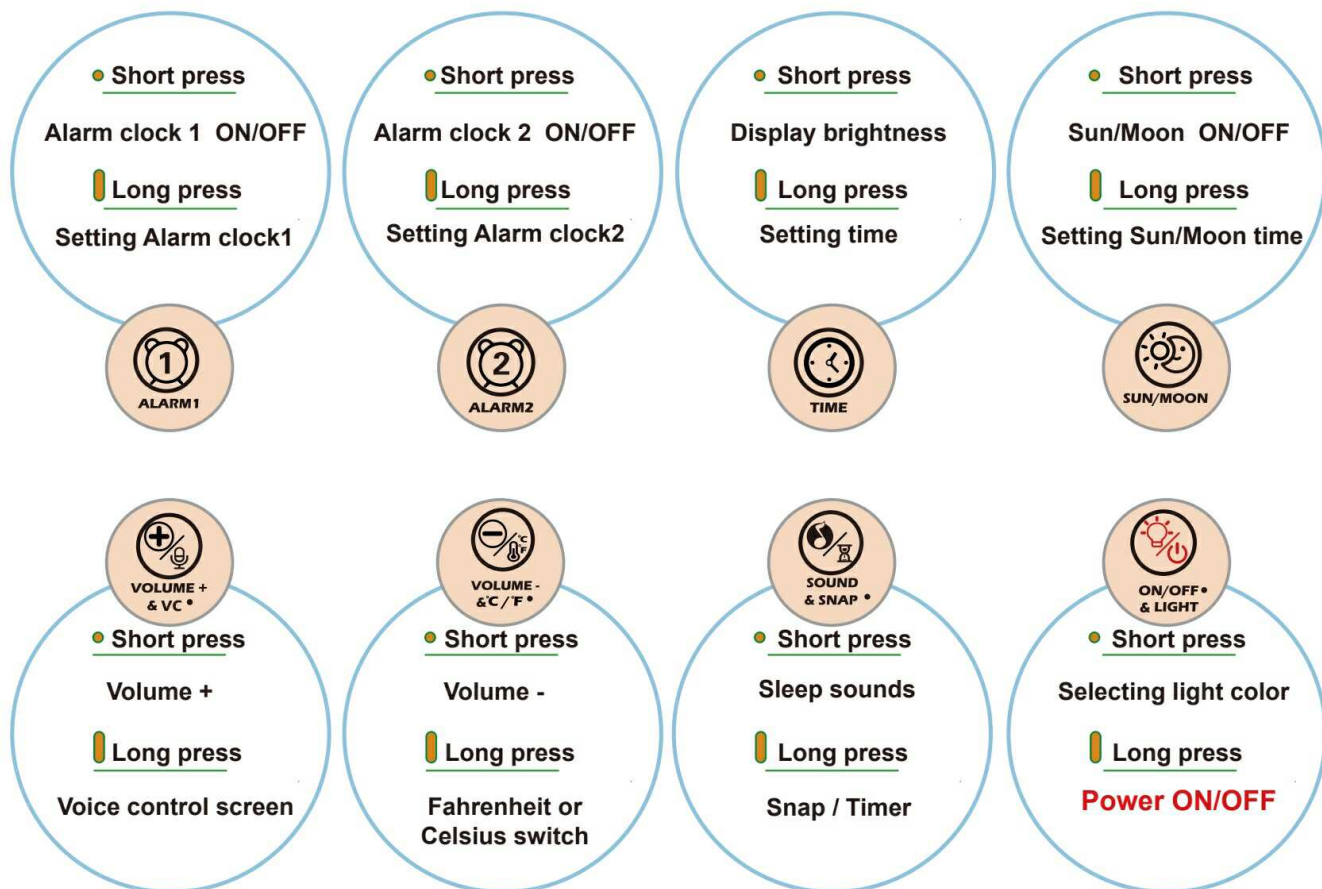
 Long press

Power ON/OFF

- Long press 3 seconds

Operating instruction

● Long press 3 seconds



● Short press

- Light ON/OFF Adjust light intensity.
- When the alarm goes off, press the button enter the snooze.



SOUND & SNAP •

● Short press Play sleep sound: 7 soothing sounds

1. Press the  button to play sound.
2. Short press  again to next song, press   to adjust the volume.
3. Press other button to exit playing.

■ Long press Snap timer function

1. Long press the  button to enter the SNAP TIMER function mode, the  icon will flash, and  on the display.
2. Short press the  button to quick select the timing time (15m, 30m, 45m, 60m), can also be adjusted minutes by the   button.
3. If the minutes displayed is longer than 1 minute (ex: 15:00), and touch the  button it will as the snap function.
4. If 00:00 on the display, and touch the  button it will as a timer.
Touch the  button to pause the timer when timer start. Touch the  button again will resume the timer, if long press the  button it will be retiming.
Press the  button to exit the SNAP TIMER function.

Minutes Seconds



(Max: 99 minutes)



SUN/MOON

Setting sleep trainer time

1. First, long press the  button for 2S to enter the desired wake time setting. The  icon is flashing, press   to adjust the time.
2. Then press  for the desired sleep time setting, the  icon is flashing, press   to adjust the time.
3. After the setting are completed, press the  to exit quickly.

How it works:

- Flashing sun/moon icons and ear-light will teach child when it's time to get up or go to bed.

Time to wake up

- When the time go to setting of the wake-up time, sg7 began to green light, and flash the  icon. it means that childs should get up, a good day begins (the green light and flashing  icon will stay illuminated for one hour in case your child sleep in.)
- When childs get up earlier, childs will learn to stay on bed until the  icon flashing and green light.

Time to sleep

- When the time go to the setting of the sleep time, sg7 began to blue light .and flashing the  icon, it means that childs should go to bed, have a good dream. (the blue light and flashing  icon will stay illuminated for 45 minutes in case your child go to bed too late!)
- Note: the difference between sleep training function and traditional alarm clock.
-  &  flashing icons and ear-light will teach child when it's time to get up or go to bed. That your childs have a good sleep habits. Alarm clock 1 and alarm clock 2 mainly use sound to wake the child up from an auditory perspective.



Setting the clock

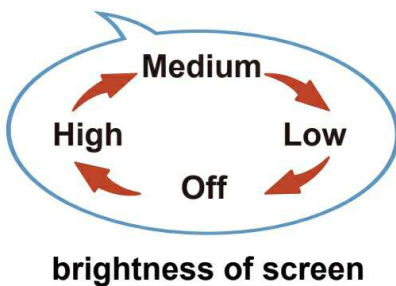
1. Long press the  button until the clock flashing on the display, then release.
2. Press   button repeatedly to set the hour and press  to store.
3. Press   button repeatedly to set the minute and press  to store.
4. Press   button to choose 12/24H format and press  to store the clock setting.
5. Press   button repeatedly to select the day of the week,

Mon	Thur
Tue	Fri
Wed	Sat
	Sun

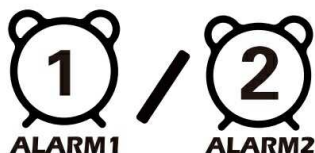
 will appear on the display.
6. Press the  store and exit setting.

Setting the brightness of screen

- In standby mode, press  button to select the brightness of screen.



Note: If you don't press any button for 20 seconds, the setting will store and exit.



Setting the alarm

1. Long press the  button until the hour alarm 1 flashing on the display, then release.
2. Press   button repeatedly to set the hour and press  to store.
3. Press   button repeatedly to set the minute and press  to store.
4. Press   button to select alarm 1 tone, r-1—r-6 will appear on the display, and press  to store the alarm 1 setting.
5. Press " " button to select the alarm day. Weeks 1~7 are optional. Press " " button to indicate that the alarm clock is "on". The set day of the week is flashing, and the alarm has taken effect.
Then press the " " button to confirm. Press " " button to indicate that the alarm clock is "off", the set day of the week display will disappear, the alarm is cancelled, and then press " " to confirm.

(Note: Pay attention to the day of the week icon on the right, as it represents the alarm clock being effective or cancelled.)

Monday- Friday alarm
on weekend alarm off.

Mon	Thur
Tue	Fri
Wed	

Every day alarm on.

Mon	Thur
Tue	Fri
Wed	Sat
	Sun

Setting the alarm volume

- In standby mode, press   to set the alarm volume.
- U1-U4 will appear on the display
- Alarm 1 on or off : in standby mode, press  to on or off.

Note: To set alarm 2, simply follow the same directions above but use the alarm 2 button.



● Short press Volume +

■ Long press

Voice control screen

- In the standby mode, long press the  button to turn on / off the Voice control screen function. the  icon will show.
- While the voice control screen function is effective, the screen will automatically turn off after 20 seconds without any operation.
- The screen can be awakened by 50~60 dB sound or by touching.



● Short press Volume -

■ Long press

Fahrenheit or Celsius switch

- Press and hold the button for three seconds, you can choose to display Fahrenheit or Celsius.

Safety information



WARNING

- Don't replace any element of this product or any modification.
- Please keep dry because this equipment no water proof performance.
- Don't make equipment main machine close to fire source and other heat source.
- Keep working temperature in the range 0°C-50°C

Electric retrieve instruction

- All electric waste materials all are formed with fatal matters, such as lead, cadmium, beryllium, Mercury and bromine fire retardants. Unsuitably handle small parts and equipment increased the chance of these dangerous chemical matters pollute air and immerse water.