

Lighten Up! Model 212

Welcome to a new way of waking up, with *Lighten Up!*

Lighten Up! can help wake you up on dark mornings, with jet lag or those winter blues, night shift work, or anytime you need to wake up while it is still dark! *Lighten Up!* works by turning on your lamp over a period of 30 minutes, simulating a morning sunrise and helping you wake up in a more natural way.

INSTRUCTIONS FOR USE:

1. Plug your lamp into your *Lighten Up!*
2. Make sure the lamp is turned on, otherwise it will not light up in the morning.
3. You may use up to a 100-watt light bulb in your lamp, however, we recommend a 40-60 watt bulb to better simulate a morning sunrise. Any incandescent or halogen bulb will work.
4. A fluorescent or tensor light **will not** operate properly and will destroy the unit. Some LED bulbs work, not all. It is safer to use incandescent bulbs. CFL (compact fluorescent bulbs) will void your warranty.
5. Lamps with built in dimmers may be destroyed. Don't use any other dimmer technologies.
6. Plug your *Lighten Up!* into the timer that you have previously programmed according to it's instructions.

Remember: there is a 30 minute brightening cycle, for a 6:00 A.M. wake up, set your timer to come on at 5:30 A.M. Sunrise will **BEGIN** at 5:30 A.M. the next morning; it will be at full bright at 6:00 A.M. when you are ready to awaken.
7. Set the timer so that your lamp will turn off sometime after you will be up, usually about 1/2 hour after full brightness.

PLEASE NOTE:

<p>Maximum rated load 100 watts 120 volts 60 Hz.</p>

Lighten Up! IS NOT an alarm. It will only supplement your normal method of waking up, NOT replace it.

HINTS & TIPS

1. Experiment with light placement. We prefer a location at the foot of the bed below eye level.
2. Try different color lights.
3. Is your room dark? It needs to be for you to notice when “sunrise” happens! If you sleep during the day or your room is quite bright at night, maybe some heavy curtains would help. Avoid night lights for the same reason.
4. Try setting your timer at the same time as sunrise on the longest day of the year. That way you will never notice that the days are getting shorter and that winter is approaching. But remember to reset the timer at the end of daylight savings or you will be ready to get up 1 hour too early!

If you think of any other helpful tips let us know and we will pass your ideas on to other *Lighten Up!* users.

Is your *Lighten Up!* Broken? Ask us before you throw it away or send it back. We know what causes the most common problems and might be able to get you going again. We like to know what issues our customers have so that we can eliminate those problems. We want to produce the best product possible.

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