

# Lighten up!

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 about 30 minutes, simulating a morning sunrise and helping you wake up in a more natural way.

**PLEASE NOTE:**

*Lighten Up!* IS NOT an alarm. It will only supplement your normal method of waking up, NOT replace it, well, it has for us but we can't promise that.

## HINTS & TIPS

1. Light placement is important. We prefer a location at the foot of the bed below eye level.
2. *Lighten Up!* Model 308 has an internal back up battery that will maintain the clock and timer functions. The battery will not light your lamp however.
3. Try different color lights. Some people prefer a pale blue bulb (GE Enrich bulb) or filter to more closely match dawn's glow.
4. **Is your room dark?** It needs to be for you to get good sleep! If you sleep during the day or your room is quite bright at night, try some heavy curtains.
5. Avoid using a "Night Light". Your body chemistry never gets fully into sleep mode and you will not get as much rest as you need. Waking up will be harder.
6. 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!
7. Check the website - [windhovermfg.com](http://windhovermfg.com) - for more details, FAQ, and trouble shooting tips.

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

If you should have any troubles we would like to know so that we can eliminate those problems. We want to produce the best product possible.

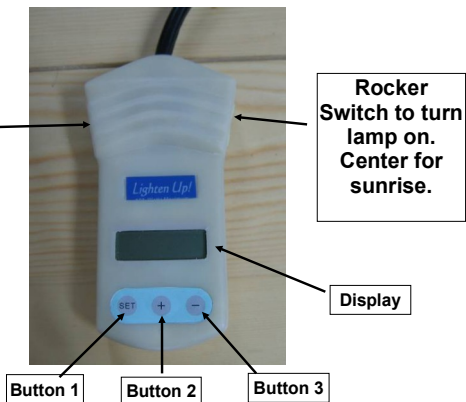
### Customer service: Wind Hover Mfg.

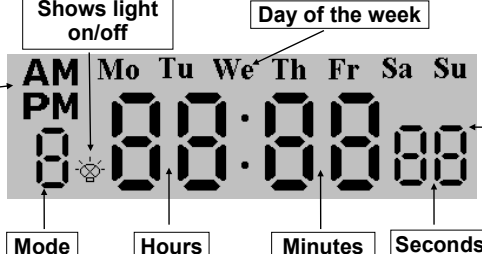
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<http://windhovermfg.com>


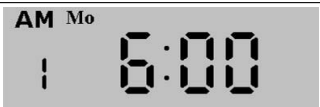


# Lighten Up! Model 308

## 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) Lighten Up! will control up to 300-watts of lighting. We recommend a 60 watt incandescent bulb to best simulate an actual morning sunrise.
- 4) **Use only incandescent light bulbs with *Lighten Up!***  
**A fluorescent, CLF, LED, or tensor light will not operate properly and may damage the unit.**
- 5) To set the time, press and hold (3 seconds) the center or the right button (Button 2 or Button 3 in picture below) until the display blinks.
- 6) To begin alarm setup, press and hold (3 seconds) the left button (Button 1 in picture below) until the display flashes.
- 7) **To end the sunrise simulation for the day, press any of the 3 buttons. NOT the rocker switch.**

	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Buttons</th> <th style="text-align: center;">Function</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Button 1 ("SET")</td> <td style="text-align: center;">For Entering set up or changing mode</td> </tr> <tr> <td style="text-align: center;">Button 2 (+)</td> <td style="text-align: center;">For entering time of day set up or advancing one step</td> </tr> <tr> <td style="text-align: center;">Button 3 (-)</td> <td style="text-align: center;">For entering time of day set up or reducing one step</td> </tr> </tbody> </table> <p>Remarks: Input Power: 110V, 60HZ            Maximum output: 300 watt, <b>incandescent bulbs only</b>  <b>** Press any one of the 3 buttons to end "Sunrise" early. **</b>            Replace back up battery (when required) with an exact duplicate.</p>	Buttons	Function	Button 1 ("SET")	For Entering set up or changing mode	Button 2 (+)	For entering time of day set up or advancing one step	Button 3 (-)	For entering time of day set up or reducing one step
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Button 1 ("SET")	For Entering set up or changing mode								
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	<p>LCD Display</p>
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Clock at initial start up	Clock - Adjust to time of day.		<ol style="list-style-type: none"> <li>1: Press and hold "Button 2" or "Button 3" for 3 seconds to begin. Day of the week display will begin blinking</li> <li>2: Press "Button 2" or "Button 3" to adjust.</li> <li>3: Press "Button 1" to advance to the next display element.</li> <li>4: When time is set wait 10 seconds and display will stop blinking. This indicates that the time of day is set.</li> </ol>
Alarm Values must be set for each day of the week at initial start up. Default values are shown in the examples to the right.	Start Time of "Sunrise". (Mode 1)		<ol style="list-style-type: none"> <li>1: Press and hold "Button 1" for 3 seconds to begin setting wake up time.</li> <li>2: Set "Start Time for brightening cycle" as you did for time of day.</li> </ol>
	Length of brightening cycle. Add time for higher watt bulbs. (Mode 2)		<ol style="list-style-type: none"> <li>3: Press button 1 to set "Length of brightening cycle" (30~60 minutes). Adjust with buttons 2 and 3 as needed.</li> </ol>
	Additional on time after sunrise. (Mode 3)		<ol style="list-style-type: none"> <li>4: Press button 1 to set " Additional on Time after sunrise" (0~12 hours) Adjust with buttons 2 and 3 as needed.</li> <li>5: Press button 1 to set minutes (0-59)</li> </ol>
Each day of the week must be set up individually. Different programs can be thus be set for weekends, school, or work schedules.			<ol style="list-style-type: none"> <li>6: Press button 1 to go to next day of the week. Repeat Alarm Setup for each day of the week. <b>Each day of the week must be set individually.</b></li> <li>7: When you are finished wait 10 seconds for display to stop blinking. This indicates that the alarm times have been set.</li> </ol>

Set up is complete!