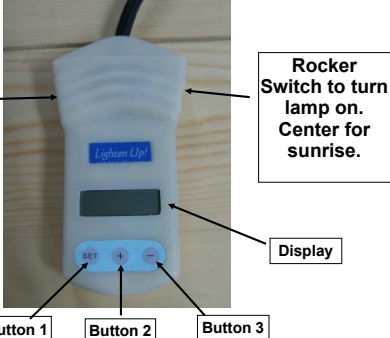
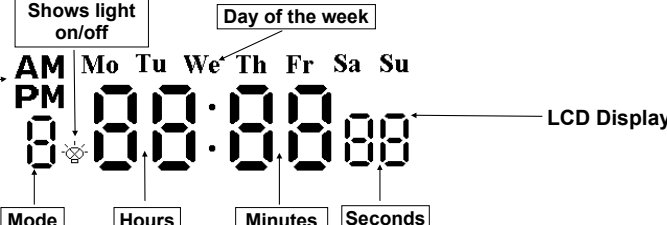






# Lighten Up Model 308 (US version)

## 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.
- 8) Bulb icon must show off (x in bulb) before shutting off power to the unit in any way.

	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
<p>Remarks: Input Power: 110V, 60HZ                  Maximum output: 300 watt, <b>incandescent bulbs only</b>                  Press any one of the 3 buttons to end "Sunrise" early.                  Replace back up battery (when required) with an exact duplicate.</p>		



Clock at initial start up	Clock - Adjust to time of day.		1: Press and hold "Button 2" or "Button 3" for 3 seconds to begin. Day of the week display will begin blinking 2: Press "Button 2" or "Button 3" to adjust. 3: Press "Button 1" to advance to the next display element. 4: When time is set wait 10 seconds and display will stop blinking. This indicates that the time of day is set.
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)		1: Press and hold "Button 1" for 3 seconds to begin setting wake up time. 2: Set "Start Time for brightening cycle" as you did for time of day.
	Length of brightening cycle. Add time for higher watt bulbs. (Mode 2)		3: Press button 1 to set "Length of brightening cycle" (30~60 minutes). Adjust with buttons 2 and 3 as needed.
	Additional on time after sunrise. (Mode 3)		4: Press button 1 to set " Additional on Time after sunrise" (0~12 hours) Adjust with buttons 2 and 3 as needed. 5: Press button 1 to set minutes (0-59)
Each day of the week must be set up individually. Different programs can be thus be set for weekends, school, or work schedules.		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> 7: When you are finished wait 10 seconds for display to stop blinking. This indicates that the alarm times have been set.	

**Set up is complete!**