Lark 8083374

Lark 10001 Silent Alarm Clock User Manual

Model: 8083374

INTRODUCTION

The Lark 10001 Silent Alarm Clock is designed to provide a gentle and personal wake-up experience. This device utilizes dynamic vibration to awaken the user without disturbing others. It also incorporates a sleep monitoring system to track sleep patterns and provide insights into sleep quality.

Waking to vibration may contribute to reduced heart rate variability, stress levels, and blood pressure spikes, promoting a more natural transition from sleep. The integrated sleep monitor uses actigraphy to track movements during the night, providing data on sleep duration and quality, which can be reviewed upon alarm deactivation.

The accompanying mobile application allows users to log mood, sleep triggers, and notes, and to compare sleep patterns against personal averages and expert benchmarks. All collected data is accessible online or through the mobile app.

A 7-day assessment is included with the purchase, offering insights into sleep patterns, body clock categorization, advanced data visualizations, expert explanations, actionable tips for improvement, and personalized recommendations.

WHAT'S INCLUDED

The Lark 10001 package typically includes the following components:

Image showing the Lark 10001 components: a soft wristband, a sleep sensor, the Lark Up app icon, a wristband and iPhone charging dock, and a power cord.

- **Soft Wristband:** An adjustable band designed for comfortable wear during sleep.
- **Sleep Sensor:** The core device that tracks sleep movements and provides the silent alarm function.
- **Lark Up App:** A mobile application (represented by its icon) for managing settings, viewing sleep data, and accessing coaching features.
- **Wristband and iPhone Charging Dock:** A dock for charging the sleep sensor and potentially an iPhone.
- **Power Cord:** For connecting the charging dock to a power source.

SETUP

1. **Charge the Device:** Connect the charging dock to a power source using the provided power cord. Place the sleep sensor into the charging dock. Ensure the device is fully charged before first use.

2. **Download the Lark Up App:** Search for the "Lark Up" application in the Apple App Store on your iOS device. Download and install the app.

3. **Pair via Bluetooth:** Open the Lark Up app and follow the on-screen instructions to pair your sleep

sensor with your iOS device via Bluetooth. Ensure Bluetooth is enabled on your phone.

4. **Wear the Wristband:** Insert the sleep sensor into the soft wristband. Adjust the wristband for a comfortable fit on your wrist, ensuring it is secure but not too tight.

5. **Set Your Alarm:** Use the Lark Up app to set your desired wake-up time. You can configure vibration intensity and enable the audio backup alarm if desired.

OPERATING INSTRUCTIONS

Setting and Disabling the Alarm

- **Set Alarm:** All alarm settings are managed through the Lark Up mobile application. Open the app, navigate to the alarm section, and set your desired wake-up time.
- **Silent Wake-Up:** At the set time, the wristband will begin to vibrate gently.
- **Snooze:** To snooze the alarm, tap the sleep sensor. The vibration will pause and resume after a set interval (configurable in the app).
- **Disable Alarm:** To fully disable the alarm, remove the wristband or interact with the app.
- **Audio Backup:** If enabled in the app, an audio alarm will sound from your paired iOS device if the wristband battery is depleted or if the wristband is removed during sleep.

Monitoring Sleep

- **Automatic Tracking:** The sleep sensor automatically tracks your sleep patterns while worn.
- **View Sleep Data:** Upon waking and disabling the alarm, open the Lark Up app to view a summary of your sleep data, including duration and quality.
- **Sleep Journal:** Use the in-app sleep journal to record your mood, identify potential sleep triggers, and add notes about your sleep experience.
- **Data Analysis:** The app provides visualizations and comparisons of your sleep patterns against your personal average and expert benchmarks.

FEATURES

- **Silent Vibration Alarm:** Wakes you gently with wristband vibration, ensuring others are not disturbed.
- **Audio Backup Alarm:** An optional audio alarm from your paired phone activates if the wristband battery is low or if the wristband is removed.
- **Adjustable Wristband:** Soft, breathable, and adjustable for optimal comfort during sleep.
- **Actigraphy-Based Sleep Monitor:** Accurately tracks sleep movements to assess sleep duration and quality.
- **Sleep Pattern Visualization:** Instantly view your sleep patterns and data summaries upon waking via the mobile app.
- **Sleep Journal:** Simple in-app tool to track mood, sleep triggers, and notes.
- **Data Comparison:** Compare your sleep data against personal averages and expert benchmarks.
- **iOS Connectivity:** Wireless Bluetooth connectivity for iOS devices running version 5.0 and higher.
- **7-Day Sleep Assessment:** Includes one free advanced 7-day assessment with detailed data visualizations, expert analysis, and personalized tips for improving sleep.

MAINTENANCE

- **Cleaning:** Regularly clean the wristband and sleep sensor with a soft, damp cloth. Avoid using harsh

chemicals or abrasive materials. Ensure the sensor is dry before placing it back in the charging dock or wearing it.

- **Charging:** Charge the sleep sensor regularly to ensure continuous operation. The app will indicate battery status.
- **Software Updates:** Keep the Lark Up mobile application updated to the latest version to ensure optimal performance and access to new features. Check your device's app store for updates.
- **Storage:** When not in use, store the device and its components in a cool, dry place away from direct sunlight.

TROUBLESHOOTING

- **Device Not Vibrating:**
  - Ensure the device is charged.
  - Verify the alarm is set correctly in the Lark Up app.
  - Check Bluetooth connection between the sensor and your iOS device.

- **Bluetooth Connectivity Issues:**
  - Ensure Bluetooth is enabled on your iOS device.
  - Restart both the Lark Up app and your iOS device.
  - Try re-pairing the device through the app's settings.

- **Sleep Data Not Syncing:**
  - Confirm the device is connected via Bluetooth.
  - Ensure you have an active internet connection for data upload.
  - Check for any pending app updates.

- **Inaccurate Sleep Tracking:**
  - Ensure the wristband is worn securely and comfortably.
  - Verify the sleep sensor is correctly inserted into the wristband.

SPECIFICATIONS

Attribute	Detail
Brand	Lark
Model Number	8083374
Compatible Devices	iOS_compatible
Special Features	Silent alarm clock
Display Type	Digital
Power Source	Battery powered
Wireless Connectivity	Bluetooth
Material	Plastic
Mounting Type	Tabletop

Dimensions	4.83 x 11.18 x 17.78 cm; 360 g

SUPPORT

For further assistance, technical support, or inquiries regarding your Lark 10001 Silent Alarm Clock, please refer to the official Lark website or contact their customer service department. Ensure you have your model number (8083374) available when seeking support.

For the most up-to-date information, FAQs, and troubleshooting guides, visit the official Lark support portal.