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› Brookstone Tranquil Moments Advanced Sleep Sounds Machine (Model 672519) Instruction Manual

## Brookstone 672519

# Brookstone Tranquil Moments Advanced Sleep Sounds Machine

Model: 672519

## INTRODUCTION

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The Brookstone Tranquil Moments Advanced Sleep Sounds Machine is designed to promote natural relaxation and improve sleep quality. It utilizes advanced sound programs composed with Delta, Alpha, and Theta brainwave frequencies, which are naturally associated with sleep and relaxation. These imperceptible rhythms gently guide the brain into a restful state.

This device features 16 digitally mastered sound programs, including specific sounds to help mask symptoms associated with tinnitus. Experience superior sound quality and integrated sleep enhancement technology.

# THE SCIENCE OF LULLING YOU TO SLEEP



- 1.) Tranquil Moments® sleep sound programs are based on the DELTA brainwave pattern associated with deep sleep.
- 2.) When we listen to these sounds, our brains try to **match their rhythms**, just as we unconsciously adopt the rhythm of a song on the radio.
- 3.) When this happens, our minds are lulled into the deep, restorative sleep.

**Figure 1:** Diagram explaining the science behind the sleep sound programs. It shows how active brain states transition to sleep states through the use of Delta wave programs.

## SETUP

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### 1. Unpacking

Carefully remove the sleep sound machine from its packaging. Retain all packaging materials for future storage or transport.

### 2. Power Source

The device is primarily battery powered. Insert the required batteries into the designated compartment. An optional AC adapter (not included) can also be used for continuous power. Ensure the power source is stable before operation.

### 3. Placement

Place the sleep sound machine on a flat, stable surface, such as a nightstand or table, away from direct sunlight or heat sources. For optimal sound dispersion, ensure the speakers are not obstructed.



Figure 2: The sleep sound machine positioned on a nightstand, demonstrating typical placement for use.

## OPERATING INSTRUCTIONS

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### 1. Initial Power On

Press the power button to turn on the device. The display will illuminate, showing the current time.

### 2. Setting the Time

To set the time, locate the time setting buttons, typically labeled with a clock icon or 'SET'. Press and hold the 'SET' button until the time display flashes. Use the up/down arrow buttons to adjust the hours and minutes. Press 'SET' again to confirm each adjustment and move to the next setting (e.g., AM/PM). Some units may have a temperamental back button for time adjustment; if so, cycle forward to reach the desired setting.



**Figure 3:** The device's front display, showing the digital clock and alarm indicators.

### 3. Selecting Sound Programs

The device offers 16 sound programs. Use the dedicated sound selection buttons or a dial to cycle through the available programs. The selected program name will typically appear on the display or be indicated by an illuminated button.

Available sound programs include: Ocean, White Noise, Stream, Storm, Rain, Meditate, Soothe, Serenity, Celestial, Focus, Calm, Unwind, Night, Rejuvenate, Harmony, and Relieve. Note that some sound programs are looped and may have a noticeable repeat cycle.

### 4. Adjusting Volume

Use the volume up (▲) and volume down (▼) buttons, usually located on the side or front panel, to adjust the sound output level.



Figure 4: Side panel with volume and alarm control buttons.

## 5. Setting Alarms

The device supports multiple alarms (e.g., Alarm 1, Alarm 2). To set an alarm, press the corresponding alarm button (often labeled with a clock icon and a number). Use the up/down arrow buttons to set the desired alarm time. Confirm by pressing the alarm button again. If alarms reset unexpectedly, re-enter the settings and ensure they are saved correctly.

## 6. Light Function

The device features a touch-sensitive light and an adjustable backlight for the display. Tap the designated area or button to activate/deactivate the light. Adjust the backlight intensity through the settings menu or dedicated button to suit your preference, avoiding bright lights during sleep.

## MAINTENANCE

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### 1. Cleaning

Wipe the exterior of the device with a soft, dry cloth. Do not use abrasive cleaners, solvents, or immerse the unit in water. Ensure no liquids enter the device openings.

### 2. Battery Replacement

If using batteries, replace them when the low battery indicator appears or if the device's performance diminishes. A blinking battery icon indicates low power. Use new, high-quality batteries of the specified type.

### 3. Storage

When not in use for extended periods, store the device in a cool, dry place. Remove batteries if storing for more than a few weeks to prevent leakage.

## TROUBLESHOOTING

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- **No Power/Device Not Turning On:** Ensure batteries are correctly inserted and charged, or that the AC adapter is securely connected to a working power outlet.
- **Blinking Battery Icon:** This indicates low battery power. Replace the batteries immediately.
- **Difficulty Setting Time/Temperamental Buttons:** Press buttons firmly and deliberately. If a specific button (e.g., back button for time) is unresponsive, try cycling through the settings using the forward button until the desired option is reached.
- **Alarms Resetting:** After setting an alarm, ensure you press the confirmation button to save the setting. If the issue persists, try resetting the device by temporarily removing its power source.
- **Repetitive Sound Loops:** The sound programs are designed to loop. Some users may perceive the loop point more distinctly than others. This is a characteristic of the device's sound engineering.
- **No Sound:** Check the volume level. Ensure the device is not muted.

## SPECIFICATIONS

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<b>Model Number</b>	672519
<b>Product Dimensions</b>	5.75 x 3 x 6 inches
<b>Item Weight</b>	1.3 Pounds
<b>Power Source</b>	Battery Powered (AC adapter optional, not included)
<b>Number of Sound Programs</b>	16

## WARRANTY AND SUPPORT

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### Warranty Information

This Brookstone Tranquil Moments Advanced Sleep Sounds Machine is covered by a 365-day limited manufacturer's warranty. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

### Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty service, please contact Brookstone customer support. Refer to the official Brookstone website or product packaging for the most current contact information.