

Lumie Glow 150

Lumie Bodyclock Glow 150 User Manual

Model: Glow 150 (NBCGE-1000)

Brand: Lumie

1. INTRODUCTION

The Lumie Bodyclock Glow 150 is designed to improve your sleep and wake-up experience through light therapy. It gradually wakes you with light that simulates a natural sunrise, helping your body to gently transition from sleep. This increasing light intensity aids in reducing sleep hormones like melatonin and increasing wakefulness hormones like cortisol, promoting a more positive and energetic start to your day. The device also features a progressive sunset function to help you relax and fall asleep more naturally.



Image: Front view of the Lumie Bodyclock Glow 150, displaying the time 07:00 on its central digital clock. The device has a white, dome-shaped light diffuser on top and a dark base with speaker grilles.

2. WHAT'S IN THE BOX

Upon unpacking your Lumie Bodyclock Glow 150, please ensure all components are present:

- Lumie Bodyclock Glow 150 Alarm Clock
- Power Adapter
- User Guide



Image: The Lumie Bodyclock Glow 150 device positioned next to its retail box. The box features the Lumie brand and product name, while the device itself shows the time 07:00.

3. SETUP

1. **Placement:** Position the Bodyclock Glow 150 on a stable surface, such as a bedside table, where the light can reach you effectively. Ensure it is within reach for easy interaction.
2. **Power Connection:** Connect the provided power adapter to the DC input port on the back of the Bodyclock and then plug it into a wall outlet. The display will illuminate.
3. **Initial Time Setting:** Follow the on-screen prompts or refer to the included quick start guide to set the current time. This typically involves using the '+' and '-' buttons and the settings button.

4. OPERATING INSTRUCTIONS

4.1. Sunrise Simulation Alarm

The sunrise simulation feature is designed to wake you gradually and naturally.

- **Setting the Alarm:** Use the alarm button on the device to set your desired wake-up time.
- **Sunrise Duration:** Choose a gradual sunrise duration of 20, 30, or 45 minutes. The light will begin to brighten gradually before your set alarm time.
- **Light Intensity:** Select your preferred final light intensity for the sunrise.
- **Alarm Sound:** Choose one of the available wake-up sounds to accompany the light, or use light only.
- **Snooze Function:** Tap the device to activate the snooze function if you wish for a few extra minutes of sleep.

Réveillez-vous en forme avec un doux lever de soleil



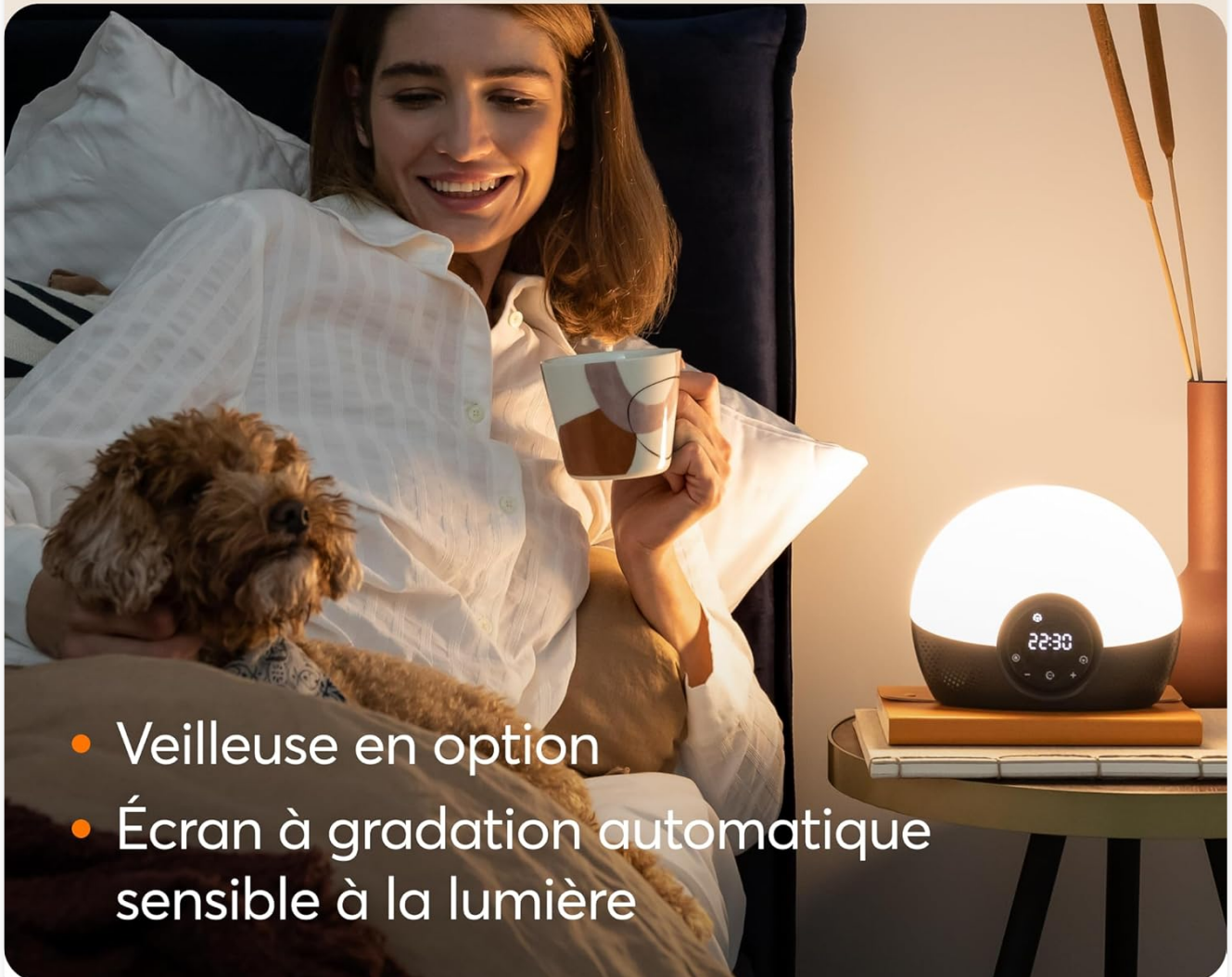
Image: A woman in bed, gently waking up as the Lumie Bodyclock Glow 150 progresses through its sunrise simulation. Three insets show the light changing from a dim orange (06:45) to a brighter yellow (06:55) and finally to a full white light (07:00).

4.2. Sunset Simulation for Sleep

The progressive sunset feature helps promote relaxation and prepare your body for sleep.

- **Setting Sunset:** Activate the sunset function and set your desired duration (20, 30, or 45 minutes).
- **Sleep Sounds:** Select one of the calming sleep sounds to play as the light dims.
- **Light Dimming:** The light will gradually dim over the chosen duration, either turning completely off or transitioning to a low-level nightlight.

Préparez votre corps à dormir grâce aux couleurs naturelles d'un coucher de soleil



- Veilleuse en option
- Écran à gradation automatique sensible à la lumière

Image: A woman is shown relaxing in bed with a small dog, while the Lumie Bodyclock Glow 150 on her bedside table emits a soft, dim light, indicating the sunset simulation feature is active. The display shows 22:30.

4.3. Sound Options

The Bodyclock Glow 150 includes a selection of sounds to enhance your wake-up and sleep routines.

- **Wake-up Sounds:** Choose from 9 different sounds to accompany your sunrise alarm, including natural sounds.
- **Sleep Sounds:** Utilize the same selection of sounds for a calming audio experience during the sunset simulation.
- **Volume Control:** Adjust the volume of the selected sounds to your preference.

4.4. Display and Nightlight

The device offers flexible display and lighting options.

- **Adjustable Room Light:** The LED lights can be used as a general room light with adjustable brightness.
- **Automatic Display Dimming:** The digital display automatically dims in dark conditions to avoid disturbing your sleep.

- **Nightlight Function:** The final brightness of the sleep light can be adjusted, allowing it to serve as a dim nightlight for children or to turn off completely for adults who prefer total darkness.

5. MAINTENANCE

To ensure the longevity and optimal performance of your Lumie Bodyclock Glow 150, follow these simple maintenance guidelines:

- **Cleaning:** Gently wipe the exterior of the device with a soft, dry, or slightly damp cloth. Avoid using abrasive cleaners, solvents, or harsh chemicals, as these can damage the surface.
- **Dust:** Regularly dust the device, especially the speaker grilles and light diffuser, to prevent accumulation that could affect performance or appearance.
- **Storage:** If storing the device for an extended period, unplug it and keep it in a cool, dry place away from direct sunlight.

Do not attempt to open the device or perform any internal maintenance. Refer to qualified service personnel for any repairs.

6. TROUBLESHOOTING

If you encounter issues with your Lumie Bodyclock Glow 150, please refer to the following common solutions:

- **Device Not Powering On:** Ensure the power adapter is securely connected to both the device and a working wall outlet. Try plugging another device into the same outlet to confirm power availability.
- **Alarm Not Sounding/Light Not Activating:** Verify that the alarm is enabled and set correctly. Check the volume level for sounds and the light intensity setting for the sunrise simulation. Ensure the alarm time is not set for a past time.
- **Display Flickering or Unresponsive:** If the display flickers or becomes unresponsive, try unplugging the device from the power source for a few minutes, then plug it back in to reset it. Ensure the device is on a stable surface to avoid accidental activation of touch controls.
- **Sounds are Too Loud/Quiet:** Adjust the sound volume using the dedicated controls on the device. Note that some sounds may have a higher perceived loudness than others.
- **Light Not Changing Color/Intensity:** Confirm that the sunrise or sunset simulation feature is correctly activated and the duration is set. Ensure no settings are overriding the light progression.

If the problem persists after attempting these steps, please contact Lumie customer support for further assistance.

7. SPECIFICATIONS

Feature	Detail
Product Name	Lumie Bodyclock Glow 150 Alarm Clock with Light, 9 Sounds, and Twilight Function
Brand	Lumie
Model Number	NBCGE-1000
Dimensions (L x W x H)	12 x 19 x 16 cm

Weight	565 grams
Material	Plastic
Lamp Type	Wake-up Light
Switch Type	Touch
Power Source	AC Adapter
Country of Origin	China

8. WARRANTY AND SUPPORT

The Lumie Bodyclock Glow 150 comes with a **3-year warranty** from the date of purchase, covering manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

This product is certified as a **Class 1 Medical Device**, indicating its compliance with health and safety requirements for medical products.

For technical support, warranty claims, or further inquiries, please visit the official Lumie website or contact their customer service department.



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Related Documents - Glow 150

	Lumie Bodyclock Glow 150 User Manual and Guide Comprehensive user guide for the Lumie Bodyclock Glow 150, covering safety, introduction, setup, alarm and sunset options, maintenance, technical specifications, and contact information.
	Lumie Bodyclock Spark 100 & Glow 150 User Manual - Wake-up Light Guide Comprehensive user manual for Lumie Bodyclock Spark 100 and Glow 150. Learn how to use your wake-up light for improved sleep, mood, and energy. Includes setup, alarm, sunset, and maintenance instructions.

	Lumie Bodyclock Shine 300 User Manual: Wake-up Light, Bedside Lamp, and Radio Explore the Lumie Bodyclock Shine 300 user manual. This guide details how the wake-up light, bedside lamp, and radio simulates sunrise and sunset for improved sleep, mood, and relaxation. Learn setup, features, and settings for SAD relief.
	Lumie Bodyclock Spark 100 & Glow 150 User Manual Discover how to use your Lumie Bodyclock Spark 100 or Glow 150 wake-up light for natural waking, improved mood, and relaxation. This guide covers setup, features, safety, and maintenance.
	Lumie Bodyclock Spark 100 User Manual and Guide Comprehensive user manual for the Lumie Bodyclock Spark 100. Learn how to set up your wake-up light, use sunrise and sunset alarms, bedside lamp features, and understand safety, maintenance, and warranty information.
	Lumie Bodyclock Spark 100 & Glow 150 User Manual User manual for the Lumie Bodyclock Spark 100 and Glow 150 wake-up lights. Learn about features like sunrise simulation, sunset fading, alarm settings, and maintenance.

Documents - Lumie – Glow 150



[Lumie Bodyclock Spark 100 & Glow 150 User Manual](#)

User manual for Lumie Bodyclock Spark 100 and Glow 150 wake-up lights. Learn about sunrise/sunset simulation, alarm settings, and product features for better sleep and waking.

lang:en score:35 filesize: 2.14 M page_count: 60 document date: 2019-04-04



[Lumie Bodyclock Glow 150 User Manual and Guide](#)

Comprehensive user guide for the Lumie Bodyclock Glow 150, covering safety, introduction, setup, alarm and sunset options, maintenance, technical specifications, and contact information.

lang:en **score:34** filesize: 728.43 K page_count: 16 document date: 2022-06-27



[\[pdf\] Instructions Guide](#)

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[Lumie Bodyclock Spark 100 & Glow 150 User Manual - Natural Wake-Up Light Guide](#)

Learn how to use your Lumie Bodyclock Spark 100 or Glow 150 with this comprehensive user manual. Improve sleep, mood, and energy with sunrise and sunset simulations.

lang:en **score:28** filesize: 1.02 M page_count: 52 document date: 2019-02-05

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[Lumie Bodyclock Spark 100 & Glow 150 User Manual: Natural Wake-Up Light Guide](#)

Discover the Lumie Bodyclock Spark 100 and Glow 150. This user manual provides instructions on how to use this wake-up light to improve mood, energy, and sleep quality, and offers relief for SAD and winter blues.

lang:en score:25 filesize: 2.18 M page_count: 60 document date: 2019-04-04

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[Lumie Bodyclock Spark 100 & Glow 150 User Manual](#)

User manual for the Lumie Bodyclock Spark 100 and Glow 150 wake-up lights. Learn about features like sunrise simulation, sunset fading, alarm settings, and maintenance.

lang:en score:24 filesize: 569.59 K page_count: 60 document date: 2020-07-03

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[Lumie Bodyclock Spark 100 & Glow 150 User Manual](#)

Discover how to use your Lumie Bodyclock Spark 100 or Glow 150 wake-up light for natural waking, improved mood, and relaxation. This guide covers setup, features, safety, and maintenance.

lang:en **score:22** filesize: 262.68 K page_count: 49 document date: 2023-08-22



[Lumie Bodyclock Spark 100 & Glow 150 User Manual - Wake-up Light Guide](#)

Comprehensive user manual for Lumie Bodyclock Spark 100 and Glow 150. Learn how to use your wake-up light for improved sleep, mood, and energy. Includes setup, alarm, sunset, and maintenance instructions.

lang:en **score:22** filesize: 1.02 M page_count: 52 document date: 2018-07-05



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Podręcznik użytkownika Lumie Bodyclock Glow 150 Budzik z Lampką Budzącą 10 Dźwiękami i Ułatwiającą Zasypianie Funkcją Symulacji Zachodu Słońca Czarno Cielisty Amazon.pl Narzędzia renowacja domu B1xYI XJNqL m media amazon images I |||

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[Lumie Bodyclock Glow 150 User Manual](#)

User manual for the Lumie Bodyclock Glow 150, detailing its features for natural waking, mood enhancement, SAD relief, and relaxation. Includes setup, operation, and maintenance instructions.

lang:en **score:17** filesize: 3.69 M page_count: 160 document date: 2022-06-27



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[Lumie Bodyclock Glow 150 User Manual: Wake Up Naturally with Light](#)

Discover the Lumie Bodyclock Glow 150, a wake-up light designed to help you wake naturally with a sunrise simulation. Learn about its features for improving sleep quality, combating SAD, and promoting relaxation with a sunset feature. This guide provides setup and usage instructions.

lang:en **score:17** filesize: 1.3 M page_count: 44 document date: 2019-08-15



[Lumie Bodyclock Spark 100 & Glow 150 User Manual](#)

Comprehensive user manual for the Lumie Bodyclock Spark 100 and Glow 150 wake-up lights, covering setup, features, safety, maintenance, and technical specifications.

lang:en score:17 filesize: 569.59 K page_count: 60 document date: 2020-07-03



[Lumie Bodyclock Spark 100 & Glow 150 User Manual](#)

User manual for Lumie Bodyclock Spark 100 and Glow 150 wake-up lights. Learn about sunrise/sunset features for improved sleep, mood, and energy. Includes setup, operation, and maintenance.

lang:en score:16 filesize: 1.01 M page_count: 49 document date: 2018-07-05



[Certificate of Registration for Lumie Medical Devices by Advena Limited](#)

Official Certificate of Registration issued by Advena Limited, the European Authorised Representative, for Lumie medical devices, confirming compliance with EU MDR and IVDR regulations, including product registration details.

lang:en score:15 filesize: 325.03 K page_count: 2 document date: 2023-12-01



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