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Flow Amsterdam 1495027

Flow Amsterdam Fabian Sleep Trainer User Manual

Model: 1495027

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1. INTRODUCTION

The Flow Amsterdam Fabian Sleep Trainer is designed to help children develop healthy sleep and wake-up routines. This device functions as a night light and an alarm clock, guiding children on when it's time to sleep and when it's okay to wake up. Please read this manual carefully before use to ensure proper operation and safety.



Figure 1: Front view of the Fabian Sleep Trainer. This image shows the grey deer-shaped device with its digital clock display illuminated on its chest.

2. SAFETY INFORMATION

Please observe the following safety precautions:

- Keep the device away from water and moisture.
- Do not expose to extreme temperatures or direct sunlight.
- Use only the provided charging cable or a compatible 5V DC, 500mA adapter.

- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.
- This product is not a toy. Adult supervision is recommended for young children.

3. SETUP

3.1. Package Contents

Ensure all items are present:

- Fabian Sleep Trainer unit
- USB charging cable
- User Manual (this document)

3.2. Charging the Device

Before first use, fully charge the Fabian Sleep Trainer.

1. Locate the charging port on the back of the device.
2. Connect the USB charging cable to the device and to a compatible USB power adapter (not included) or computer USB port.
3. The charging indicator will illuminate. The device is fully charged when the indicator changes color or turns off (refer to specific product behavior).



Figure 2: Back view of the Fabian Sleep Trainer. The charging port is visible at the bottom.

4. OPERATION

4.1. Control Panel Overview

The control panel is located on the bottom of the device. Familiarize yourself with the buttons and

indicators:



Figure 3: Control panel on the bottom of the Fabian Sleep Trainer. This image displays the buttons for Clock, Sleep, Wake up, Night light, Demo, along with navigation and function buttons.

Button/Indicator	Function
Clock	Sets the current time.
Sleep	Activates Sleep Mode (countdown to sleep).
Wake up	Sets the wake-up alarm time.
Night light	Activates Night Light Mode.
Demo	Demonstration mode.
Up/Down Arrows	Navigate menus and adjust values.
Check Mark (✓)	Confirm selection.
Return Arrow (↶)	Go back to previous menu.
Unlock (5 sec)	Press and hold for 5 seconds to unlock controls.

Button/Indicator	Function
Speaker Icon	Adjust sound settings.
Brightness Icon	Adjust display and night light brightness.
Reset	Resets the device to factory settings.

4.2. Setting the Clock

1. Unlock the device by pressing and holding the "Unlock 5 sec" button for 5 seconds.
2. Press the **Clock** button.
3. Use the **Up/Down Arrows** to adjust the hour. Press **Check Mark (✓)** to confirm.
4. Use the **Up/Down Arrows** to adjust the minute. Press **Check Mark (✓)** to confirm.
5. The time is now set.

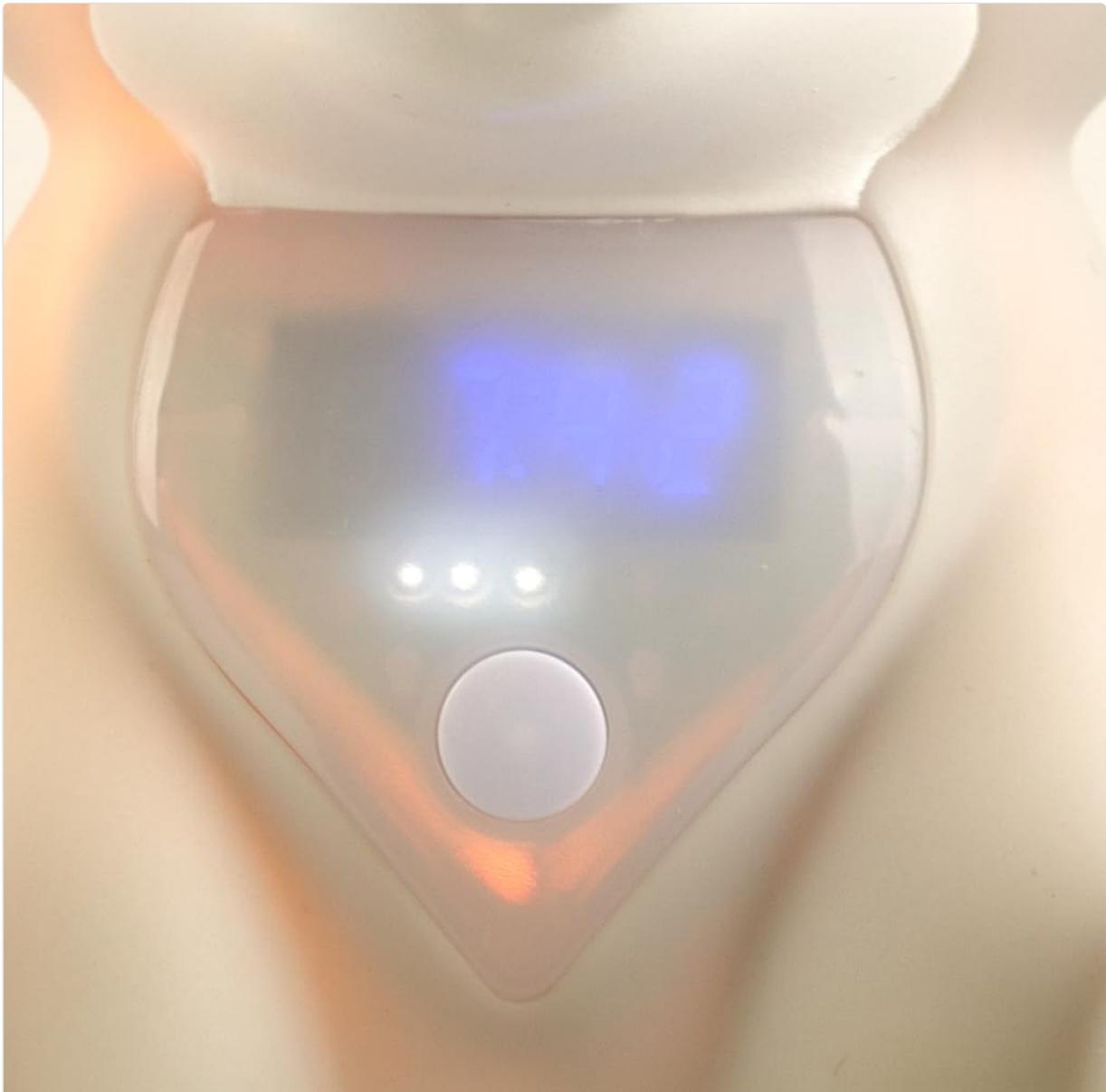


Figure 4: Close-up of the digital display. The display shows the current time and indicator lights.

4.3. Sleep Mode

Sleep Mode helps prepare your child for bedtime by indicating when it's almost time to sleep.

1. Unlock the device.
2. Press the **Sleep** button.
3. Use the **Up/Down Arrows** to set the countdown duration (e.g., 5 to 60 minutes). This is the period before the designated sleep time.
4. Press **Check Mark (✓)** to confirm.
5. During the countdown, the device may display an orange light and LED indicators, signaling that bedtime is approaching.

4.4. Night Light Mode

The Night Light Mode provides a comforting glow during the night.

1. Unlock the device.
2. Press the **Night light** button.
3. Use the **Up/Down Arrows** to adjust the brightness or set a timer for the night light to turn off (e.g., 5 to 60 minutes, or continuous).
4. Press **Check Mark (✓)** to confirm.



Figure 5: Fabian Sleep Trainer in Night Light Mode. The device emits a soft glow, suitable for a child's bedroom.

4.5. Wake Up Mode

Set a specific time for the device to signal that it's okay to wake up.

1. Unlock the device.
2. Press the **Wake up** button.
3. Use the **Up/Down Arrows** to set the desired wake-up hour. Press **Check Mark (✓)** to confirm.
4. Use the **Up/Down Arrows** to set the desired wake-up minute. Press **Check Mark (✓)** to confirm.
5. The device will indicate the wake-up time with a specific light color (e.g., green) and/or sound.



Figure 6: Child interacting with the Fabian Sleep Trainer. The device is glowing, indicating an active mode.

5. MAINTENANCE

5.1. Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the surface with a soft, damp cloth.
- Do not use abrasive cleaners, solvents, or immerse the device in water.

5.2. Storage

Store the device in a cool, dry place when not in use for extended periods.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or no power.	Charge the device using the provided USB cable. Ensure the power adapter is working.
Display is unresponsive.	Device is locked or frozen.	Press and hold the "Unlock 5 sec" button. If unresponsive, try pressing the Reset button on the control panel.
Sleep/Wake-up mode not working.	Incorrect settings or mode not activated.	Review the settings for Sleep Mode and Wake Up Mode (Sections 4.3 and 4.5). Ensure the correct times are set and confirmed.

7. SPECIFICATIONS

Feature	Detail
Brand	Flow Amsterdam
Model Number	1495027
Color	Grey
Dimensions (L x W x H)	14 x 21 x 12 cm
Weight	250 g
Material	Polypropylene
Power Source	Battery Powered (Rechargeable Lithium Battery)
Input	DC 5V, 500mA
Special Feature	Alarm

8. CUSTOMER SUPPORT

For further assistance, technical support, or warranty information, please contact Flow Amsterdam customer service through their official website or the retailer where the product was purchased.