

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [Lumie](#) /

› [Lumie Bodyclock Rise 100 User Manual](#)

## Lumie NBCKA-2000

# Lumie Bodyclock Rise 100 User Manual

Brand: Lumie | Model: NBCKA-2000

## INTRODUCTION

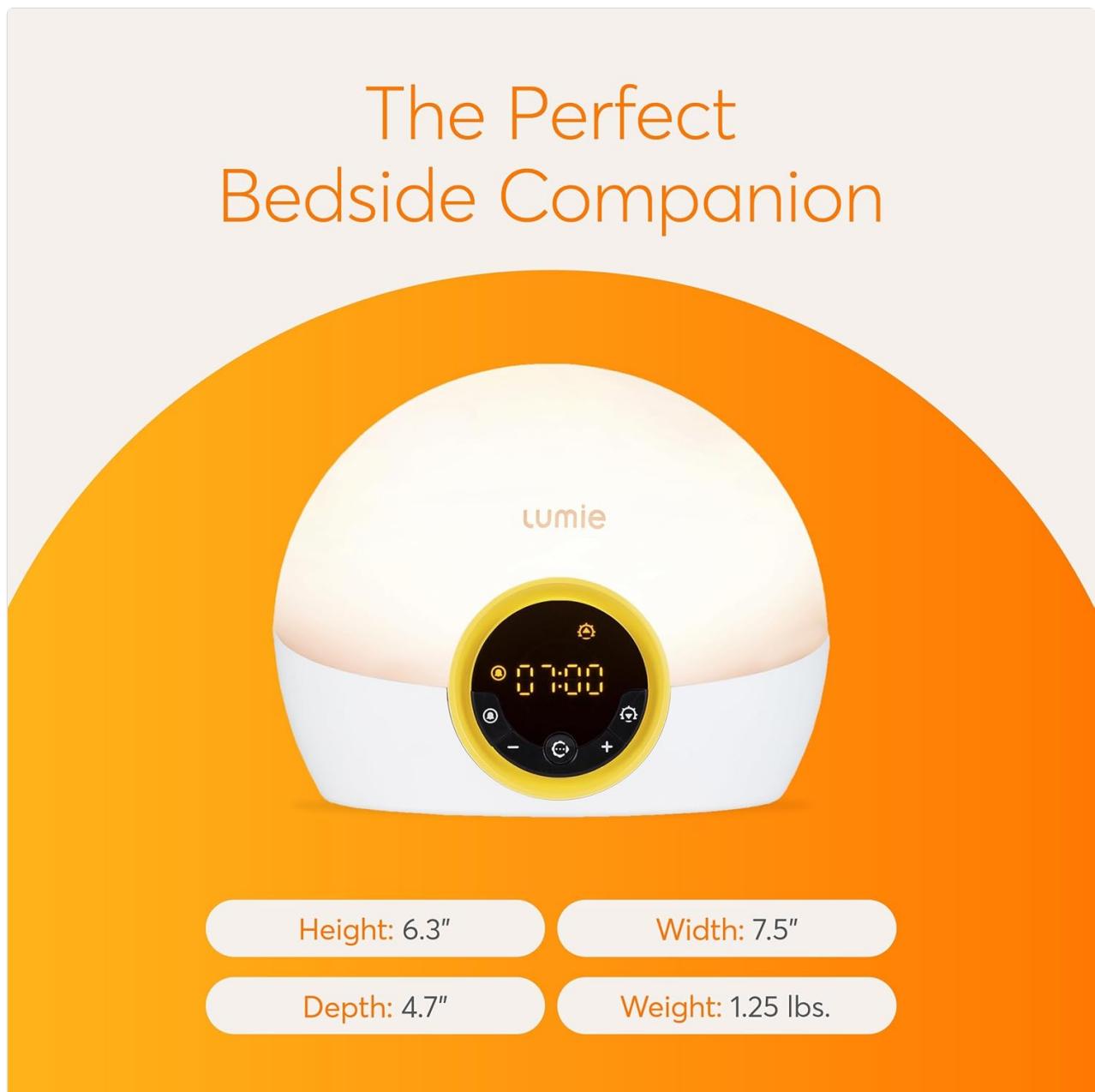
The Lumie Bodyclock Rise 100 is an LED wake-up light alarm clock designed to promote a healthy sleep/wake cycle by mimicking natural light changes. It features realistic sunrise and sunset simulations, dimmable lighting, and an integrated alarm function.



Front view of the Lumie Bodyclock Rise 100, displaying the time 07:00 on its central circular screen. The device is white with a yellow ring around the display.

## SETUP

- Unboxing:** Carefully remove all components from the packaging. Ensure the Lumie Bodyclock Rise 100 unit and the power cable are present.
- Placement:** Place the Bodyclock on a stable, flat surface such as a bedside table, ensuring it is within reach of a power outlet. For optimal effect, position it where the light can illuminate your sleeping area.
- Power Connection:** Connect the provided power cable to the DC input port on the back of the Bodyclock. Plug the other end of the power cable into a standard electrical outlet. The display should illuminate, indicating it is powered on.
- Initial Time Setting:** Upon first power-up, the clock may display a default time or require setting. Refer to the "Operating Instructions" section for detailed steps on setting the current time.



The Lumie Bodyclock Rise 100 with its dimensions: Height 6.3", Width 7.5", Depth 4.7", and Weight 1.25 lbs. This image helps in understanding the physical size for placement.

## OPERATING INSTRUCTIONS

## Setting the Time

Use the control buttons located around the central display to adjust the time. Typically, a "Set" or "Clock" button initiates time setting, and "+"/ "-" buttons adjust hours and minutes. Confirm your selection to save.

## Sunrise Simulation (Wake-Up)

The Bodyclock Rise 100 simulates a sunrise over a 30-minute duration. The light gradually brightens, changing from warm red/orange tones to bright white light, mimicking a natural dawn. This process begins 30 minutes before your set alarm time.

- **Setting Alarm Time:** Press the alarm button (often indicated by a bell icon) to enter alarm setting mode. Use the "+"/ "-" buttons to set your desired wake-up time.
- **Adjusting Final Brightness:** You can adjust the maximum brightness the light reaches at your wake-up time. This allows for personalized wake-up intensity.
- **Alarm Beep:** Optionally, you can enable an audible alarm beep to sound at the end of the sunrise simulation. The volume of this beep is adjustable.
- **Tap-Control Snooze:** To snooze the alarm, gently tap the top of the Bodyclock. The light and sound will pause for a set period (e.g., 9 minutes) before resuming.

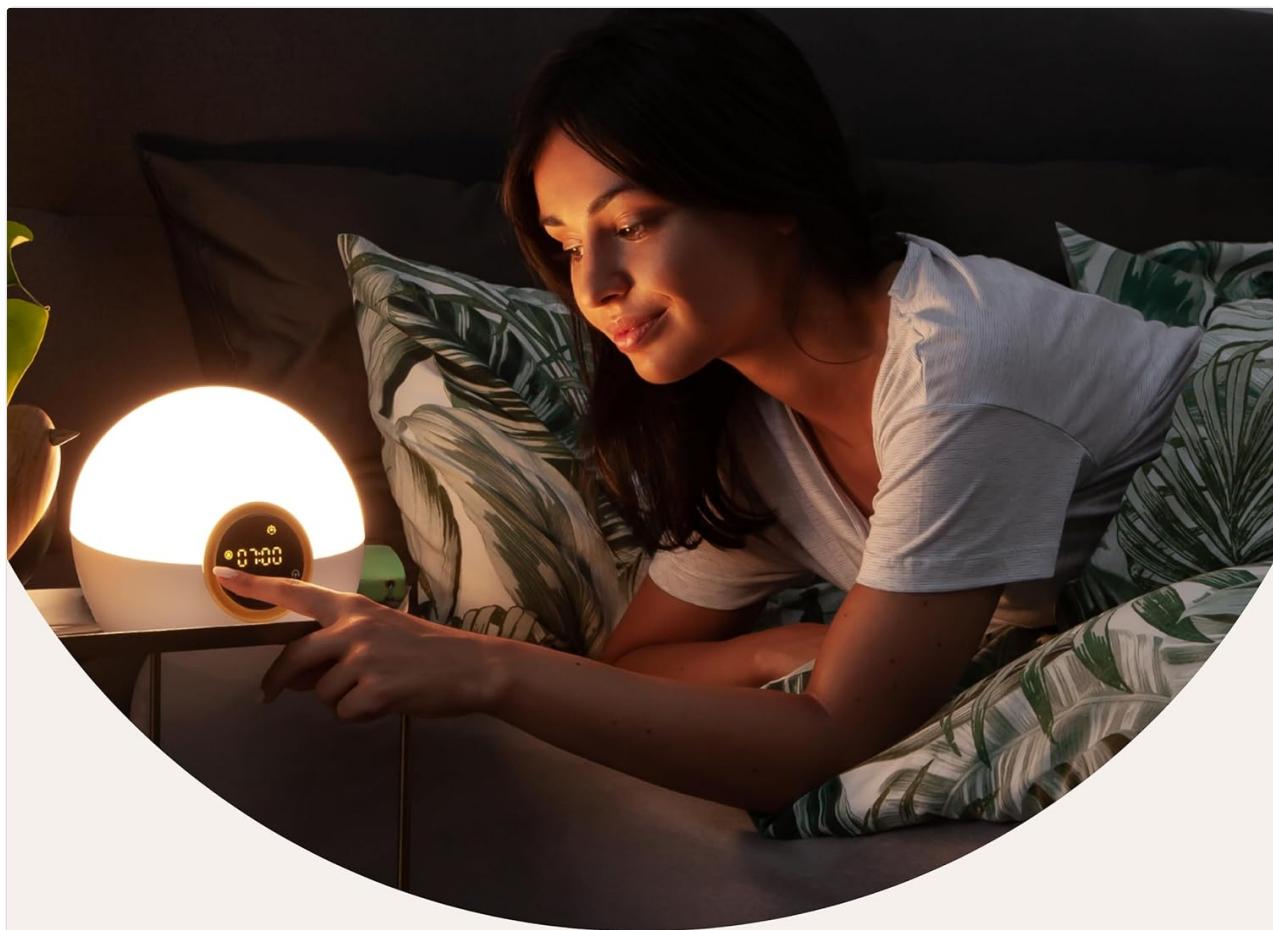
Mimics the light and color of a real sunrise.

Warm white, orange, red — mimics the colors of a real sunrise & sunset.

Integrated LEDs



This image illustrates the light progression of the Lumie Bodyclock Rise 100, transitioning from warm red and orange tones to a bright white light, simulating a natural sunrise.



Wake up to light only  
or add an alarm beep.

Tap-control snooze

A user demonstrates the tap-control snooze feature by gently tapping the top of the Lumie Bodyclock Rise 100.

### Sunset Simulation (Go-to-Sleep)

The sunset feature helps you unwind naturally by gradually dimming the light over a 30-minute period, transitioning from bright light to a soft, warm glow, and eventually turning off.

- **Activating Sunset:** Press the sunset button (often indicated by a moon icon) to start the sunset sequence.
- **Adjusting Duration/Intensity:** Some models allow adjustment of the sunset duration or the starting light intensity.

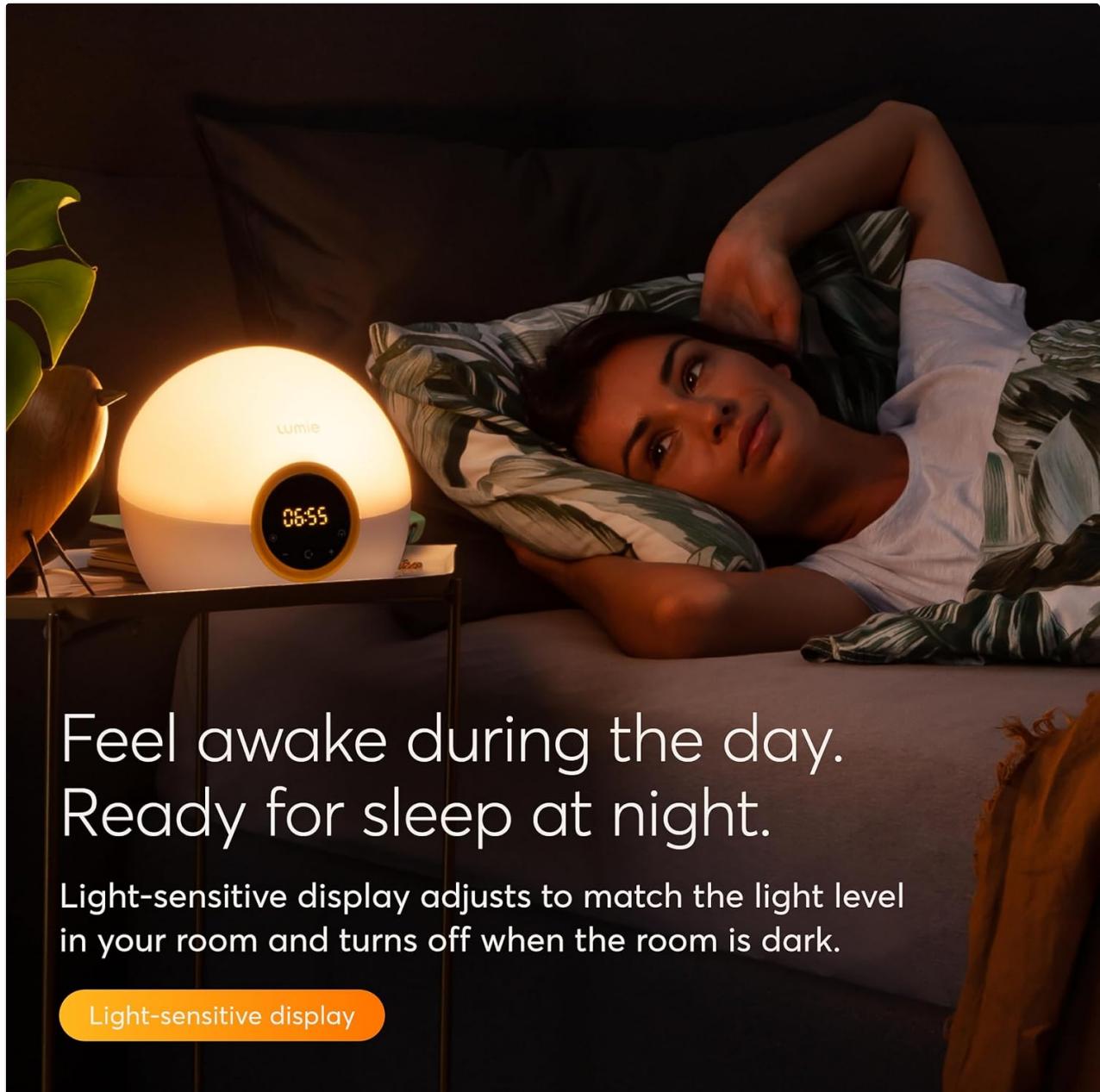
### Nightlight Option

The Bodyclock can function as a nightlight, staying on at a low, dimmable level. This is useful for ambient lighting during the night.

### Light-Sensitive Display

The clock's display automatically adjusts its brightness based on the ambient light in the room. In a dark room,

the display will dim or turn off completely to avoid disturbing sleep. It will brighten when the room becomes lighter.



Feel awake during the day.  
Ready for sleep at night.

Light-sensitive display adjusts to match the light level  
in your room and turns off when the room is dark.

Light-sensitive display

The Lumie Bodyclock Rise 100 features a light-sensitive display that automatically adjusts its brightness to match the ambient light in the room, dimming or turning off in darkness and brightening in light.

## MAINTENANCE

- Cleaning:** To clean the Bodyclock, gently wipe the surface with a soft, dry cloth. Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the finish.
- Storage:** If storing the device for an extended period, ensure it is clean and dry. Store it in a cool, dry place away from direct sunlight and extreme temperatures.
- Power Disconnection:** Always unplug the device from the power outlet before cleaning or when not in use for prolonged periods.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Clock display is off or too dim at night.	The light-sensitive display has dimmed or turned off in a dark room.	This is normal operation. The display will brighten automatically when ambient light increases. If you need to see the time, briefly turn on a room light or gently tap the device (if applicable for temporary display).
Sunrise light is not bright enough to wake me.	Final brightness setting is too low, or room is too bright before simulation.	Increase the final brightness setting for the alarm. Ensure your room is sufficiently dark (e.g., with blackout curtains) for the light simulation to be effective. Consider enabling the audible alarm beep as a backup.
Difficulty setting time or alarm.	Unfamiliarity with control buttons or sequence.	Refer to the "Operating Instructions" section for detailed steps. Practice setting the time and alarm during the day. If issues persist, consult the manufacturer's online resources or support.
Device is not powering on.	Power cable not properly connected or power outlet issue.	Ensure the power cable is securely plugged into both the device and a working electrical outlet. Try plugging another device into the same outlet to confirm it has power.

## SPECIFICATIONS

Feature	Detail
Brand	Lumie
Model Number	NBCKA-2000
Product Dimensions	4.7"D x 7.5"W x 6.3"H
Item Weight	1.3 Pounds (approx. 0.59 kg)
Lamp Type	Wake Up Light
Light Source Type	LED
Color	White/Yellow
Material	Plastic
Power Source	Corded Electric
Included Components	Power Cable
Sunrise/Sunset Duration	30 minutes
Display	Light-sensitive, auto-dimming
Snooze Function	Tap-control snooze

## WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the official Lumie website or contact Lumie LLC directly. Warranty terms typically cover manufacturing defects for a specified period from the date of purchase. Keep your proof of purchase for any warranty claims.

**Manufacturer:** Outside In (Cambridge) Ltd

**Seller:** Lumie LLC

Additional protection plans may be available for purchase from your retailer.

© 2024 Lumie. All rights reserved.

## Related Documents - NBCKA-2000

 ENGLISH FRENCH GERMAN SPANISH	<p><a href="#"><u>Lumie Bodyclock Rise 100 User Manual: Natural Sunrise and Sunset Wake-Up Light</u></a></p> <p>User guide for the Lumie Bodyclock Rise 100. Learn how to use this wake-up light alarm clock with sunrise and sunset features to improve sleep, mood, and energy levels.</p>
 ENGLISH FRENCH GERMAN SPANISH	<p><a href="#"><u>Lumie Bodyclock Spark 100 &amp; Glow 150 User Manual</u></a></p> <p>Comprehensive user manual for the Lumie Bodyclock Spark 100 and Glow 150 wake-up lights, covering setup, features, safety, maintenance, and technical specifications.</p>
 ENGLISH FRENCH GERMAN SPANISH	<p><a href="#"><u>Lumie Bodyclock Spark 100: Natural Sunrise Alarm for Improved Sleep and Well-being</u></a></p> <p>Explore the Lumie Bodyclock Spark 100, a wake-up light that uses natural sunrise and sunset simulations to enhance sleep quality, mood, and energy. This guide provides an overview of its features, benefits, and usage.</p>
 ENGLISH FRENCH GERMAN SPANISH	<p><a href="#"><u>Lumie Bodyclock Spark 100 User Manual and Guide</u></a></p> <p>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.</p>

 <p>ENGLISH FRENCH GERMAN SPANISH ENGLISH FRENCH GERMAN SPANISH</p>	<p><a href="#"><u>Lumie Bodyclock Luxe 700FM User Manual: Wake Up Naturally</u></a></p> <p>Discover the Lumie Bodyclock Luxe 700FM. This user manual guides you through using its sunrise and sunset simulation, dimmable bedside light, FM radio, and Bluetooth audio features to enhance your sleep and waking experience. Learn setup, operation, and maintenance for a better sleep-wake cycle.</p>
 <p>ENGLISH FRENCH GERMAN SPANISH ENGLISH FRENCH GERMAN SPANISH</p>	<p><a href="#"><u>Lumie Bodyclock Spark 100 &amp; Glow 150 User Manual</u></a></p> <p>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.</p>