Lumie Shine 300

Lumie Bodyclock Shine 300 Sunrise & Sunset Alarm Clock User Manual

Model: Shine 300 (NBCSA-1000)

1. INTRODUCTION

The Lumie Bodyclock Shine 300 is a sophisticated sunrise and sunset alarm clock designed to improve your sleep and wake-up experience. By gradually brightening light in the morning, it mimics a natural sunrise, helping you wake up feeling refreshed. In the evening, a fading sunset light prepares your body for sleep. This manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting your device.

Front view of the Lumie Bodyclock Shine 300, displaying the time and current alarm settings.

Wake up ready and refreshed.

Instead of being jolted from sleep by an alarm, Bodyclock Shine 300 wakes you gradually and more effectively with brightening light. By the time you open your eyes, you're awake, alert and feeling ready for the day ahead.

The Bodyclock Shine 300 is designed to provide a gentle wake-up experience, promoting a refreshed start to your day.

2. SETUP

2.1 Unpacking

Carefully remove all components from the packaging. Ensure you have the Lumie Bodyclock Shine 300 unit and its power adapter.

2.2 Power Connection

1. Connect the power adapter to the DC input port on the back of the Bodyclock Shine 300.

2. Plug the power adapter into a suitable wall outlet. The display will illuminate, indicating the device is powered on.

2.3 Initial Time Setting

Upon first power-up or after a power interruption, you may need to set the current time.

1. Press the **SELECT** button to enter the time setting mode.

2. Use the < and > buttons to adjust the hours and minutes.

3. Press **SELECT** again to confirm each setting (e.g., hours, then minutes).

4. The clock typically uses a 24-hour format. Refer to the display for confirmation.

3. OPERATING INSTRUCTIONS

3.1 Setting a Sunrise Alarm

The sunrise alarm gradually brightens the light before your set wake-up time, followed by an optional alarm sound.

# Mimics the light and color of a real sunrise.

Warm white, orange, and red integrated LEDs mimic the colors of a real sunrise & sunset.

15 sleep/wake sounds & FM Radio

The Bodyclock Shine 300 mimics a natural sunrise with a gradual change in light color and intensity.

1. Press the **ALARM** button (usually indicated by a bell icon) to access alarm settings.

2. Use the **<** and **>** buttons to set your desired wake-up time. Press **SELECT** to confirm.

3. Next, set the sunrise duration (e.g., 15-90 minutes). This is the period over which the light will gradually brighten. Press **SELECT** to confirm.

4. Choose your alarm sound from the 15 available options or select FM radio. Adjust the volume using the **+** and **-** buttons. Press **SELECT** to confirm.

5. Ensure the alarm icon is displayed on the screen to confirm it is active.
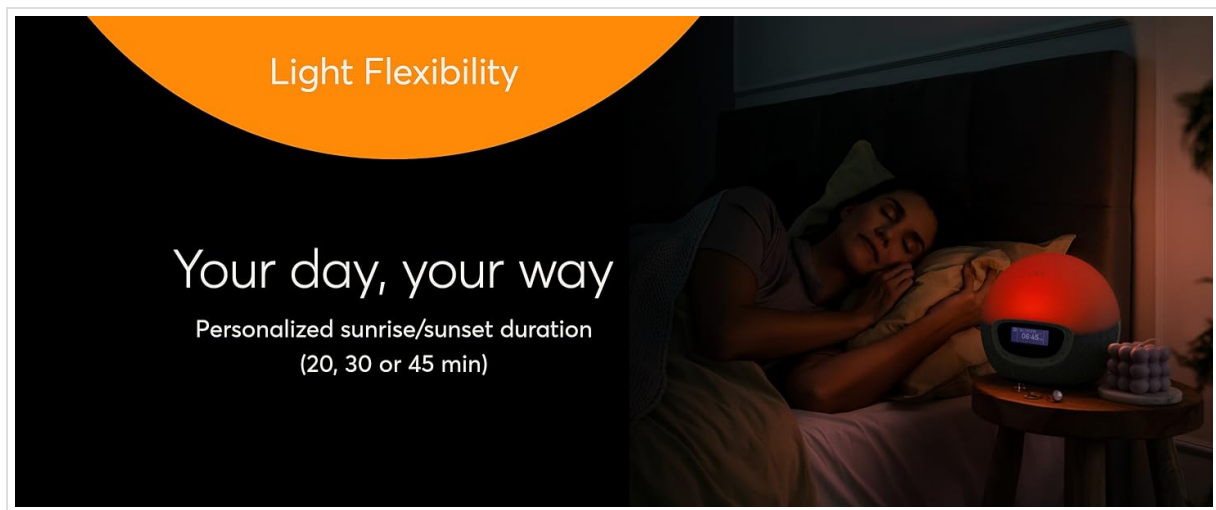
Customize your sunrise and sunset durations for a personalized experience.

3.2 Setting a Sunset Function

The sunset function provides a fading light that gradually dims over a set period, helping you relax and fall asleep naturally.


The sunset feature helps create an optimal environment for natural sleep.

1. Press the **SUNSET** button (often indicated by a moon icon).

2. Use the **<** and **>** buttons to set the desired sunset duration (e.g., 15-90 minutes). Press **SELECT** to confirm.

3. You can choose a fading sound or FM radio to accompany the sunset. Adjust volume as needed. Press **SELECT** to confirm.

4. The light will gradually dim and turn off at the end of the set duration.

3.3 Sounds and FM Radio

The Bodyclock Shine 300 offers 15 sleep/wake sounds and an FM radio for a personalized experience.
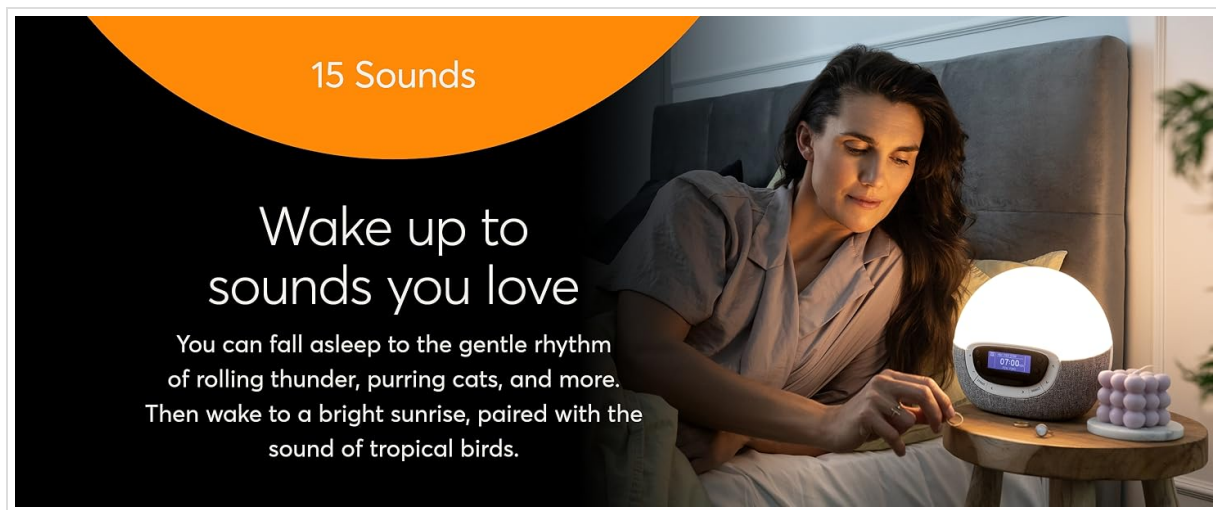
Choose from 15 natural sounds to enhance your wake-up or sleep routine.

- **Selecting Sounds:** During alarm or sunset setup, cycle through the sound options using the **<** and **>** buttons.

- **FM Radio:** To use the FM radio independently, press the **RADIO** button. Use **<** and **>** to tune. Press and hold **PRESET** to save a station (up to 5 presets).

The integrated FM radio allows you to wake up or fall asleep to your preferred stations.

3.4 Light Functions (Independent Use)

The Bodyclock Shine 300 can also function as a bedside lamp or night light.

- **Turning On/Off:** Press the **LIGHT** button to turn the light on or off.

- **Adjusting Brightness:** Use the **+** and **-** buttons to adjust the light intensity when it is on.

- **Night Light Option:** A fading light that stays on at a low level can be activated for a gentle night light.

3.5 Display Brightness and Auto-Dimming

The digital display features an auto-dimming function that adjusts to the ambient light in your room.
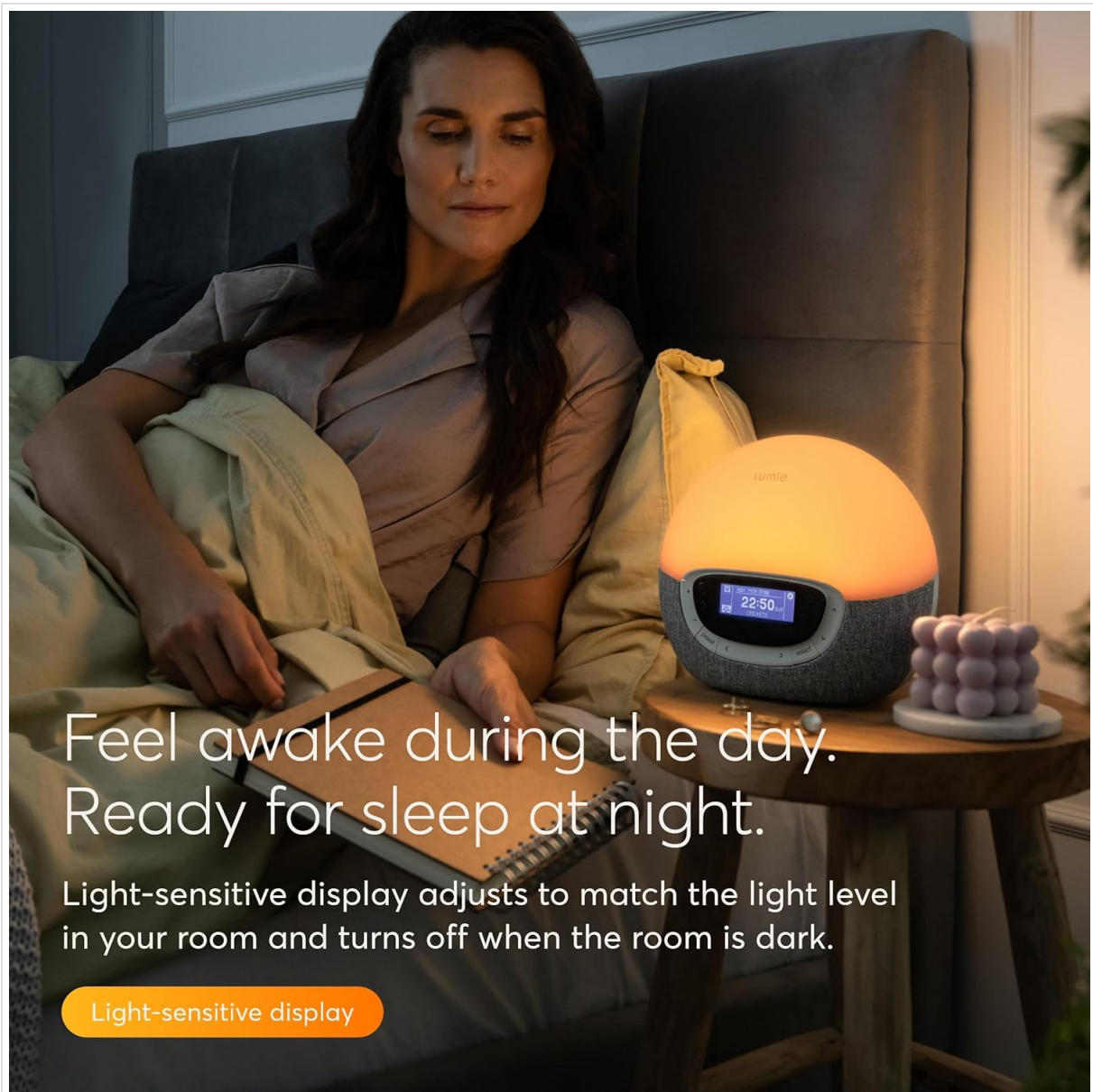
The light-sensitive display adjusts its brightness to match the room's light level, turning off in complete darkness.

- **Auto-Dimming:** The display automatically dims in low light conditions and turns off when the room is dark to avoid disturbing sleep.

- **Manual Adjustment:** If desired, you can manually adjust the display brightness through the settings menu. Consult the full manual for specific steps.

3.6 Snooze Function

To temporarily pause your alarm, use the tap-control snooze feature.

Wake up to light only or add FM radio or one of 15 sounds.

Tap-control snooze

Tap the top of the device to activate the snooze function.

- **Activating Snooze:** Gently tap the top of the Bodyclock Shine 300 when the alarm sounds. The alarm will pause for a set period (e.g., 9 minutes) and then resume.
- **Disabling Alarm:** To turn off the alarm completely, press the **ALARM** button.

4. Maintenance

4.1 Cleaning

To maintain your Bodyclock Shine 300, follow these cleaning guidelines:

- Always unplug the device from the power outlet before cleaning.
- Wipe the exterior surfaces with a soft, dry, or slightly damp cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the finish.
- Avoid getting moisture into any openings.

5. Troubleshooting

If you encounter issues with your Lumie Bodyclock Shine 300, refer to the following common problems and

solutions:

Problem	Possible Cause	Solution
Device does not power on.	Power adapter not connected or faulty outlet.	Ensure the power adapter is securely plugged into both the device and a working wall outlet. Try a different outlet.
Alarm does not sound or light does not come on.	Alarm not set, alarm volume too low, or alarm disabled.	Verify alarm settings, ensure the alarm icon is active on the display, and check the alarm volume.
Display is too bright or too dim.	Auto-dimming feature, or manual setting.	The display adjusts automatically. If manual adjustment is preferred, consult the full user manual for instructions on overriding auto-dimming.
Difficulty setting up the clock.	Unfamiliarity with controls.	Carefully re-read the setup instructions in this manual. The controls require sequential presses of SELECT to confirm each step.
Sunrise light does not turn off automatically after several hours.	Specific setting or operational mode.	While designed to turn off, some modes may keep the light on. Manually turn off the light by pressing the LIGHT button if it remains on longer than desired.

6. Specifications

Detailed technical specifications for the Lumie Bodyclock Shine 300:

The Perfect
Bedside Companion

Height: 7.1"	Width: 8.3"
Depth: 4.7"	Weight: 1.43 lbs.

Physical dimensions and weight of the Bodyclock Shine 300.

- **Brand:** Lumie

- **Model Number:** NBCSA-1000

- **Color:** Pebble Grey and White

- **Display Type:** Digital

- **Special Feature:** Adjustable Brightness, Sunrise/Sunset Simulation, FM Radio, 15 Sounds

- **Product Dimensions:** 8.3"W x 7.1"H (Depth: 4.7")

- **Power Source:** Corded Electric

- **Room Type:** Bedroom

- **Material:** Plastic

- **Mounting Type:** Tabletop

- **Item Weight:** 2.81 pounds (1.28 Kilograms)

- **Connectivity Technology:** USB (for power adapter)

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

- **Date First Available:** January 15, 2020

7. WARRANTY INFORMATION

The Lumie Bodyclock Shine 300 comes with a **Full Warranty**. For specific details regarding the warranty period, coverage, and claims process, please refer to the warranty card included with your product or visit the official Lumie website. Keep your proof of purchase for warranty validation.

8. SUPPORT

For further assistance, technical support, or to view frequently asked questions, please visit the official Lumie website or contact their customer service department. You can find more information and contact details on the Lumie Brand Store.

Related Documents - Shine 300

	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 Shine 300: Wake-Up Light, Sunrise Alarm & Bedside Lamp Discover the Lumie Bodyclock Shine 300, an advanced wake-up light that simulates sunrise for natural waking. Features include a bedside lamp, FM radio, and SAD relief benefits. Learn how to use it for better sleep and energy.
	Lumie Bodyclock Shine 300 User Manual Comprehensive user manual for the Lumie Bodyclock Shine 300. Learn how to set up your wake-up light, utilize sunrise and sunset simulations, configure alarms, use the FM radio, and maintain your device. Ideal for improving sleep quality and combating seasonal blues.
	Lumie Bodyclock Shine 300 User Manual: Sunrise Alarm Clock, Bedside Lamp, Radio Comprehensive user manual for the Lumie Bodyclock Shine 300. Learn how to set up your sunrise alarm clock, use sunset features, bedside lamp, and radio for a better sleep experience.

	Lumie Bodyclock Shine 300 User Manual and Guide Comprehensive user manual for the Lumie Bodyclock Shine 300. Learn how to set up, use sunrise/sunset alarms, bedside light, radio, and access settings. Includes safety information and technical details.
	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.

Documents - Lumie – Shine 300

Lumie Bodyclock Shine 300 User Manual
Comprehensive user manual for the Lumie Bodyclock Shine 300. Learn how to set up your wake-up light, utilize sunrise and sunset simulations, configure alarms, use the FM radio, and maintain your device. Ideal for improving sleep quality and combating seasonal blues.
lang:en score:36 filesize: 2.52 M page_count: 88 document date: 2019-05-03

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.
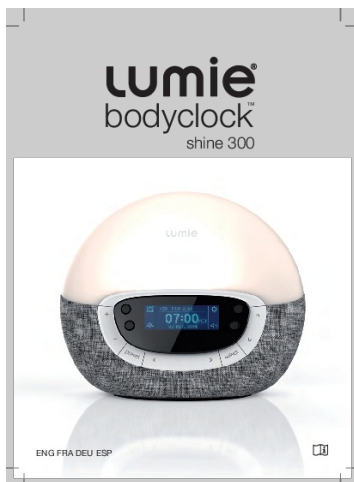lang:en score:31 filesize: 2.56 M page_count: 88 document date: 2019-05-03

[Lumie Bodyclock Shine 300: Wake-Up Light, Sunrise Alarm & Bedside Lamp](#)
Discover the Lumie Bodyclock Shine 300, an advanced wake-up light that simulates sunrise for natural waking. Features include a bedside lamp, FM radio, and SAD relief benefits. Learn how to use it for better sleep and energy.
lang:en score:29 filesize: 1.63 M page_count: 88 document date: 2018-08-10

[Lumie Bodyclock Shine 300 User Manual: Sunrise Alarm Clock, Bedside Lamp, Radio](#)
Comprehensive user manual for the Lumie Bodyclock Shine 300. Learn how to set up your sunrise alarm clock, use sunset features, bedside lamp, and radio for a better sleep experience.
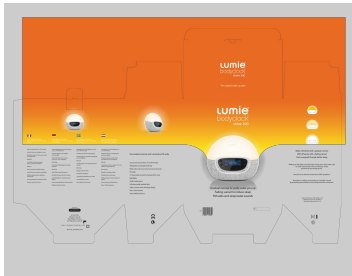lang:en score:26 filesize: 2.16 M page_count: 88 document date: 2018-08-08

[Lumie Bodyclock Shine 300 User Manual](#)
User manual for the Lumie Bodyclock Shine 300 wake-up light. Learn how to set up, use sunrise/sunset features, alarms, radio, and customize settings for improved sleep and well-being.
lang:en score:23 filesize: 2.02 M page_count: 68 document date: 2019-08-13

BC300b2003 Low Res Bekijk de CE markering Lumie Bodyclock Shine 300 Sleep Wake up light Dimbaar nachtlampje FM radio bol original media s BvpWpwW61J52 |||

Lumie Bodyclock™ **Shine 300** Input: 100-240 Vac, 50/60 Hz, 1 A max Outside In Cambridge Ltd 3 The Links, Trafalgar Way Bar Hill, Cambridge, CB23 8UD, UK. www.lumie.com BC300b2003 Lumie Bodyclock™ **Shine 300** Aube et crpuscule personnaliss plus radio FM Lumie Bodyclock™ **Shine 300** Individueller Son...

lang:af score:23 filesize: 268.72 K page_count: 2 document date: 2023-01-19

[Lumie Bodyclock Shine 300 User Manual and Guide](#)
Comprehensive user manual for the Lumie Bodyclock Shine 300. Learn how to set up, use sunrise/sunset alarms, bedside light, radio, and access settings. Includes safety information and technical details.
lang:en score:17 filesize: 2.52 M page_count: 88 document date: 2019-05-03

Handleiding Lumie Bodyclock Shine 300Lumie 300 wake up light Shopvoorgezondheid5060006628870 handleiding NLcdn shopify s files 1 0302 6436 1092 5060006628870 NL v 1633596470 |||

shine 300 NED NED Veiligheid Veiligheid Neem v r gebruik contact op met uw Lumie distrib ... r de minuten. Druk op select om te bevestigen en terug te gaan naar de huidige tijd. Bodyclock **Shine 300** is nu klaar voor gebruik als lichtwekker, bedlampje en radio. Voorkant Alarm inschakelen/...

lang:nl score:16 filesize: 207.28 K page_count: 24 document date: 2021-10-07

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bodyclockTM **shine 300** ENG FRA DEU ESP ENG Safety Safety If the unit is damaged contact Lumie be ... minutes. Press select to confirm and exit to the current time. Getting started ENG 5 Bodyclock **Shine 300** is now ready to use as a wake-up light, bedside light and radio. Front panel Activate/ de...

lang:en score:12 filesize: 713.65 K page_count: 88 document date: 2020-07-03

Lumie Bodyclock Glanz 300 Bedienungsanleitung

Umfassende Anleitung für die Lumie Bodyclock Glanz 300. Erfahren Sie, wie Sie den Sonnenaufgangs- und Sonnenuntergangsalarm einstellen, Radio hören und weitere Funktionen nutzen.

lang:de score:12 filesize: 5.42 M page_count: 88 document date: 2023-02-28

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:9 filesize: 325.03 K page_count: 2 document date: 2023-12-01