

[Manuals.plus](#) /

› [RICIAL](#) /

› RICIAL Wake Up Light & Sunrise Alarm Clock User Manual

## RICIAL CM023

# RICIAL Wake Up Light & Sunrise Alarm Clock User Manual

Model: CM023 | Brand: RICIAL

## INTRODUCTION

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The RICIAL Wake Up Light is a versatile device designed to enhance your sleep and wake-up experience. It combines a 10000 Lux UV-free sun lamp with a sunrise alarm clock, offering dimmable brightness, adjustable color temperatures, dual alarms, a snooze function, and a sleep aid mode with natural sounds. This manual provides detailed instructions for setting up, operating, and maintaining your device.



Figure 1: Front view of the RICIAL Wake Up Light and Sunrise Alarm Clock.

This image displays the main unit of the Wake Up Light, featuring a large circular light panel and a digital display with control buttons on the front base. The display shows the time '23:00' in orange digits. Smaller inset images on the right show the light panel cycling through different brightness and color temperature settings.

## PACKAGE CONTENTS

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Please verify that all items are present in the package:

- 1 x Light Therapy Lamp
- 1 x Adapter
- 1 x USB Power Cable
- 1 x User Manual
- 1 x Insulation Flake



Figure 2: Diagram of the device controls and package contents.

This image shows a top-down and front view of the device, highlighting various control buttons such as Timer, Light Brightness, Display Brightness, Color Temperature, Alarm1/Alarm2, Sleep, Time, and Set buttons. It also lists the package contents and product dimensions.

## SETUP

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### 1. Power Connection

1. Connect the USB power cable to the device's power input port.
2. Plug the adapter into a standard wall outlet.
3. The device display will light up, indicating it is powered on.

### 2. Setting the Time

1. Press the 'Time' button (usually indicated by a clock icon) to enter time setting mode. The hour digits will blink.
2. Use the '+' and '-' buttons to adjust the hour.
3. Press the 'Time' button again to confirm the hour and move to minute setting. The minute digits will blink.
4. Use the '+' and '-' buttons to adjust the minute.
5. Press the 'Time' button a third time to confirm and exit time setting mode.
6. To switch between 12H and 24H format, press the 'Snooze / 12H/24H' button in clock mode.

## OPERATING INSTRUCTIONS

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### 1. Setting Dual Alarms & Sunrise Simulation

The device supports two independent alarms. Each alarm can be set with a specific time, light intensity, and sound.

1. Press the 'Alarm1/Alarm2' button (bell icon) to select either Alarm 1 or Alarm 2. The selected alarm icon will blink.
2. Press the 'Set' button to enter alarm time setting. The hour digits will blink.

3. Use the '+' and '-' buttons to adjust the hour. Press 'Set' to confirm.
4. Adjust the minute using '+' and '-' buttons. Press 'Set' to confirm.
5. Next, select the wake-up sound (S01-S10) using '+' and '-' buttons. Press 'Set' to confirm.
6. Adjust the sound volume (V01-V15) using '+' and '-' buttons. Press 'Set' to confirm.
7. Set the sunrise simulation duration (0-60 minutes) using '+' and '-' buttons. This determines how long before the alarm time the light will gradually brighten from 3% to 100%. Press 'Set' to confirm and exit.



Figure 3: Illustration of the Sunrise Simulation feature.

This image depicts a person stretching in bed as the room brightens, symbolizing the sunrise simulation. Text indicates the light gradually brightens 0-60 minutes before the alarm and mentions sound volume (V1-V15) and songs (S01-S10).

# Dual Alarm Clock Mode & Snooze



Alarm 1 For Weekdays



Alarm 2 For Weekends



Figure 4: Dual Alarm Clock and Snooze Functionality.

This image shows two scenarios for dual alarms (Alarm 1 for Weekdays, Alarm 2 for Weekends) and illustrates the snooze function, explaining that pressing any button provides 10 minutes of snooze, up to 2 times.

## 2. Snooze Function

When the alarm sounds, press the 'Snooze / 12H/24H' button to activate the snooze function. The alarm will pause for 10 minutes and then sound again. This can be repeated up to 2 times.

## 3. Sleep Aid Mode / Sunset Simulation

This mode helps you fall asleep with gradually dimming light and soothing sounds.

1. Press the 'Sleep' button (moon icon) to activate sleep aid mode.
2. Press 'Set' to enter settings. Select the desired sleep sound (S01-S10) and volume (V01-V15).
3. Set the sunset simulation duration (0-90 minutes) using '+' and '-' buttons. The light will gradually dim over this period.
4. The sleep aid function will automatically turn off when the set time is reached.

# Sunset Simulation

Soothing sounds and sleep light therapy lamp better for your sleep

Countdown time: 15-30-45-60-75-90-00



Figure 5: Illustration of the Sunset Simulation feature.

This image shows a person sleeping peacefully with the device on a bedside table, emitting a warm, dim light. Text highlights "Sunset Simulation" and "Soothing sounds and sleep light therapy lamp better for your sleep," along with countdown times.

## 4. Adjusting Brightness and Color Temperature

The device offers 5 brightness levels and 4 color temperatures.

- To adjust brightness, press the 'Light Brightness' button (sun icon). Cycle through 3%, 10%, 40%, 70%, and 100% brightness.
- To adjust color temperature, press the 'Color Temperature' button (color palette icon). Cycle through 2800K (Warm Light), 4000K (Natural Light), 5000K (Day Light), and 6000K (White Light).

# 5 Brightness & 4 Color Temperature



Figure 6: Visual representation of brightness and color temperature settings.

This image displays the device at various brightness levels (5%, 10%, 40%, 70%, 100%) and different color temperatures (2800K Warm Light, 4000K Natural Light, 5000K Day Light, 6500K White Light).

## 5. Countdown Timer

The device includes a countdown timer function.

- Press the 'Timer' button (hourglass icon) to cycle through preset countdown durations: 15, 30, 45, 60 minutes, or off.

## 6. Natural Sounds

The device features 10 natural sounds for both wake-up and sleep aid functions. These include sounds like stream, ocean, campfire & waves, fire, chirping, and various white noise options.

## MAINTENANCE

- **Cleaning:** Use a soft, dry cloth to clean the surface of the device. Do not use abrasive cleaners or solvents.
- **Storage:** Store the device in a cool, dry place when not in use for extended periods.

- **Handling:** Handle the device with care to avoid damage to the light panel or internal components.

## TROUBLESHOOTING

| Problem                               | Possible Cause                                            | Solution                                                                                                                  |
|---------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Device does not power on.             | Power cable not properly connected or power outlet issue. | Ensure the USB cable is securely connected and the adapter is plugged into a working outlet. Try a different outlet.      |
| Alarm does not sound or light up.     | Alarm not activated or set correctly. Volume too low.     | Verify that the alarm is enabled and the time is set correctly. Check the alarm volume settings.                          |
| Light is too dim or too bright.       | Brightness level needs adjustment.                        | Press the 'Light Brightness' button to cycle through the 5 brightness levels.                                             |
| Cannot change time or alarm settings. | Not in setting mode or incorrect button pressed.          | Ensure you are pressing the correct 'Time' or 'Alarm' button to enter setting mode, then use 'Set' and '+' / '-' buttons. |

## SPECIFICATIONS

- **Product Dimensions:** 6.81"D x 4.33"W x 7.87"H
- **Item Weight:** 1.3 Pounds
- **Item Model Number:** CM023
- **Manufacturer:** RICIAL
- **Material:** Plastic
- **Color Temperature:** 2800K-6000K (4 levels)
- **Brightness Levels:** 5 levels (3%, 10%, 40%, 70%, 100%)
- **Natural Sounds:** 10 options
- **Sunrise Simulation:** 0-60 minutes
- **Sunset Simulation:** 0-90 minutes
- **Snooze Duration:** 10 minutes (up to 2 times)
- **System Clock:** 12H/24H selectable
- **Countdown Timer:** 15, 30, 45, 60 minutes

## WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or contact RICIAL customer service directly. Contact details are typically provided on the product packaging or the official brand website.

## IMPORTANT NOTE REGARDING VIDEOS

Please be advised that no official seller-created product videos were available for embedding based on the provided data. All available videos were created by influencers and thus were not included in this manual as per instructions.

