Hatch Baby Restore

Hatch Restore 3 Sunrise Alarm Clock Instruction Manual

Model: Restore

1. Introduction

The Hatch Restore 3 is a versatile device designed to support healthy sleep habits through a combination of a sunrise alarm clock, sound machine, and smart light. It aims to help users establish consistent bedtime and wake-up routines without relying on screens.

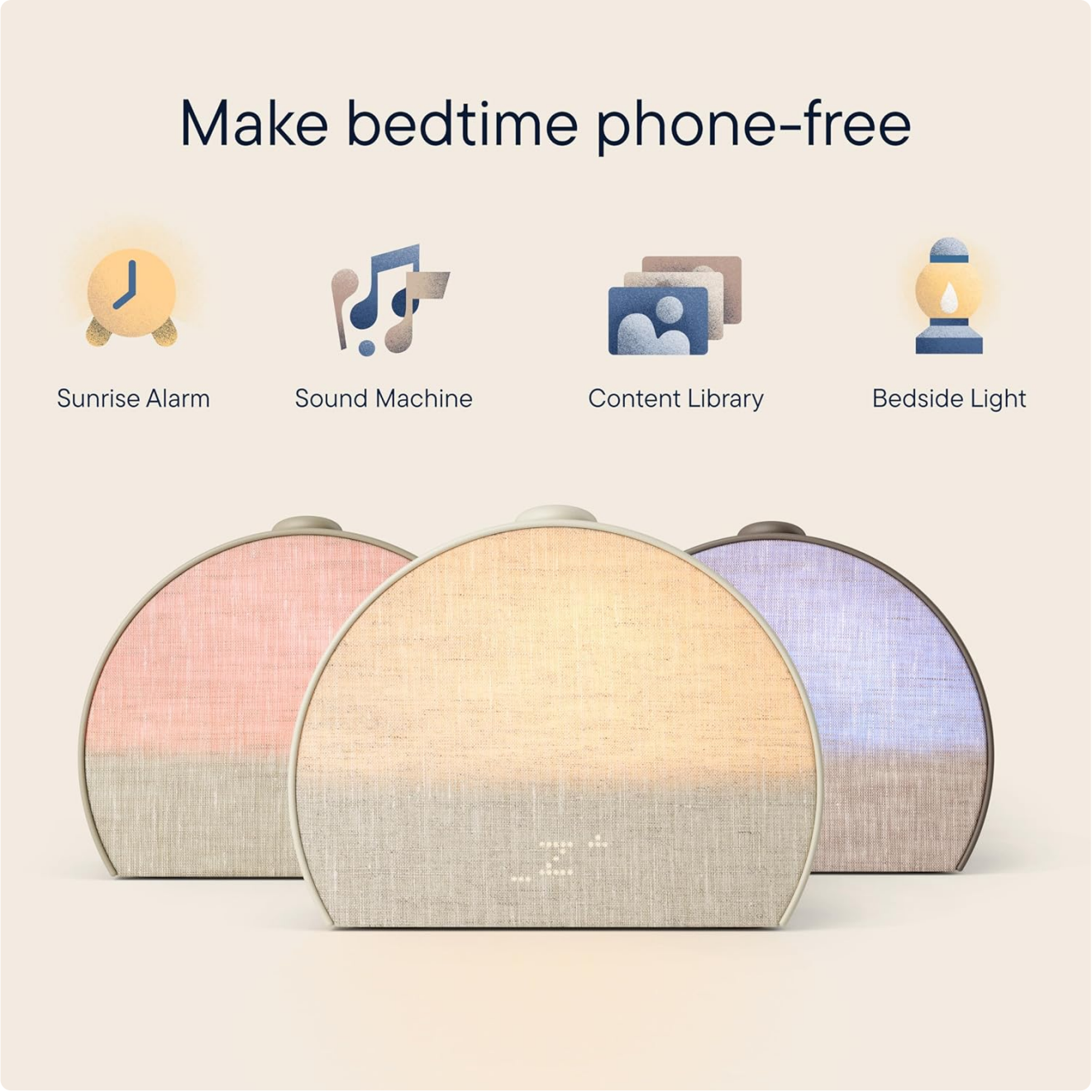


Image: The Hatch Restore 3 functions as a sunrise alarm, sound machine, smart light, and offers a content library for sleep routines.

2. Setup

1. **Unpack the Device:** Remove the Hatch Restore 3, power adapter, and instruction manual from the packaging.
2. **Connect Power:** Plug the power adapter into the device and then into a standard power outlet. The device requires continuous power for operation.
3. **Download the Hatch Sleep App:** Download the Hatch Sleep app from the App Store (iOS) or Google Play Store (Android) on your smartphone.
4. **Connect to Wi-Fi:** Follow the in-app instructions to connect your Hatch Restore 3 to your home's 2.4GHz Wi-Fi network. Bluetooth is required for the initial setup process.

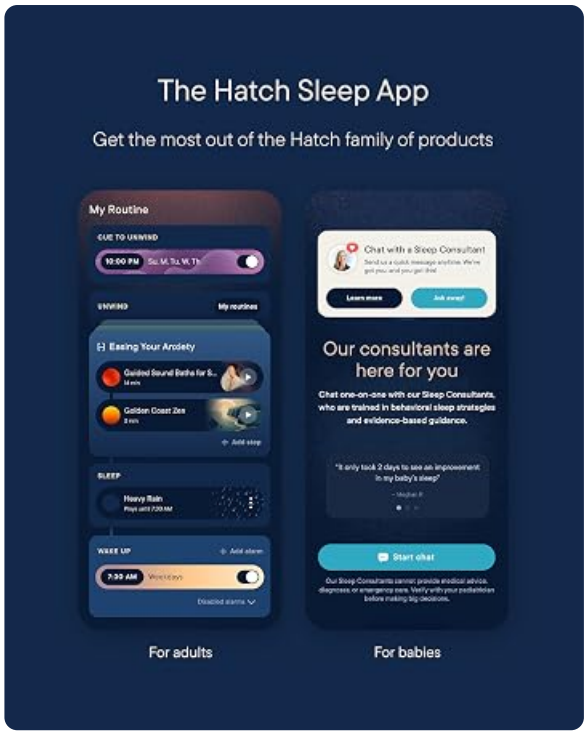


Image: The Hatch Sleep App allows for comprehensive customization of routines, sounds, and lights.

3. Operating Instructions

3.1 Creating Sleep Routines

- Use the Hatch Sleep app to create personalized bedtime routines. These routines can include custom light and audio pairings, such as meditative music or unchallenging narrations.
- Choose from curated routines or build your own from the extensive content library available through the Hatch Sleep app.

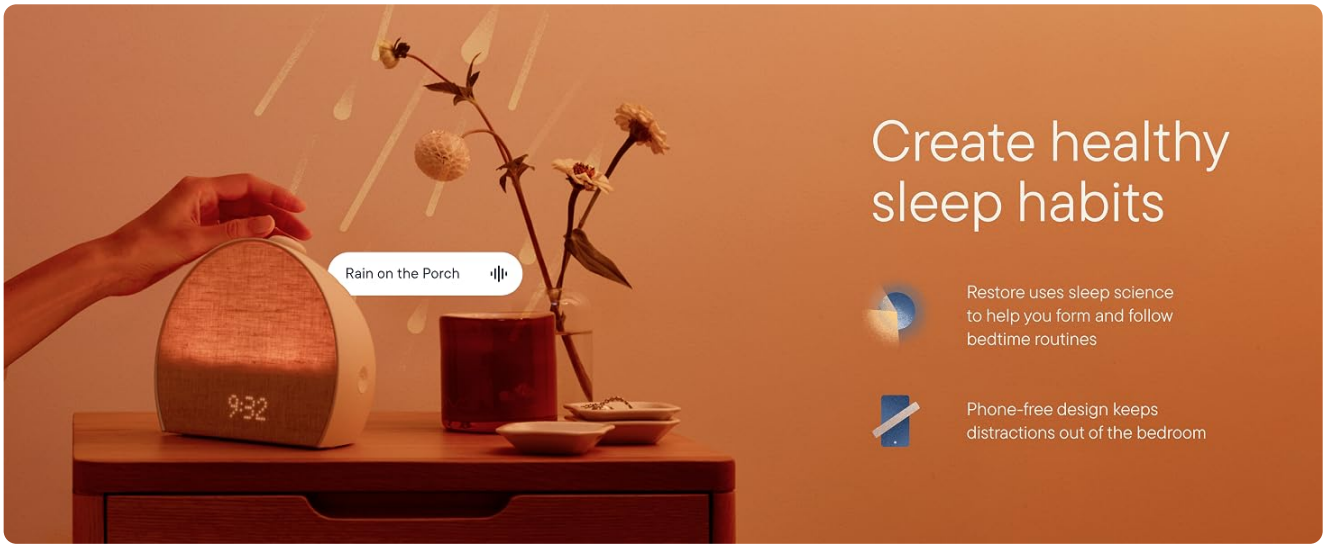


Image: The top button of the Hatch Restore 3 can be tapped to activate or adjust routines.

3.2 Gentle Wake-Up

- Program a sunrise alarm to support your natural circadian rhythm. The device will gradually brighten, mimicking a natural sunrise, before your chosen alarm sound.
- Select from various natural circadian rhythm sounds to wake up refreshed, avoiding jarring alarm sounds.

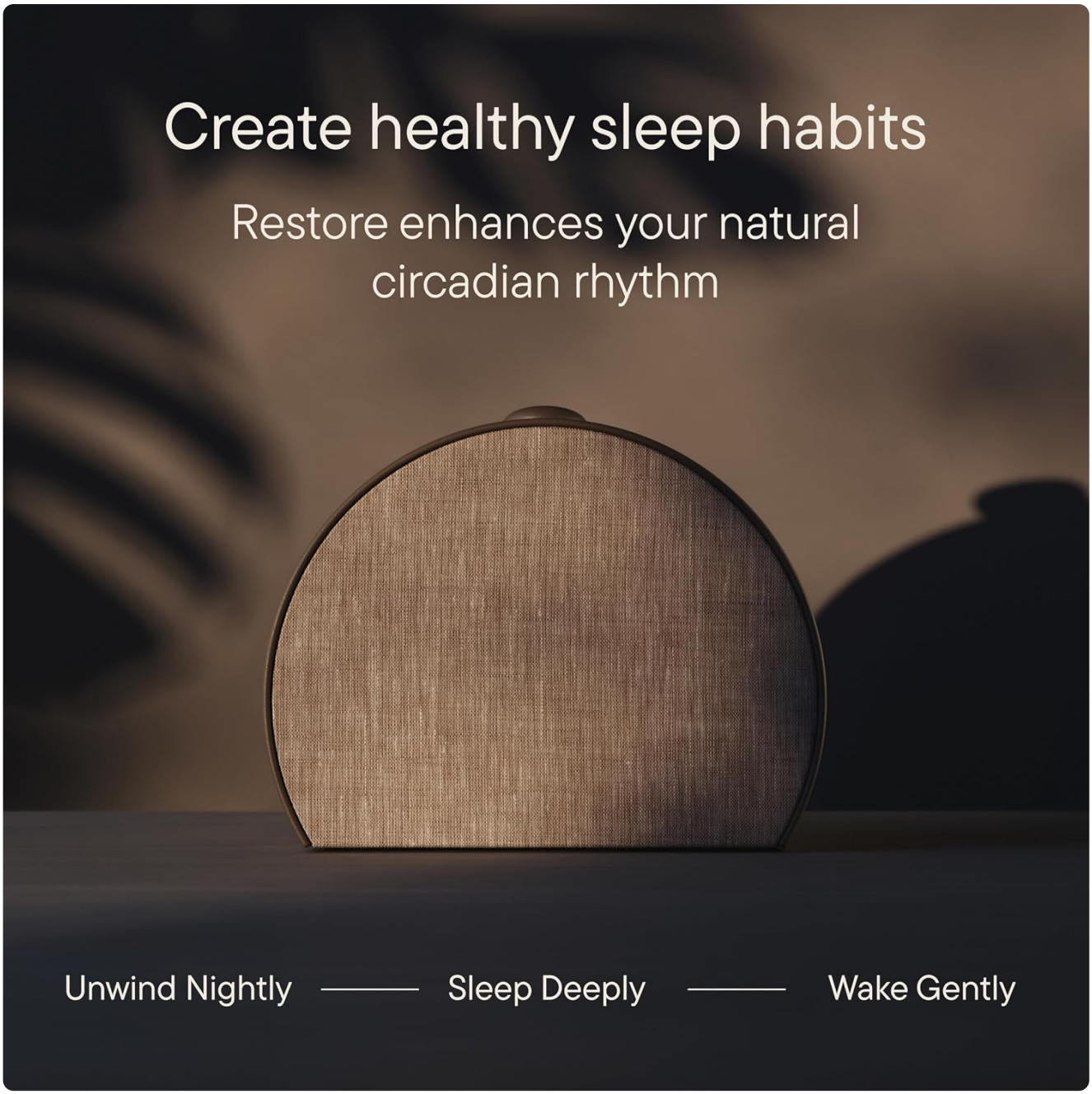


Image: The Hatch Restore 3 uses a gradual green light to simulate a gentle sunrise wake-up.

3.3 Sleep Deeply

- Improve sleep quality by tuning out disruptions with over 80 science-backed sleep sounds.
- Utilize the dimmable clock display and various sleep sounds to keep your room dark and conducive to sleep.



Image: The Hatch Restore 3 provides soft lighting and sounds to aid in deep sleep.

3.4 Physical Controls

- Use the large top button to start your routine, adjust the volume, and snooze your alarm without needing to reach for your phone.
- A separate bedside light button provides a quick night light when needed.



Image: The top button of the Hatch Restore 3 allows for easy interaction with routines and alarms.

4. Features

- **Healthy Sleep Habits:** Designed to help build a bedtime routine that supports better sleep.
- **Hatch+ Subscription:** Includes a 30-day free trial of Hatch+ Premium content and features for new subscribers. After the trial, a subscription fee applies for continued access to premium content.
- **Unwind Nightly:** Helps create an optimal sleep environment with customizable light and audio pairings, including meditative music and unchallenging narrations.
- **Sleep Deeply:** Offers over 80 science-backed sleep sounds and a dimmable clock display to minimize disruptions.
- **Gentle Wake-Up:** Features a sunrise alarm that supports natural circadian rhythm with gradual light and pleasant sounds.
- **Effortless Control:** Large top button for routine activation, volume adjustment, and snooze. Includes a separate bedside light button.

- **Customizable Routines and Content:** Choose from pre-made routines or create your own using the Hatch Sleep app, available on iOS and Android.

5. Maintenance

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place when not in use for extended periods.
- **Power:** Ensure the device remains plugged into a power outlet for continuous operation.

6. Troubleshooting

- **Device Not Powering On:** Ensure the power adapter is securely connected to both the device and a working power outlet.
- **Connectivity Issues:** Verify your Wi-Fi network is 2.4GHz and stable. Restart your router and the Hatch Restore 3. Re-attempt connection through the Hatch Sleep app.
- **App Not Responding:** Close and reopen the Hatch Sleep app. Ensure your smartphone's Bluetooth is enabled.
- **Alarm Not Sounding/Light Not Activating:** Check your routine settings in the Hatch Sleep app to ensure the alarm time and light/sound options are correctly configured and enabled.

7. Specifications

Specification	Detail
Product Dimensions	5.69 x 1.5 x 7.23 inches
Weight	2.09 Pounds
Item Model Number	Restore
Batteries	1 Lithium Metal battery required (included)
Display Type	Digital
Additional Features	Adjustable Brightness, Alarm, Mood Light, Night Mode, Noise Machine
Power Source	Corded Electric
Indoor Outdoor Usage	Indoor
Mounting Type	Tabletop
Connectivity Technology	2.4GHz Wi-Fi network, Bluetooth
Smart Home Compatibility	Not Smart Home Compatible
Material Type	Plastic
Color	Cocoa

8. Warranty and Support

The Hatch Restore 3 comes with a **1-Year Limited Manufacturer Warranty**. For support, please refer to the contact information provided in your product packaging or visit the official Hatch Baby website.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question