

RICIAL CM025-

RICIAL Light Therapy Lamp & Sunlight Alarm Clock

Model: CM025-

1. INTRODUCTION

Thank you for choosing the RICIAL Light Therapy Lamp & Sunlight Alarm Clock. This device is designed to enhance your well-being by simulating natural sunlight for wake-up and light therapy, providing customizable alarm functions, and offering various light and sound settings for relaxation and sleep aid. Please read this manual thoroughly before use to ensure proper operation and to maximize the benefits of your new device.

2. SAFETY INFORMATION

- Always use the provided power adapter. Using an incompatible adapter may damage the device or pose a safety risk.
- Do not immerse the device in water or expose it to excessive moisture. This product is for indoor use only and is not waterproof.
- Keep the device away from heat sources, direct sunlight, and flammable materials.
- Do not attempt to disassemble or repair the device yourself. Refer all servicing to qualified personnel.
- Ensure the device is placed on a stable, flat surface to prevent it from falling.
- The internal battery is for time memory only; the product requires continuous power via the adapter to function.

3. PACKAGE CONTENTS

Please check the package for the following items:

- RICIAL Light Therapy Lamp & Sunlight Alarm Clock
- Power Adapter
- User Manual



Image: The product packaging box, displaying the RICIAL brand and product name, indicating the contents within.

4. PRODUCT OVERVIEW

The RICIAL Light Therapy Lamp & Sunlight Alarm Clock combines multiple functions into one sleek device. It features a large light panel, a digital time display, and intuitive touch controls for easy operation.



Image: A front view of the RICIAL Light Therapy Lamp displaying a colorful light gradient and digital clock, alongside a rear view showing the control buttons and power input.

Key Features:

- **Sunlight Simulation Wake Up Light:** Gradually increases light to naturally awaken your body's rhythm.
- **Dual Alarm & Snooze Function:** Set two independent alarms with ten ringtones. Snooze for an extra 9 minutes.
- **Adjustable Brightness & 4 Color Temperatures:** 20 levels of brightness and 4 color temperature settings (1800K-6500K) for various needs.
- **Sleep Aid Mode/Sunset Simulation:** Gradually dims light and plays soothing sounds to help you fall asleep.
- **Personalized Therapy Scheduling:** Set preferred treatment times for effective light therapy.
- **11 Atmosphere Lights:** Choose from a variety of colors to set the mood.

5. SETUP

5.1 Initial Power Connection

1. Unpack the device and place it on a stable, flat surface.
2. Connect the power adapter to the DC input port on the back of the lamp.

3. Plug the power adapter into a standard electrical outlet. The display will light up.

5.2 Setting the Time

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

1. Locate the time setting button (usually on the back or bottom).
2. Press the time setting button to enter time adjustment mode.
3. Use the '+' and '-' buttons (or touch controls on the front) to adjust the hour. Press the time setting button again to confirm and move to minutes.
4. Adjust the minutes using '+' and '-' buttons. Press the time setting button one more time to confirm and exit time setting mode.

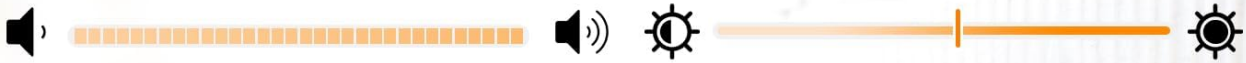
6. OPERATING INSTRUCTIONS

6.1 Sunlight Simulation Wake Up Light

This feature gradually brightens the light before your set alarm time, mimicking a natural sunrise to gently wake you up.

SUNRISE SIMULATION

Sunrise minutes before the alarm goes off (10-60 MIN)



V01---Sounds Volume----V20

L01-----Brightness-----L20



🎵 S01-----Wake-Up-----S07

Image: A person stretching in bed as a RICAL lamp on their nightstand emits a bright, warm light, illustrating the sunrise simulation feature.

1. Ensure an alarm is set (refer to section 6.2).
2. The light will begin to brighten gradually 10-60 minutes before your alarm time, depending on your settings.
3. You can adjust the starting brightness and duration of the sunrise simulation in the alarm settings.

6.2 Dual Alarm & Snooze Function

The device supports two independent alarms, allowing for different wake-up times or for multiple users.

1. **Setting Alarm 1/2:** Press the 'Alarm 1' or 'Alarm 2' button. Use '+' and '-' to set the desired alarm time. Press the alarm button again to confirm.
2. **Selecting Ringtones:** While setting the alarm, you can cycle through 10 available ringtones.
3. **Activating Snooze:** When the alarm sounds, press the 'Snooze' button (usually on top) to pause the alarm for 9 minutes.
4. **Turning Off Alarm:** To turn off the alarm completely, press any other button besides 'Snooze'.

6.3 Brightness & Color Temperature Adjustment

Customize the light output for various activities and preferences.



Image: Four circular light panels demonstrating different color temperatures: Amber Light, Warm Light, Daylight, and Nature Light, showcasing the lamp's versatility.

1. **Brightness:** Use the 'Brightness' touch control or dedicated buttons to cycle through 20 levels of brightness.
2. **Color Temperature:** Use the 'Color Temp' touch control or dedicated buttons to switch between 4 color temperature settings (e.g., warm white, cool white, daylight).

6.4 10,000 Lux Light Therapy Mode

Utilize the lamp for effective light therapy, providing 10,000 Lux of full-spectrum, glare-free, and UV-free light.

10000LUX LIGHT THERAPY LAMP



Full spectrum



Glare-Free



UV-Free



Image: A woman smiling and eating breakfast at a table, with the RICIAL light therapy lamp positioned nearby, illustrating its use for daily light therapy.

1. Press the 'Light Therapy' button or activate the dedicated mode via touch control.
2. The lamp will emit 10,000 Lux of bright light.
3. For optimal results, position the lamp at arm's length and slightly to the side of your face.
4. Set a preferred treatment time using the timer function (10-180 minutes).

6.5 Sleep Aid Mode/Sunset Simulation

This mode helps you relax and fall asleep by gradually dimming the light and playing soothing sounds.

SUNSET SIMULATION

Timer Ranges

10MIN  3H



Image: A couple sleeping peacefully in bed with the RICIAL lamp on their nightstand emitting a soft, warm glow, illustrating the sunset simulation and sleep aid features with various sound icons.

1. Press the 'Sleep Aid' or 'Sunset' button.
2. Select a duration for the simulation (e.g., 10 minutes to 3 hours).
3. Choose from various natural sounds (e.g., ocean waves, thunderstorm, stream flowing, water drops, firewood, summer bugs, forest sounds) to accompany the dimming light.
4. The light and sound will gradually fade out over the set duration.

6.6 Atmosphere Lights

Enhance your environment with a selection of colorful ambient lights.

ATMOSPHERE COLOR LIGHT



Image: The RICIAL lamp on a desk, showcasing a vibrant multi-color light display, with a row of smaller circular icons below demonstrating 11 different solid color options for atmosphere lighting.

1. Press the 'Atmosphere Light' button or touch control.
2. Cycle through the 11 available colors by pressing the button repeatedly.
3. You can also set the brightness level for the atmosphere lights.

7. MAINTENANCE

7.1 Cleaning

- Before cleaning, ensure the device is unplugged from the power outlet.
- Wipe the surface of the lamp with a soft, dry, or slightly damp cloth.
- Do not use abrasive cleaners, solvents, or strong chemicals, as they may damage the surface.

7.2 Storage

- If not in use for an extended period, unplug the device and store it in a cool, dry place.
- Keep it away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

If you encounter any issues with your RICIAL Light Therapy Lamp & Sunlight Alarm Clock, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in; power adapter faulty; power outlet issue.	Ensure the power adapter is securely plugged into the device and a working outlet. Try a different outlet.
Alarm does not sound.	Alarm not activated; volume too low; incorrect alarm time.	Check if the alarm is enabled. Increase the alarm volume. Verify the set alarm time.
Light therapy mode is not bright enough.	Brightness setting is low; not in 10,000 Lux mode.	Ensure the device is set to the dedicated 10,000 Lux light therapy mode. Adjust brightness to maximum.
Touch controls are unresponsive.	Finger is wet or dirty; temporary software glitch.	Ensure your fingers are clean and dry. Unplug the device for 30 seconds and plug it back in to reset.

If the problem persists after trying these solutions, please contact RICIAL customer support for further assistance.

9. SPECIFICATIONS

Feature	Detail
Model Number	CM025-
Light Source Type	LED
Light Therapy Output	10,000 Lux
Brightness Levels	20
Color Temperatures	4 (1800K-6500K)
Atmosphere Lights	11 Colors
Power Source	AC Powered (Battery for time memory only)
Control Method	Touch / Push Button
Material	Plastic
Dimensions	7.13 x 3.14 x 7.56 inches
Item Weight	1.3 pounds

10. WARRANTY AND SUPPORT

RICIAL products are designed and manufactured to the highest quality standards. For warranty information and customer support, please refer to the warranty card included with your product or visit the official RICIAL website. If you have any questions or require assistance, do not hesitate to contact our customer service team.

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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