FiveHome A100

FiveHome Kids Sleep Trainer Alarm Clock - Model A100

User Instruction Manual

1. INTRODUCTION

The FiveHome Kids Sleep Trainer Alarm Clock, Model A100, is designed to assist children in developing healthy sleep habits. This digital alarm clock combines a sleep trainer, multi-color night light, timer, and snooze functions to create a supportive environment for both sleep and wake-up routines. It features a clear digital display and intuitive controls.

Figure 1: Front view of the FiveHome Kids Sleep Trainer Alarm Clock, Model A100.

2. PACKAGE CONTENTS

- FiveHome Kids Sleep Trainer Alarm Clock (Model A100)
- Power Adapter
- USB Power Cable
- User Manual (this document)

3. SETUP

3.1 Power Connection

1. Connect the USB power cable to the alarm clock's power input port, located at the back.

2. Plug the power adapter into a standard electrical outlet.
3. The clock requires continuous power to function. It has a memory function that retains settings during power interruptions.

EINFACH ZU BENUTZEN

Muss eingesteckt sein, um zu funktionieren!
Das Paket enthält einen Stecker und ein Kabel

Figure 2: Connecting the alarm clock to power. The device must be plugged in to operate.

3.2 Initial Time Setting

Upon first power-up or after a prolonged power outage, you may need to set the current time. Refer to the 'Operating Instructions' section for detailed steps on setting the time.

4. OPERATING INSTRUCTIONS

4.1 Button Functions Overview

The alarm clock features buttons on its sides for various functions. Familiarize yourself with these controls:
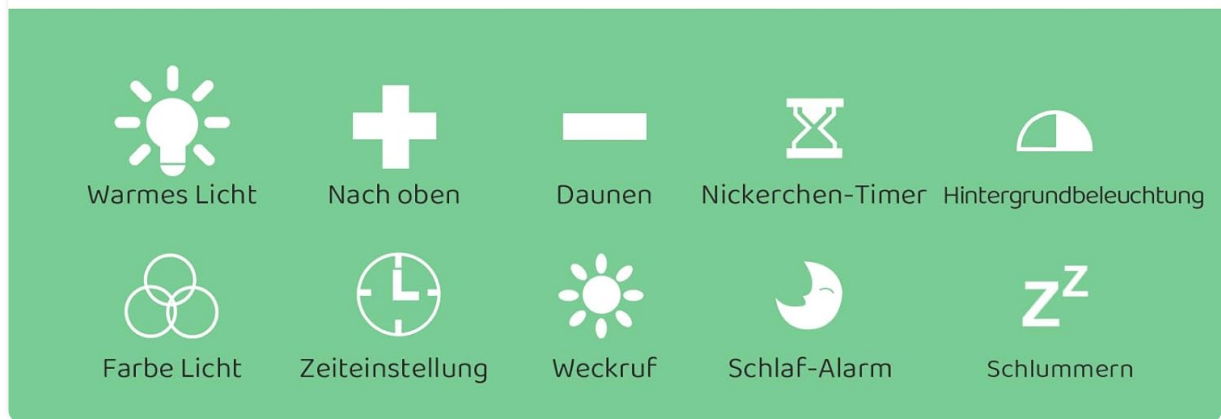
Figure 3: Side view illustrating button functions.

- **Color Button:** Activates/deactivates color light, cycles through colors.
- **Time Button:** Enters time setting mode.
- **Sleep Button:** Sets sleep alarm.
- **Snooze Button:** Activates snooze during an alarm.
- **Up (+)** / **Down (-) Buttons:** Adjust values (time, brightness, volume).
- **Nap Button:** Sets nap timer.
- **Backlight Button:** Adjusts screen brightness.

4.2 Sleep Trainer Function

The sleep trainer uses color cues to indicate when it's time to sleep and when to wake up.

- **Red Light (Time to Sleep):** When the red light is displayed, it indicates that it is time to stay in bed. The clock face may show closed eyes.
- **Green Light (Time to Wake Up):** When the green light is displayed, it indicates that it is time to get up. The clock face may show open eyes.

The light duration for the wake-up signal is 13 hours. To deactivate the color light, press the 'Color' button. To silence an alarm, press any button.

Figure 4: Visual cues for sleep and wake times.

ZEIT ZUM SCHLAFEN
Augen geschlossen, rotes Licht gezeigt

Figure 5: The clock displaying 'Time to Sleep' with red light and closed eyes.

ZEIT ZUM AUFWACHEN

Augen geöffnet, grünes Licht gezeigt

Figure 6: The clock displaying 'Time to Wake Up' with green light and open eyes.

4.3 Night Light Function

The alarm clock can function as a night light with customizable settings.

- **Color Options:** Choose from ten different colored lights.
- **Warm Light:** Select from three intensities of warm light.
- **Screen Brightness:** The display brightness can be adjusted to prevent disturbance during sleep.

Figure 7: Examples of the 10 available night light colors.

4.4 Timer and Snooze Functions

- **Timer Options:** Three timer durations are available: 15, 30, and 60 minutes. A red light illuminates when the timer is active and turns off when the timer concludes.
- **Snooze Function:** The alarm clock supports a snooze function.

4.5 Alarm Programs

The device allows for setting two distinct alarm programs:

- **Light Only:** The alarm activates only the light signal.
- **Light and Music:** The alarm activates both the light signal and one of the four available alarm tones.

Note: The alarm settings do not differentiate between weekdays and weekends.

4.6 Memory Function

The FiveHome Kids Sleep Trainer Alarm Clock includes a memory function. In the event of a power outage or when reconnected to power, the device retains its time and alarm settings, eliminating the need for manual re-initialization.

5. MAINTENANCE

To ensure the longevity and proper functioning of your alarm clock, follow these maintenance guidelines:

- **Cleaning:** Wipe the device with a soft, dry cloth. Avoid using abrasive cleaners or solvents.
- **Placement:** Place the alarm clock on a stable, flat surface away from direct sunlight, heat sources, and moisture.
- **Power:** Always use the provided power adapter and cable.

6. TROUBLESHOOTING

If you encounter issues with your FiveHome Kids Sleep Trainer Alarm Clock, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Clock does not power on.	Not connected to power or power outlet issue.	Ensure the power cable is securely connected to the clock and the adapter is plugged into a working electrical outlet.
Settings are lost after power interruption.	This should not occur due to the memory function.	If settings are consistently lost, contact customer support.
Night light or sleep trainer light is not changing colors.	Incorrect setting or feature deactivated.	Press the 'Color' button to activate or cycle through colors. Check the sleep trainer settings.
Alarm does not sound.	Alarm not set, volume too low, or 'light only' program selected.	Verify alarm settings, adjust volume, and ensure 'light and music' program is selected if sound is desired.

7. SPECIFICATIONS

Feature	Detail
Brand	FiveHome
Model Number	A100
Color	White
Dimensions (L x W x H)	15 x 3.81 x 15 cm (approximately 5.9 x 1.5 x 5.9 inches)
Weight	410 grams (approximately 0.9 lbs)
Material	Plastic
Display Type	Digital
Power Source	Corded Electric

Feature	Detail
Special Features	Kids Sleep Trainer, Memory Function, Timer, Snooze, Night Light

Figure 8: Product dimensions.

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official FiveHome website. Keep your purchase receipt as proof of purchase for any warranty claims.

Related Documents - A100

	[I-CODE A100 Kids Alarm Clock: Setup Guide and Features](#) Comprehensive setup guide for the I-CODE A100 Kids Alarm Clock. This versatile device functions as a sleep trainer, alarm clock, night light, and sound machine, designed to help children establish healthy sleep routines. Features include customizable alarms, various light and sound options, and child lock functionality.
	[i-CODE Kids Alarm Clock A100 Setup Guide](#) A comprehensive setup guide for the i-CODE Kids Alarm Clock Model A100, detailing features such as time setting, alarm functions, night light, sound machine, and sleep timer.
	[TSI AeroTrak+ A100 Portable Airborne Particle Counter Quick Start Guide](#) This Quick Start Guide provides essential information for setting up and operating the TSI AeroTrak+ A100 Portable Airborne Particle Counter (APC). It covers unpacking, instrument features, initial startup, taking air samples, reviewing data, and proper shutdown procedures. Designed for quick reference, it complements the full operation manual for detailed functionality.
	[TSI AeroTrak+ A100 Portable Airborne Particle Counter Quick Start Guide](#) Quick start guide for the TSI AeroTrak+ A100 Portable Airborne Particle Counter, covering unpacking, setup, basic operation, data review, and shutdown procedures.
	[NVIDIA Fabric Manager for NVSwitch Systems User Guide](#) User guide for NVIDIA Fabric Manager, detailing its use with NVSwitch Systems for virtualization, high availability modes, installation, configuration, and troubleshooting on DGX A100 and HGX A100 platforms.
	[Gigaset A100 Operating Manual and Safety Precautions](#) Official operating manual and safety precautions for the Gigaset A100 DECT digital cordless phone. Learn how to set up, use, and maintain your Gigaset A100.