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› DailyBody 3-in-1 Sound Machine Alarm Clock Night Light User Manual (Model DAC-ZB2)

DailyBody DAC-ZB2

DailyBody 3-in-1 Sound Machine Alarm Clock Night Light User Manual

Model: DAC-ZB2

INTRODUCTION

Thank you for choosing the DailyBody 3-in-1 Sound Machine, Alarm Clock, and Night Light. This device is designed to enhance your sleep environment and daily routine by combining three essential functions into one compact unit: a high-fidelity sound machine, a versatile alarm clock, and an adjustable night light.

This manual provides detailed instructions for setup, operation, and maintenance to ensure you get the most out of your device.

3 in 1



Night Lights
20 Brightness Levels



Alarm Clock
30 Wake up Sounds



Sound Machine
Sleep better with 27 sleeping sounds



Image: The DailyBody 3-in-1 device highlighting its core functions: Night Lights with 20 brightness levels, Alarm Clock with 30 wake-up sounds, and Sound Machine with 27 sleeping sounds.

IMPORTANT SAFETY INFORMATION

Please read and understand all safety instructions before using this product. Keep this manual for future reference.

- For safe operation, this device should be used with the recommended voltage and power requirements.
- Do not disassemble or attempt to modify the product, as this may increase the risk of electric shock.
- This product is not intended as a toy and should be kept out of reach of children.
- This white noise machine requires a continuous power source connection for operation. The included LR44 batteries are for memory backup only, preserving settings during power outages.

PACKAGE CONTENTS

Verify that all items are present in your package:

- DailyBody 3-in-1 Sound Machine Alarm Clock Night Light (Model DAC-ZB2)
- Power Adapter (USB cable and wall adapter)
- User Manual
- LR44 Batteries (pre-installed for memory backup)

PRODUCT OVERVIEW

Familiarize yourself with the device's controls and display.



Image: A detailed view of the DailyBody 3-in-1 device, showcasing its digital time display and the array of control buttons on the top panel.

Control Buttons:

- **Light/Settings Button:** Controls night light brightness and color, enters settings mode.
- **Gear/Settings Button:** Accesses various settings.
- **Volume Up (+):** Increases sound volume.
- **Volume Down (-):** Decreases sound volume.
- **Previous Track/Sound:** Navigates to the previous sound.
- **Next Track/Sound:** Navigates to the next sound.

- **Play/Pause Button:** Starts or pauses sound playback.
- **Alarm 1 Button:** Sets or activates Alarm 1.
- **Alarm 2 Button:** Sets or activates Alarm 2.
- **Time Set Button:** Adjusts the current time.
- **Music Note Button:** Selects sound categories or specific sounds.
- **Snooze Button:** Temporarily silences the alarm and dims the display.

Display Indicators:

- **Digital Time Display:** Shows current time (12/24-hour format).
- **AM/PM Indicator:** For 12-hour time format.
- **Day of Week Indicator:** Shows current day (SUN, MON, TUE, WED, THU, FRI, SAT).
- **Alarm 1/2 Icons:** Indicate active alarms.
- **Sound/Music Icon:** Indicates sound machine is active.
- **Sleep Timer Icon:** Indicates sleep timer is active.

SETUP

1. **Unpack:** Carefully remove the sound machine from its packaging.
2. **Power Connection:** Connect the device to a power source using the provided USB cable and wall adapter. The device requires continuous power for operation.
3. **Set Time:**
 - Press and hold the **Time Set** button.
 - Use the **+/-** buttons to adjust hours and minutes.
 - Press the **Time Set** button again to confirm and move to the next setting (e.g., 12/24-hour format).
4. **Adjust Display Brightness:** The LED time display has 4 adjustable brightness levels. Press the **Light/Settings** button repeatedly to cycle through brightness levels or turn the screen off completely.

OPERATING INSTRUCTIONS

1. Sound Machine Function

The device offers 27 high-fidelity, non-looping soothing sounds to help with relaxation and sleep.

27 Soothing Sounds for Sleeping



8 Lullabies



2 White Noise



17 Nature Sounds



Image: The DailyBody 3-in-1 device on a bedside table, illustrating the variety of 27 soothing sounds available, categorized into Lullabies, White Noise, and Nature Sounds.

1. **Select Sound:** Press the **Music Note** button to cycle through the 27 available sounds. Use the **Previous Track/Sound** or **Next Track/Sound** buttons to navigate.
2. **Adjust Volume:** Use the **Volume Up (+)** and **Volume Down (-)** buttons to set the desired volume level (32 levels available).
3. **Play/Pause:** Press the **Play/Pause** button to start or stop the sound.
4. **Sleep Timer:**
 - Press the **Gear/Settings** button to access timer options.
 - Use the **+/-** buttons to set the sleep timer duration (e.g., 30, 60, 90 minutes, or continuous play).
 - The sound will automatically turn off after the set time.

2. Night Light Function

The integrated night light provides ambient illumination with adjustable brightness and color options.

20 Brightness Levels



Auto-off Timer



Image: The DailyBody 3-in-1 device on a bedside table, emitting a soft glow from its base, illustrating the 20 adjustable brightness levels and the auto-off timer feature.

1. **Turn On/Off:** Press the **Light/Settings** button to turn the night light on or off.
2. **Adjust Brightness:** While the light is on, press the **Light/Settings** button repeatedly to cycle through 20 brightness levels.
3. **Change Color:** (If applicable, based on product image showing color spectrum) Press and hold the **Light/Settings** button to cycle through color options, then release to select.

3. Alarm Clock Function

Set up to two independent alarms with a choice of 30 wake-up sounds and adjustable volume.

30 Wake up Sounds

There's always a wake-up sound you like



Image: The DailyBody 3-in-1 device on a desk, highlighting the feature of 30 diverse wake-up sounds available for the alarm function.

1. Set Alarm:

- Press the **Alarm 1** or **Alarm 2** button. The alarm time will flash.
- Use the +/- buttons to adjust the hour and minute.
- Press the respective **Alarm** button again to confirm and move to the next setting (e.g., alarm sound, volume, alarm mode: working day, weekend, whole week).
- Select from 30 wake-up sounds using the **Previous Track/Sound** or **Next Track/Sound** buttons.
- Adjust alarm volume using the +/- buttons.
- Confirm all settings by pressing the **Alarm** button until the alarm icon appears on the display.

2. **Snooze Function:** When the alarm sounds, press the **Snooze** button to temporarily silence it for a few minutes. The alarm will sound again after the snooze period.

3. **Turn Off Alarm:** To turn off the alarm completely, press the respective **Alarm 1** or **Alarm 2** button until the alarm icon disappears from the display.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Not connected to power source; power adapter issue.	Ensure the power adapter is securely plugged into both the device and a working wall outlet.
No sound from the sound machine.	Volume is too low; sound is paused.	Increase volume using the Volume Up (+) button. Press the Play/Pause button to ensure sound is not paused.
Alarm does not sound.	Alarm not set or activated; alarm volume too low.	Verify alarm time and activation (alarm icon on display). Check alarm volume settings.
Display is too bright/dim or off.	Display brightness setting.	Press the Light/Settings button to adjust the LED time display brightness.

SPECIFICATIONS

- **Model Number:** DAC-ZB2
- **Product Dimensions:** 2.75 x 2.36 x 3.54 inches
- **Weight:** 6.4 ounces
- **Material:** Plastic
- **Power Source:** AC Powered (requires continuous plug-in)
- **Backup Batteries:** LR44 (included, for memory retention only)
- **Sound Options:** 27 high-fidelity, non-looping sounds (white noise, natural sounds, ambient sounds)
- **Alarm Sounds:** 30 wake-up sounds
- **Volume Levels:** 32 adjustable levels
- **Night Light Brightness:** 20 adjustable levels
- **Display Brightness:** 4 adjustable levels (plus off)

CARE AND MAINTENANCE

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use liquid cleaners or abrasive materials.
- **Storage:** Store the device in a cool, dry place when not in use for extended periods.
- **Avoid Water:** Keep the device away from water and high humidity.

WARRANTY AND SUPPORT

This DailyBody product comes with a **365-day warranty** from the date of purchase.

If you encounter any issues or have questions regarding your device, please contact DailyBody customer support for assistance. Refer to your purchase documentation or the DailyBody website for contact information.

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

Open the live page

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