

FiveHome A100

FiveHome Toddlers Sleep Training Clock User Manual

Model: A100

1. INTRODUCTION

The FiveHome Toddlers Sleep Training Clock is designed to assist parents in establishing healthy sleep routines for their children. This multi-functional device combines an alarm clock, night light, and nap timer, utilizing visual cues (color changes) to indicate wake-up and sleep times. Its intuitive design and various features aim to provide a peaceful environment for sleep and a clear signal for waking.



Figure 1.1: Front view of the FiveHome Toddlers Sleep Training Clock.

2. PACKAGE CONTENTS

Please check the package contents upon opening to ensure all items are present:

- FiveHome Toddlers Sleep Training Clock (Model: A100)
- Power Plug
- USB Power Cable
- User Manual (this document)

3. PRODUCT FEATURES

- **Sleep Training Function:** Utilizes color-coded lights (green for wake, red for sleep) to visually guide children on sleep and wake times. The red light duration is 13 hours.
- **Kids Alarm Clock with Nightlight:** Features ten vibrant colored lights and three brightness levels for warm white light. Display brightness is also adjustable.
- **Timer and Snooze Function:** Includes three timer options (15/30/60 minutes) with a red light indicator. Supports snooze function with four ring tones and two alarm modes (light only, or light and music).
- **Memory Function:** Retains time and alarm settings after a power interruption, eliminating the need for re-setup.
- **Simple Design:** Buttons are conveniently located on the sides for easy operation. Note: The clock supports two alarms (wake and sleep) and does not differentiate between weekdays and weekends.

4. SETUP

The FiveHome Sleep Training Clock requires continuous power to operate. Follow these steps for initial setup:

1. **Connect Power:** Insert the small end of the USB power cable into the DC IN port on the back of the clock.
 2. **Plug In:** Connect the larger USB end of the cable to the provided power plug, and then plug the power plug into a standard electrical outlet.
 3. **Initial Power On:** The clock display will illuminate. If it does not, ensure all connections are secure.
 4. **Set Time:** Press the 'Time Setting' button (usually indicated by a clock icon) to enter time setting mode. Use the 'Up' and 'Down' buttons to adjust hours and minutes. Press 'Time Setting' again to confirm each step.
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EASY TO USE

Must be plugged in to work ! The package includes a plug and cable

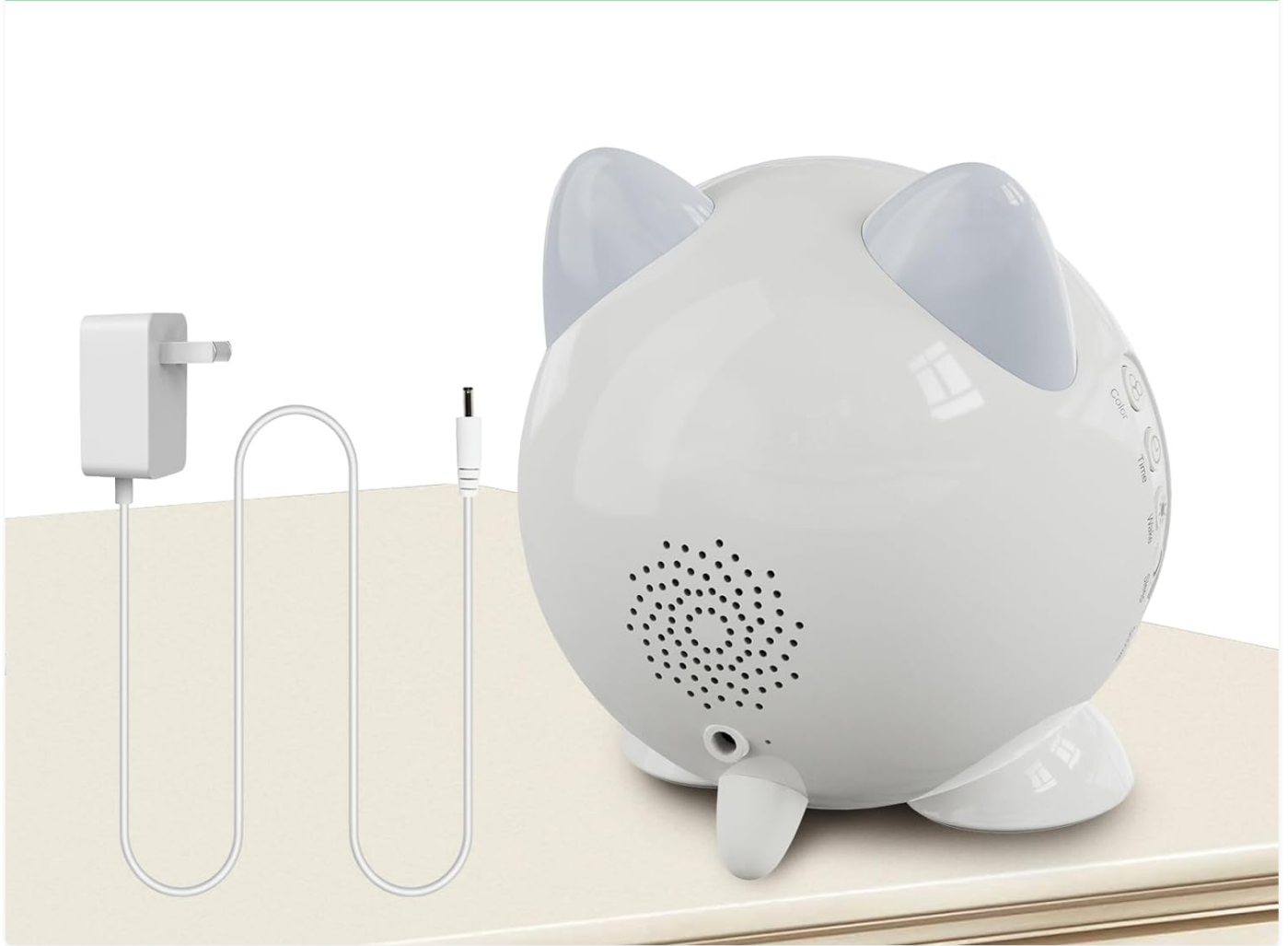


Figure 4.1: Connecting the power cable and plug.

5. OPERATING INSTRUCTIONS

5.1. Sleep Training Function

The core feature of this clock is its visual sleep training. The clock uses distinct colors to signal sleep and wake times:

- **Red Light (Sleep Time):** When it's time for bed, the clock will display a red light and a sleeping face icon. This indicates that the child should stay in bed. The red light lasts for 13 hours.
- **Green Light (Wake Time):** When it's time to wake up, the clock will display a green light and a smiling face icon. This signals that it's okay for the child to get out of bed.



Figure 5.1.1: Wake Up Alarm (Green Light)



Figure 5.1.2: Sleep Alarm (Red Light)

5.2. Night Light Function

The clock features a versatile night light with multiple color options and adjustable brightness:

- **Color Lights:** Press the 'Color' button (indicated by a color palette icon) to cycle through 10 different colored light options.
- **Warm Lights:** Press the 'Warm Light' button (indicated by a sun icon) to activate warm white light. Press again to cycle through three brightness levels.
- **Turn Off Color:** During the 13-hour red light sleep period, you can press the 'Color' button to turn off the color light.



Figure 5.2.1: Examples of the 10 Night Light Colors.

5.3. Setting Alarms

The clock allows setting two distinct alarms: a 'Wake Alarm' and a 'Sleep Alarm'.

1. **Wake Alarm:** Press the 'Wake Alarm' button (indicated by a sun with rays icon). Use 'Up' and 'Down' buttons to set the desired wake-up time. Press 'Wake Alarm' again to confirm.
2. **Sleep Alarm:** Press the 'Sleep Alarm' button (indicated by a crescent moon icon). Use 'Up' and 'Down' buttons to set the desired bedtime. Press 'Sleep Alarm' again to confirm.
3. **Alarm Mode:** After setting the time, you can choose between 'light only' or 'light and music' alarm modes. Refer to the button functions for specific controls.

5.4. Timer and Snooze Function

- **Nap Timer:** Press the 'Nap Timer' button (indicated by an hourglass icon) to select a timer duration (15/30/60 minutes). A red light will illuminate when the timer is active and turn off when the timer concludes.
- **Snooze:** When an alarm sounds, press the 'Snooze' button (indicated by 'Zz' icon) to temporarily silence the alarm and

activate the snooze function.

5.5. Button Overview

Familiarize yourself with the buttons located on the sides of the clock for optimal use:



Figure 5.5.1: Button Functions.

- **Warm Light:** Activates and adjusts brightness of warm white night light.
- **Up (+):** Increases values during setting, navigates menus.
- **Down (-):** Decreases values during setting, navigates menus.
- **Nap Timer:** Sets the nap timer duration.
- **Backlight:** Adjusts the brightness of the main display.
- **Color Light:** Cycles through different colored night light options.
- **Time Setting:** Enters time setting mode.
- **Wake Alarm:** Sets the wake-up alarm time.
- **Sleep Alarm:** Sets the bedtime alarm time.
- **Snooze (Zz):** Activates snooze during an alarm.

6. MAINTENANCE

To ensure the longevity and proper functioning of your FiveHome Sleep Training Clock, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the clock surface with a soft, dry, or slightly damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the finish.
- **Placement:** Place the clock on a stable, flat surface away from direct sunlight, excessive heat, or moisture.
- **Power:** Always use the original power adapter and cable provided. Ensure the clock remains connected to a power source for continuous operation.

7. TROUBLESHOOTING

If you encounter any issues with your FiveHome Sleep Training Clock, please refer to the following troubleshooting guide:

Problem	Possible Cause	Solution
Clock display is off or not responding.	Not connected to power; power outage; faulty cable/adapter.	Ensure the power cable is securely plugged into the clock and the wall outlet. Check if the outlet is working. Try a different USB port or adapter if available.
Sleep/Wake light not changing color as expected (e.g., no green light in morning).	Wake alarm not set correctly; clock unplugged and replugged (resetting visual cue).	Verify the Wake Alarm time is set correctly. Ensure the clock remains plugged in. The clock's memory function retains time settings, but the visual cue might need re-synchronization if power is frequently interrupted.
Alarm sound is too loud or not desired.	Volume setting is high; incorrect alarm mode selected.	Adjust the volume using the 'Up'/'Down' buttons during alarm setting. Select 'light only' alarm mode if sound is not desired.
Clock settings are lost after power interruption.	Rare memory function issue; prolonged power loss.	The clock has a memory function. If settings are lost, re-enter them. Ensure the clock is not unplugged for extended periods.
Buttons are unresponsive.	Temporary software glitch; physical damage.	Unplug the clock for 30 seconds and then plug it back in to perform a soft reset. If the issue persists, contact customer support.

8. SPECIFICATIONS

Attribute	Detail
Brand	FiveHome
Model Number	A100
Colour	White
Product Dimensions	14.48 x 3.81 x 12.19 cm
Item Weight	408 g
Material	Plastic

Attribute	Detail
Special Features	Corded
Display Type	Desktop Display
Style	Modern

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the product packaging or contact FiveHome customer service directly. Keep your purchase receipt as proof of purchase for any warranty claims. You can typically find contact information on the brand's official website or through the retailer where the product was purchased. For Amazon purchases, you may visit the [FiveHome Store on Amazon](#).

