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› [BABELIO Alarm Clock Sound Machine with Sleep Training, 17 Smoothing Sounds, Night Light, Timer, Gentle Wake up for Bedrooms, Adults, Kids and Baby White Lark](#)

BABELIO BEBDB16

BABELIO Alarm Clock Sound Machine User Manual

Model: BEBDB16

PRODUCT OVERVIEW

The BABELIO Alarm Clock Sound Machine is a versatile 4-in-1 device designed to enhance sleep and wake-up routines for all ages. It integrates a sound machine, alarm clock, sleep trainer, and night light into a single compact unit. This manual provides comprehensive instructions for setup, operation, and maintenance.



Figure 1: Front view of the BABELIO Alarm Clock Sound Machine.

KEY FEATURES

- **4-in-1 Functionality:** Combines a sound machine, alarm clock, sleep trainer, and night light.
- **17 Non-Looping Sounds:** Includes 2 Lullabies, 2 Smoothing Sounds, 3 White Noises, 3 Fan Sounds, and 7 Nature Sounds (Birdsong, Stream, Summer night, Ocean Waves, Campfire, Heavy Rain, Wind Rain).
- **9 Night Light Colors:** Customizable night light with adjustable brightness to create a relaxing ambiance.
- **10-Color Digital Display:** Freely adjustable time brightness with a 0-100% dimmer slider.
- **Timer & Memory Function:** Set timers for sound playback and automatically remembers previous settings.

4 in 1

- |||| Sound Machine
- ⌚ Alarm Clock
- 💡 Night Light
- 🌙 Sleep Training



Figure 2: Overview of the device's four primary functions.

SETUP

1. **Unpacking:** Carefully remove the alarm clock from its packaging. Ensure all components are present: the alarm clock unit, power adapter, and this user manual.

2. **Power Connection:** Connect the provided power adapter to the DC input port on the back of the alarm clock. Plug the adapter into a standard electrical outlet. The display will illuminate.
3. **Battery Installation (Optional for backup):** The device includes a CR5 battery for memory function during power outages. No user installation is typically required for this pre-installed battery.
4. **Initial Time Setting:**

- Press and hold the **Time Set** button (often indicated by a clock icon) for 3 seconds to enter time setting mode.
- Use the **Rotary Knob** or **+- buttons** to adjust the hour. Press **Time Set** again to confirm and move to minutes.
- Adjust minutes using the **Rotary Knob** or **+- buttons**. Press **Time Set** to confirm and exit.

OPERATING INSTRUCTIONS

1. Alarm Clock Function

1. Setting an Alarm:

- Press the **Alarm Set** button (often indicated by an alarm icon). The alarm time will flash.
- Use the **Rotary Knob** or **+- buttons** to set the desired alarm hour. Press **Alarm Set** to confirm and move to minutes.
- Adjust minutes. Press **Alarm Set** to confirm.
- Select alarm sound (if applicable, refer to sound machine section for options).
- Press **Alarm Set** again to save and activate the alarm. An alarm icon will appear on the display.

2. **Snooze Function:** When the alarm sounds, press the large **Snooze/Light** button on top to temporarily silence it for 9 minutes.
3. **Turning Off Alarm:** To turn off the alarm for the day, press any button other than the Snooze/Light button. To deactivate the alarm permanently, press the **Alarm Set** button until the alarm icon disappears from the display.

2. Sound Machine Function

The device offers 17 non-looping sounds to aid relaxation and sleep.

17 Smoothing Sounds

- 1 White Noise
- 2 Brown Noise
- 3 Fan Noise
- 2 Lullabies
- 2 Smoothing sounds
- 7 Nature Sounds



Figure 3: A visual representation of the 17 smoothing sounds.

- **Playing Sounds:** Press the **Sound Mode** button (often indicated by sound waves) to cycle through the available sounds.
- **Adjusting Volume:** Use the **Rotary Knob** on top of the unit to increase or decrease the sound volume.
- **Setting a Timer for Sounds:** Press the **Timer** button (often indicated by a clock with an arrow) to select a duration for the sound to play (e.g., 30, 60, 90, 120 minutes, or continuous). The selected timer will be displayed.

5 Timer Settings



Figure 4: Available timer settings for sound playback.

3. Night Light Function

The night light provides a soft glow with multiple color options.

9 Colors Night Light

Freely adjustable brightness

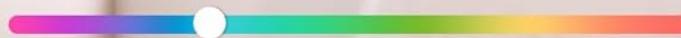


Figure 5: The night light feature with adjustable colors and brightness.

- **Turning On/Off:** Press the **Light** button (often indicated by a light bulb icon) to turn the night light on or off.
- **Changing Colors:** Repeatedly press the **Light** button to cycle through the 9 available colors.
- **Adjusting Brightness:** Use the **Brightness** buttons (often indicated by sun icons with +/-) to adjust the intensity of the night light.

4. Sleep Training Function

The sleep training feature uses light cues to help establish consistent sleep habits.



Figure 6: Sleep training light cues for consistent habits.

- **Setting Sleep Training Times:**

- Press and hold the **Sleep Training** button (often indicated by a moon/sun icon).
- Set the **Bedtime** (e.g., red light) using the **Rotary Knob** or **+/− buttons**. Press **Sleep Training** to confirm.
- Set the **Wake-up Time** (e.g., green light). Press **Sleep Training** to confirm.
- Set the **"Almost Time"** (e.g., yellow light, pre-wake-up warning). Press **Sleep Training** to confirm and activate.

• The light color will change according to the set schedule, signaling to the user when it's time for bed, almost time to wake up, and time to wake up.

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.
- **Power:** Always use the original power adapter provided with the device.

TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|----------------------------|---|--|
| Device does not power on. | Power adapter not connected or faulty outlet. | Ensure power adapter is securely plugged into the device and a working electrical outlet. Try a different outlet. |
| Alarm does not sound. | Alarm not activated or volume too low. | Verify the alarm icon is displayed. Increase alarm volume using the rotary knob. |
| Sound machine not playing. | Sound mode not selected or volume too low. | Press the Sound Mode button to select a sound. Increase volume using the rotary knob. Check if a timer is set and has expired. |
| Display is too bright/dim. | Brightness setting needs adjustment. | Use the brightness buttons or rotary knob to adjust display intensity. |

SPECIFICATIONS

- **Model:** BEBDB16
- **Product Dimensions:** 4.69 x 1.5 x 3.07 inches
- **Weight:** 10.93 ounces
- **Power Source:** Corded Electric
- **Battery:** 1 CR5 battery (included, for memory backup)
- **Manufacturer:** BABELIO
- **Country of Origin:** China

WARRANTY AND SUPPORT

For warranty information or technical support, please contact BABELIO customer service through the retailer's platform or visit the official BABELIO store online. Please retain your proof of purchase for warranty claims.

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