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› HAODINGMAI Sunrise Alarm Clock Wake Up Light (Model HDM001) Instruction Manual

HAODINGMAI HDM001

HAODINGMAI Sunrise Alarm Clock Wake Up Light (Model HDM001) Instruction Manual

Comprehensive guide for setup, operation, and maintenance of your HAODINGMAI Sunrise Alarm Clock.

1. INTRODUCTION

Thank you for choosing the HAODINGMAI Sunrise Alarm Clock Wake Up Light, Model HDM001. This device combines a sunrise simulation alarm, a white noise machine, and a multi-color bedside lamp to enhance your sleep and wake-up experience. Please read this manual carefully to ensure proper use and optimal performance.



Image 1.1: The HAODINGMAI Sunrise Alarm Clock, Model HDM001, featuring its digital display, sunrise light panel, and a connected smartphone charging via its USB port. The clock displays 12:00 AM, temperature 78°F, and an alarm set for 12:30 PM.

2. PACKAGE CONTENTS

- HAODINGMAI Sunrise Alarm Clock (Model HDM001)
- Power Adapter (Corded Electric)
- User Manual

3. PRODUCT OVERVIEW AND CONTROLS

The HAODINGMAI Sunrise Alarm Clock features a sleek design with intuitive touch controls and a clear digital display.

3.1 Key Features

- Sunrise Simulation Wake-Up Light
- Dual Alarm Clock Functionality
- 13 Soothing Nature Sounds and White Noise
- Multi-color Bedside Lamp with 13 Ambient Lights
- Touch Control for Light and Brightness Adjustment
- Sleep Timer (30/60/90/120 minutes)

- Integrated Thermometer (°C/°F) and Calendar
- Large LED Screen with 12/24 Hour Display
- USB Charging Port for external devices

3.2 Controls

The device is primarily controlled via touch-sensitive areas on the metal frame and buttons located on the back or bottom (refer to physical product for exact button placement).



Image 3.1: Demonstrates sensitive touch control on the metal frame. A hand is shown touching the top metal arch of the alarm clock, which illuminates with a purple light, indicating how to switch lighting effects and adjust brightness.

- **Touch Metal Frame:** Tap to switch light colors, long press to adjust brightness (stepless dimming).

- **Display Buttons:** (Specific button functions are not detailed in the provided data, but typically include Time Set, Alarm Set, Sound Selection, Volume, etc. Users should refer to the physical product's button labels.)

4. SETUP

4.1 Power Connection

1. Unpack the HAODINGMAI Sunrise Alarm Clock and its power adapter.
2. Connect the power adapter to the DC input port on the back of the alarm clock.
3. Plug the power adapter into a standard electrical outlet. The display will illuminate, and the clock will be ready for initial setup.

4.2 Initial Time and Date Setting

Upon first power-on, you may need to set the current time and date. Specific button sequences are not provided, but generally involve:

1. Locate the "SET" or "TIME" button (usually on the back or bottom). Press and hold it to enter time setting mode.
2. Use the "+" and "-" buttons (or similar) to adjust hours, minutes, year, month, and day.
3. Press "SET" or "TIME" again to confirm each setting and move to the next, or to exit setting mode.
4. Select 12-hour or 24-hour format as desired.

4.3 Temperature Unit Selection

The clock displays temperature in Celsius (°C) or Fahrenheit (°F). To switch between units:

- Locate the dedicated °C/°F button or a setting option within the time/date setup.
- Press or select to toggle the temperature display unit.

5. OPERATING INSTRUCTIONS

5.1 Setting Alarms (Dual Alarms)

The device supports two independent alarms. Each alarm can be customized with a wake-up time, sunrise simulation duration, and alarm sound.

1. Locate the "ALARM 1" or "ALARM 2" button. Press and hold to enter alarm setting mode for the respective alarm.
2. Adjust the desired wake-up time (hours and minutes) using the adjustment buttons.
3. Select the sunrise simulation duration (e.g., 20 minutes before the alarm). The light will gradually brighten during this period.
4. Choose an alarm sound from the available options (nature sounds or traditional beep).
5. Confirm settings and exit alarm mode. Repeat for the second alarm if needed.

Sunrise Alarm Clock

Start a energy day by sunrise and bird chirping

Brightness Level 1level



3 levels

Sunrise Duration 1min



120mins



Image 5.1: Illustrates the sunrise simulation feature. The image shows a person sleeping peacefully as the alarm clock gradually brightens from a dim light at 7:40 AM to a full bright light at 8:00 AM, simulating a natural dawn. Settings for brightness level and sunrise duration are also depicted.

The Best Alarm Clock – Natural Alarm Clock

Redefine the way to get up, light is a great alarm clock for your body clock, Sunrise Alarm clock, Start a energy day by sunrise and bird chirping.

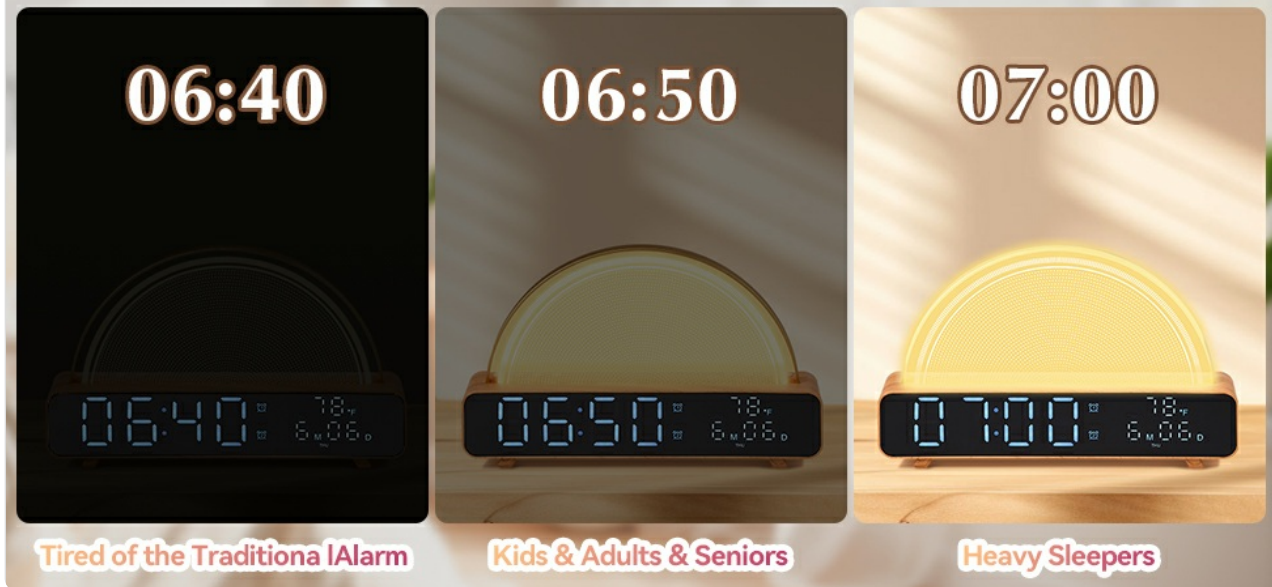


Image 5.2: Depicts the gradual sunrise simulation. Three stages of light intensity are shown at 06:40, 06:50, and 07:00, demonstrating how the light slowly increases to gently wake the user.

Note:

- To turn off a sounding alarm, tap any button or the touch frame.
- The alarm will loop a 20-second track for 3 minutes if not turned off.
- There is no dedicated snooze button; tapping to turn off the alarm is the primary interaction.

5.2 White Noise and Nature Sounds

The alarm clock includes 13 soothing sounds to aid sleep or provide a relaxing atmosphere.

1. Locate the "SOUND" or "MUSIC" button. Press to cycle through the available sounds (e.g., soft music, ocean, rain, running water, birdsong, insect, white noise, fan sound, creek, seagull, firewood, morning, night, river, lullaby).
2. Use the volume control buttons (usually "+" and "-") to adjust the sound level from 1 to 10.
3. To turn off the sound, cycle through all options until "OFF" is selected or press and hold the sound button.

13 Soothing Sounds, Improve Your Sleep Quality.

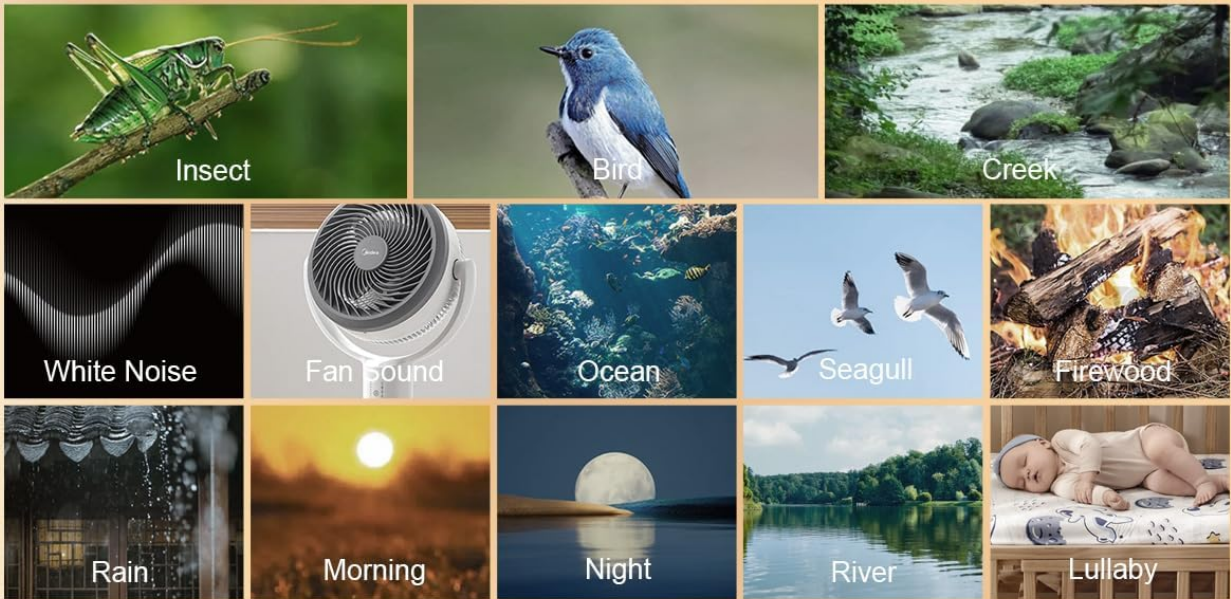


Image 5.3: Shows the HAODINGMAI Sunrise Alarm Clock with a child sleeping in the background, illustrating the use of 13 soothing sounds. Various sound options like Insect, Bird, Creek, White Noise, Fan sound, Ocean, Seagull, Firewood, Rain, Morning, Night, River, and Lullaby are displayed as thumbnails.



Image 5.4: A visual representation of the 13 natural sound options available for wake-up and sleep modes, including Bird, Insect, White Noise, Fan sound, Ocean, Seagull, Rain, Firewood, Morning, Night, River, and Lullaby. The image also indicates an adjustable sound level from 1 to 10.

5.3 Bedside Lamp and Atmosphere Light

The device functions as a multi-color bedside lamp with 13 ambient light options and adjustable brightness.

1. **Turn On/Off:** Tap the metal frame to turn the light on or off.
2. **Change Color:** Tap the metal frame repeatedly to cycle through the 13 available colors (1 warm white, 7 monochromatic, 5 mixed colors).
3. **Adjust Brightness:** Long press the metal frame to activate stepless dimming. Release when the desired brightness is reached.

Warm Night Light

Emits gentle lighting to help baby relax and fall asleep



Touch stepless dimming



Image 5.5: Shows the HAODINGMAI Sunrise Alarm Clock emitting a warm night light, with a parent feeding a baby in the background. Below, various color options for the lamp are displayed, highlighting its multi-color functionality and touch stepless dimming.



Image 5.6: Illustrates the multi-color night light feature with touch control. It shows the clock emitting different colors (warm white, monochromatic, and mixed colors) and indicates 0%-100% adjustable brightness.

5.4 Sleep Timer Function

The sleep timer allows you to set a duration after which the white noise and light will automatically turn off, promoting restful sleep.

1. Locate the "TIMER" or "SLEEP" button.
2. Press the button to cycle through the available timer options: 30, 60, 90, or 120 minutes.
3. Select your desired duration. The light and sound will gradually fade and turn off after the set time.
4. To cancel the sleep timer, cycle through the options until "OFF" is selected.

Timer Function

-Customize your own time



30 minutes 60 minutes 90 minutes 120 minutes

Touch stepless dimming

Sound volume: off, 1-10 level

Image 5.7: Displays the timer function of the HAODINGMAI Sunrise Alarm Clock, offering options for 30, 60, 90, and 120 minutes. It also highlights touch stepless dimming for light and adjustable sound volume from 1-10 levels.

5.5 USB Charging Port

The alarm clock includes a USB output port (5V) that can be used to charge small electronic devices like smartphones or tablets.

- Connect your device's USB charging cable to the USB port on the back of the alarm clock.
- Ensure the alarm clock is powered on for the charging function to work.



Image 5.8: A comprehensive view of the HAODINGMAI Sunrise Alarm Clock's multifunctionality, including its USB charging port, 13 soothing sounds, 13 light colors, sunrise imitation, dual alarms, touch control, temperature display, 10-level volume, calendar, and sleep countdown timer.

6. MAINTENANCE

- **Cleaning:** Use a soft, dry cloth to clean the surface of the alarm clock. Do not use abrasive cleaners or solvents.
- **Water Exposure:** Keep the device away from water and high humidity. It is not waterproof.
- **Placement:** Place the alarm clock on a stable, flat surface. Avoid direct sunlight or extreme temperatures.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Power adapter not connected or faulty.	Ensure the power adapter is securely plugged into the device and a working electrical outlet. Try a different outlet.
Alarm does not sound or light up.	Alarm not set correctly or turned off.	Verify alarm time and settings. Ensure the alarm is enabled. Check alarm volume.
Light is not changing colors or dimming.	Incorrect touch interaction.	Ensure you are tapping the metal frame to change colors and long-pressing for stepless dimming.
USB charging not working.	Device not powered on or cable issue.	Confirm the alarm clock is powered on. Try a different USB cable or device. Note that the USB port is for charging only, not data transfer.
Display is too bright at night.	Display brightness not adjusted.	The LED screen display brightness is adjustable. Refer to the product's specific instructions for adjusting display brightness, or if available, use the photosensitive mode to automatically adjust.

8. SPECIFICATIONS

Brand	HAODINGMAI
Model Number	HDM001
Product Dimensions	9.05"W x 5.7"H
Material	Metal, Plastic (ABS)
Power Source	Corded Electric
Display Type	Digital
Special Features	Dual Alarm Clock, USB Charger Port, Mood Light (13 Colorful Illumination), Noise Machine (13 Soothing Music), Touch Infinitely Dimmable, Sunrise Analog Wake-Up, LED Large Screen Clock, 12/24 Hour, °C/°F, Calendar
UPC	788362058159
Item Weight	1.23 pounds

9. WARRANTY AND SUPPORT

The HAODINGMAI Sunrise Alarm Clock (Model HDM001) comes with a two-year warranty period from the date of purchase.

If you encounter any issues or have further questions about the product, please contact HAODINGMAI customer support. Contact information can typically be found on the product packaging or the seller's official

website.

10. IMPORTANT SAFETY INFORMATION

- Do not disassemble or attempt to repair the device yourself. This may void the warranty and pose safety risks.
- Use only the provided power adapter.
- Keep out of reach of children and pets.
- Avoid placing the device near heat sources or in direct sunlight for extended periods.