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› B&H Sleep Trainer Clock for Toddler - User Manual

B&H EB049

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Model: EB049

1. INTRODUCTION

Thank you for choosing the B&H Sleep Trainer Clock for Toddler. This device is designed to assist in establishing healthy sleep and wake-up routines for children using gentle colors and facial expressions. Please read this manual thoroughly before using the product to ensure proper operation and maintenance.



Image 1.1: The B&H Sleep Trainer Clock in green sloth design, illustrating its day and night modes.

2. PRODUCT OVERVIEW

2.1 Key Features

- **Sleep Training:** Uses gentle colors and facial expressions to indicate bedtime and wake-up time.
- **Science-Backed Lighting:** Soft blue light for wakefulness, amber light for sleep transition.
- **Adjustable Time Settings:** Customizable wake-up and sleep times.
- **Night Light Function:** Adjustable screen brightness for comfort.
- **Optional Audible Alarm:** For older children needing a routine wake-up.
- **Child-Proof Design:** Shock-absorbent silicone jacket and lockable settings.
- **Portable:** USB rechargeable with up to 7 days of battery life.

2.2 Components and Controls

Familiarize yourself with the clock's components and control buttons.

Good Habits

Helps Child to develop a good habit of bedtime.

Blue light promotes melatonin production enhancing sleep quality and provides a comfy atmosphere.



Image 2.1: Rear view of the B&H Sleep Trainer Clock with labeled controls.

- **MODE Button:** Used to cycle through different settings modes.
- **+ / - Buttons:** Used to adjust values (time, brightness, etc.).
- **SET Button:** Confirms selections or enters setting mode.
- **ON/OFF Button:** Powers the clock on/off (short press for backlight, long press for power).
- **Main Power On/Off Switch:** Located at the back, requires a paper clip for first-time activation.
- **DC5V Input:** USB charging port.
- **Battery Charge Indicator:** Shows charging status.

3. SETUP

3.1 Initial Activation and Charging

1. **Activate Main Power:** For first-time use, locate the "Main Power On/Off" switch on the back of the clock. Use a paper clip or a similar thin, pointed tool to press the switch through the small pinhole to turn it ON.
2. **Charge the Clock:** Connect the provided USB cable to the DC5V Input port on the back of the clock and plug the other end into a USB power adapter (not included). The battery charge indicator will show charging status. A full charge takes approximately 3 hours and provides up to 7 days of battery life.

Important "Main Power"

For first time use, use a paper clip to turn the main switch on through the pinhole



Image 3.1: Activating the Main Power switch with a paper clip.

3.2 Setting the Current Time

1. Press and hold the **SET** button for 3 seconds to enter time setting mode. The hour display will flash.
2. Use the **+** or **-** buttons to adjust the hour.
3. Press **SET** again to confirm the hour and move to minute setting. The minute display will flash.
4. Use the **+** or **-** buttons to adjust the minute.
5. Press **SET** one more time to confirm the minutes and exit time setting mode.

4. OPERATING INSTRUCTIONS

4.1 Setting Sleep and Wake-Up Times (OK to Wake Function)

This feature uses color changes to signal when it's time to sleep and when it's okay to wake up.

Sleep trainer clock

Rise & Shine Amber Yellow



Slumber Midnight Blue



Learn When to Wake

Soft amber light is like the sun rising slowly, showing it is time to get up

Enhancing Sleep Quality

Midnight stars is like the deep eternal, quiet and calm dark blue tone, can make people calm and help to fall asleep quickly

Image 4.1: Amber yellow light for wake-up and midnight blue light for sleep.

1. Press the **MODE** button repeatedly until you see the sleep icon (moon) or wake icon (sun) flashing.
2. **To set Sleep Time:** When the moon icon is flashing, press **SET**. Use **+** or **-** to set the desired bedtime hour, then press **SET** for minutes. Confirm with **SET**. The clock will display a blue light and a sleeping sloth face at this time.
3. **To set Wake-Up Time:** When the sun icon is flashing, press **SET**. Use **+** or **-** to set the desired wake-up hour, then press **SET** for minutes. Confirm with **SET**. The clock will display an amber light and a happy sloth face at this time.
4. Press **MODE** to exit setting mode.



Image 4.2: Clock displaying blue light for sleep time.



Image 4.3: Clock displaying amber light for wake-up time.

4.2 Setting the Audible Alarm

The clock includes an optional audible alarm for older children.

1. Press the **MODE** button until the alarm icon appears and flashes.
2. Press **SET**. The hour display for the alarm will flash.
3. Use the **+** or **-** buttons to set the desired alarm hour.
4. Press **SET** again to confirm the hour and move to minute setting.
5. Use the **+** or **-** buttons to set the desired alarm minute.
6. Press **SET** to confirm and exit alarm setting. The alarm icon will remain on, indicating the alarm is active.
7. To turn off the audible alarm, repeat steps 1-2 and use the **+** or **-** buttons to toggle the alarm OFF.

4.3 Adjusting Night Light Brightness

The screen brightness can be adjusted to serve as a night light.

1. In normal time display mode, short press the **ON/OFF** button to cycle through brightness levels.
2. The clock offers multiple brightness settings, including off.

5. MAINTENANCE

- **Cleaning:** Wipe the clock with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Battery Care:** Recharge the clock when the battery indicator shows low power. Avoid fully depleting the battery frequently to prolong its lifespan.
- **Storage:** Store the clock in a cool, dry place away from direct sunlight and extreme temperatures when not in use for extended periods.
- **Child Safety:** The silicone jacket provides drop protection. However, avoid intentional dropping or rough handling. Lockable settings prevent tampering by toddlers.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Clock does not turn on.	Main power switch is off or battery is depleted.	Ensure the main power switch on the back is ON (use a paper clip if necessary). Charge the clock using the USB cable.
Display is dim or unresponsive.	Low battery or brightness setting is too low.	Recharge the clock. Short press the ON/OFF button to adjust brightness.
Sleep/Wake colors are not changing.	Sleep/Wake times are not set correctly or feature is disabled.	Review Section 4.1 to ensure sleep and wake-up times are properly configured and activated.
Audible alarm does not sound.	Alarm is not set or is turned off.	Check alarm settings in Section 4.2 to ensure it is set and active.
Buttons are unresponsive.	Settings might be locked to prevent tampering.	Check the manual for instructions on unlocking settings (if applicable, though the product description mentions "lockable settings"). If no specific unlock method is provided, try a soft reset by turning the main power switch off and on.

7. SPECIFICATIONS

Brand	B&H
Model Number	EB049
Color	Green (Sloth)
Display Type	Digital

Material	Silicone (Frame)
Product Dimensions	3.7"W x 3.9"H
Item Weight	8.4 ounces
Power Source	Battery Powered (1 Lithium Ion battery included)
Special Features	Adjustable Brightness, Alarm, Day Mode, Large Display, OK to Wake
Mounting Type	Tabletop

8. WARRANTY AND SUPPORT

B&H products are designed for quality and reliability. For specific warranty information, please refer to the packaging or contact B&H customer support directly.

For further assistance, product inquiries, or troubleshooting not covered in this manual, please visit the official B&H store on Amazon or contact their customer service.

B&H Store Link: [Visit the B&H Store on Amazon](#)

Note: Warranty terms may vary by region and retailer. Please retain your proof of purchase.

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