

Dekala SSM01

Dekala RestOnn Sunrise Alarm Clock Sunset Sound Machine User Manual

Model: SSM01 | Brand: Dekala

1. INTRODUCTION AND OVERVIEW

The Dekala RestOnn Sunrise Alarm Clock is a versatile device designed to enhance sleep and waking cycles. It integrates multiple functions to support a natural and refreshing daily rhythm. This manual provides detailed instructions for setup, operation, and maintenance of your device.

Key features include:

- **Sunrise Alarm:** Gradually brightens with simulated sunrise light and gentle natural sounds for a natural awakening.
- **Sunset Sleep Sound Machine:** Plays continuous white or pink noise, gradually lowering volume and simulating sunset to aid sleep.
- **7-Day Programmable Dual Alarms:** Customizable for weekdays or weekends.
- **Max 110dB Loud Alarm:** Suitable for heavy sleepers.
- **Amber Night Light:** Provides a soft, comforting glow.
- **Bluetooth Speaker:** Play your preferred music or audio.
- **Smart App Control:** Easy remote management via the Dekala app (2.4G WiFi required).

2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- Dekala RestOnn Sunrise Alarm Clock (Sound Machine) x 1
- Charging Cable x 1
- Power Adapter x 1
- User Manual x 1

Package List

Sound Machine*1

Adapter*1

Charging Cable*1

User Manual*1

Product weight: 1.14 lb



Image: Contents of the Dekala RestOn package, including the alarm clock, charging cable, adapter, and user manual.

3. PRODUCT OVERVIEW (CONTROLS AND PORTS)

Familiarize yourself with the physical components and controls of your Dekala RestOn device:

- **Top Panel:** Features buttons for alarm settings, light control, and snooze/sleep timer.
- **Front Display:** Digital time display, day-of-week indicators, and alarm icons.
- **Side Dials:** Two rotary dials for adjusting time, brightness, and volume.
- **Rear Ports:** USB-C input for power.



Image: Front view of the Dekala RestOnn Sunrise Alarm Clock, showing the digital time display, control buttons, and rotary dials.

4. SETUP

4.1 Initial Power-On

Connect the provided USB-C charging cable to the rear port of the device and plug the power adapter into a standard electrical outlet. The device display will illuminate.

4.2 Setting Time and Date

Use the rotary dials and corresponding buttons on the top panel to set the current time and day of the week. Refer to the Quick Start Guide for specific button functions.

4.3 App Connection (Optional)

For enhanced control, download the Dekala app from your smartphone's app store. Ensure your device is connected to a 2.4G WiFi network. Follow the in-app instructions to pair your Dekala RestOnn device.

Video: A demonstration of the Dekala RestOnn Sunrise Alarm Clock's light features and basic controls, including setting the time and adjusting light colors. This video is a short preview from a seller.

5. OPERATING INSTRUCTIONS

5.1 Sunrise Alarm

The sunrise simulation gradually brightens over a set duration before your alarm time, easing you awake. Choose from gentle natural sounds or a loud 110dB alarm for heavy sleepers. Dual alarms can be programmed for different schedules (e.g., weekdays and weekends).



Image: The Dekala RestOnn Alarm Clock displaying a gradual sunrise simulation, transitioning from dim to bright light over time.

5.2 Sunset Sleep Sound Machine

Activate the sunset mode to gradually dim the light and lower the volume of selected sleep sounds (white noise, rain, fan, 'Shhh') over a 5-120 minute countdown. This feature promotes melatonin production for a restful sleep.

11 Soothing Sounds & Your Music

Explore 11 calming sounds to help sleep, or play your preferred music via Bluetooth



Image: The Dekala RestOnn Sound Machine simulating a sunset, with warm, dimming light to aid sleep.

5.3 Sound Machine

Choose from 11 soothing sounds, including white noise and various natural sounds, to help with relaxation or sleep. Adjust the volume using the dedicated controls.

Tailor Scenes & Alarms in APP

5 Custom scenes for sleep, meditation, etc.
Dual alarms for easy wake-ups.



Dekala App
control



Image: A visual representation of the 11 soothing sound options available on the Dekala RestOnn device, including white noise, fan, rain, and more.

Video: A seller demonstration showcasing the various natural sounds and white noise options available on the Dekala RestOnn device.

5.4 Night Light

The integrated amber night light provides a soft, dimmable glow, ideal for bedtime reading or providing comfort during the night.

Change Night & Morning Routine From Sunset to Sunrise

From Sunset to Sunrise



Image: The Dekala RestOnn device emitting a soft, dimmable amber light, suitable for use as a night light.

5.5 Bluetooth Speaker

Pair your smartphone or other Bluetooth-enabled device to the Dekala RestOnn to play your preferred music, podcasts, or audiobooks through its integrated speaker.

5.6 Smart App Control

Utilize the intuitive Dekala app for remote control over all device functions. Easily set alarms, adjust sound settings, manage light schedules, and customize scenes from your smartphone. A 2.4G WiFi connection is required for app functionality.

No More Harsh Wake-ups

Wake up gently to **500lux** sunrise glow
& nature alarm tones up to **110dB**

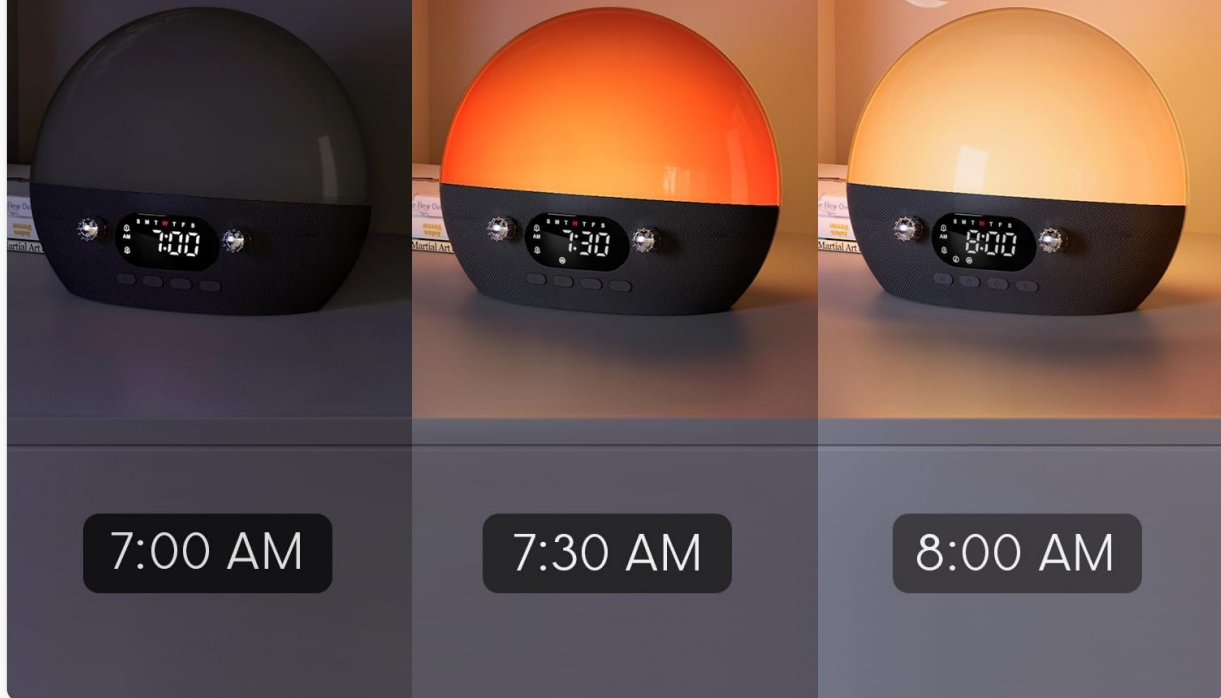


Image: A smartphone screen displaying the Dekala app interface, showing various control options for the RestOnn device, including alarm settings, sound selection, and light adjustments.

6. MAINTENANCE

To ensure the longevity and optimal performance of your Dekala RestOnn device, follow these maintenance guidelines:

- **Cleaning:** Use a soft, dry cloth to wipe the exterior of the device. Do not use abrasive cleaners or solvents.
- **Storage:** Store the device in a cool, dry place when not in use for extended periods.
- **Handling:** Handle the device with care to avoid physical damage.

7. TROUBLESHOOTING

If you encounter any issues with your Dekala RestOnn, please refer to the following common troubleshooting steps:

- **Device Not Powering On:** Ensure the power adapter is securely connected to both the device and a working electrical outlet.
- **App Connectivity Issues:** Verify your smartphone is connected to a 2.4G WiFi network. Restart both

the device and your smartphone, then attempt to reconnect via the app.

- **Alarm Not Sounding:** Check that the alarm is enabled and the volume is set to an audible level. Ensure the correct alarm mode (sound only, light only, or sound+light) is selected.
- **Light Not Functioning:** Check the light brightness settings and ensure the light function is enabled.

For further assistance, please contact Dekala customer support.

8. SPECIFICATIONS

- **Model Name:** SSM01
- **Item Model Number:** US2-SSM01-S
- **Brand:** Dekala
- **Material:** Plastic
- **Power Source:** Corded Electric
- **Package Dimensions:** 8.35 x 7.36 x 4.57 inches
- **Product Weight:** 1.76 Pounds
- **Date First Available:** November 3, 2024

9. SAFETY INFORMATION


Please read and adhere to the following safety guidelines to prevent injury or damage to the device:






- Always unplug the device when not in use.
- Do not use the device with a damaged cord or plug.
- This device is not intended for use by children.
- To prevent hearing damage, do not use the alarm at maximum volume for extended periods.
- Keep the device dry and do not immerse it in water.
- Do not use the device if the plug or cord is damaged.
- Always follow the instructions provided with the device.

10. WARRANTY AND SUPPORT

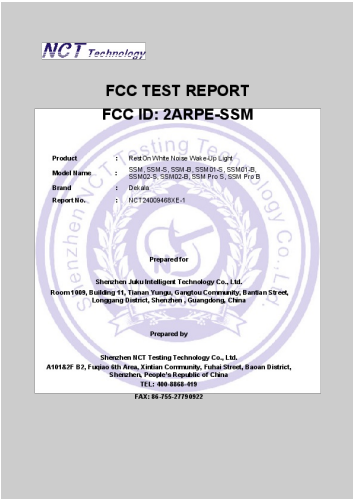
For warranty information or technical support, please refer to the contact details provided in your product packaging or visit the official Dekala website. Keep your purchase receipt for warranty claims.

Related Documents - SSM01

	<p>Dekala SRWW-S Sunrise Alarm Clock with Wireless Charger - User Manual</p> <p>Comprehensive user guide for the Dekala SRWW-S Sunrise Alarm Clock, detailing features like wireless charging, app control, dual alarms, sleep aid, ambient lamp, and troubleshooting. Learn how to set up and use your device for a better wake-up experience.</p>
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	<p>Sunrise Pro Wake Up Light ACA-002-M User Manual</p> <p>User manual for the Dekala Sunrise Pro Wake Up Light (Model ACA-002-M). This guide provides instructions on setting up, operating, and maintaining the wake-up light, including features like sunrise/sunset simulation, ambient lighting, sleep aid, FM radio, and music playback.</p>
	<p>Dekala Smart Sunrise Alarm Clock Quick Start Guide</p> <p>A concise guide to setting up and using the Dekala Smart Sunrise Alarm Clock, covering alarm functions, light settings, FM radio, and fall asleep mode.</p>
	<p>Dekala Arches™ (Elite) Smart Ambient Lamp SAC-WBLR User Manual and Instructions</p> <p>Comprehensive user manual for the Dekala Arches™ (Elite) Smart Ambient Lamp (Model SAC-WBLR), covering setup, app control, voice commands, button functions, specifications, and troubleshooting.</p>
	<p>Dekala Arches™ (Deluxe) Smart Ambient Lamp SAC-WBLR User Manual</p> <p>Comprehensive user manual for the Dekala Arches™ (Deluxe) Smart Ambient Lamp (Model SAC-WBLR). Details features like sunrise alarm, ambient light, Bluetooth speaker, sleep aid, app control via 'Smart Life', and voice commands with Alexa and Google Assistant. Includes specifications, FAQ, and safety precautions.</p>
	<p>Dekala Arches™ Elite Smart Ambient Lamp (SAC-WWBLR) User Manual & Guide</p> <p>Comprehensive instructions for the Dekala Arches™ Elite Smart Ambient Lamp (SAC-WWBLR), covering setup, app control, voice commands (Alexa, Google Assistant), button functions, specifications, and troubleshooting.</p>

Documents - Dekala – SSM01



[\[pdf\]](#) Declaration of Conformity Test Report

NCT24009468XE 1 FCC ID Wifi 2 4G Report doc Administrator Test reports Shenzhen Juku Intelligent Technology Co Ltd SSM 2ARPE 2ARPESSM ssm

FCC TEST REPORT FCC ID: 2ARPE-SSM Product Model Name Brand Report No. : RestOn White Noise Wake-Up Light : SSM, SSM-S, SSM-B, **SSM01-S**, **SSM01-B**, SSM02-S, SSM02-B, SSM Pro S, SSM Pro B : Dekala : NCT24009468XE-1 Prepared for Shenzhen Juku Intelligent Technology Co., Ltd. Room 1009, Building 11,... lang:en score:17 filesize: 1.16 M page_count: 35 document date: 2024-03-21

