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› DailyBody Sound Machine Dual Alarm Clock Night Light User Manual (Model ZB001)

DailyBody ZB001

DailyBody Sound Machine Dual Alarm Clock Night Light User Manual

Model: ZB001

INTRODUCTION

This manual provides detailed instructions for the DailyBody Sound Machine Dual Alarm Clock Night Light, Model ZB001. This 3-in-1 device combines a sound machine with 27 soothing sounds, a dual alarm clock with 30 wake-up sounds, and a night light with 12 colors and 20 brightness levels. Please read this manual thoroughly before use to ensure proper operation and to maximize your experience with the product.

PRODUCT OVERVIEW

The DailyBody Sound Machine Dual Alarm Clock Night Light is designed to enhance sleep, provide gentle wake-up calls, and offer ambient lighting. Its compact design makes it suitable for various settings, including bedrooms, nurseries, and offices.

3 in1

Sound Machine

Sleep better with 27 sleeping sounds

Alarm Clock

Wake you up with 30 wake up sounds

Night Lights

12 Colors Night light



Image: The DailyBody Sound Machine, highlighting its three primary functions: night light, alarm clock, and sound machine.

PACKAGE CONTENTS

- DailyBody Sound Machine Dual Alarm Clock Night Light (Model ZB001)
- USB Power Cable (Note: A USB power adapter is not included and must be supplied by the user.)
- User Manual
- Internal Lithium Metal Battery (for memory backup, pre-installed)

CONTROLS AND DISPLAY

Familiarize yourself with the buttons and display elements for easy operation.

3 in1

Sound Machine

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Alarm Clock

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Night Lights

12 Colors Night light



Image: Top view of the device, illustrating the button layout and the digital time display.

Button Functions (Refer to device for exact labels):

- **Power Button:** Turns the device on/off.
- **Time Set Button:** Enters time setting mode.
- **Alarm 1/2 Set Buttons:** Enters alarm setting mode for Alarm 1 or Alarm 2.
- **Sound Button:** Activates/cycles through sound machine sounds.
- **Night Light Button:** Activates/cycles through night light colors and brightness.
- **Volume Up/Down Buttons:** Adjusts sound volume.
- **Snooze/Dimmer Button:** Snoozes alarm, adjusts display brightness.
- **Timer Button:** Sets sleep timer duration.

Display Indicators:

- **Digital Time Display:** Shows current time.
- **AM/PM Indicator:** For 12-hour format.
- **Day of Week Indicator:** Shows current day.
- **Alarm 1/2 Icons:** Indicate active alarms.
- **Sound Icon:** Indicates sound machine is active.
- **Timer Icon:** Indicates sleep timer is active.

SETUP

1. **Power Connection:** Connect the provided USB power cable to the device's power input port. Plug the other end into a compatible USB power adapter (not included) and then into a wall outlet. The device requires continuous power for full functionality.
2. **Initial Power On:** The device should power on automatically once connected to power. The display will illuminate.

3. **Battery Backup:** An internal lithium metal battery is included for memory backup, ensuring that time and alarm settings are retained during brief power outages. This battery is not intended to power the device for extended periods.

OPERATING INSTRUCTIONS

1. Setting the Time

1. Press and hold the **Time Set** button until the hour display flashes.
2. Use the **Volume Up/Down** buttons to adjust the hour. Pay attention to the AM/PM indicator if using 12-hour format.
3. Press the **Time Set** button again to move to minute adjustment.
4. Use the **Volume Up/Down** buttons to adjust the minutes.
5. Press the **Time Set** button once more to confirm and exit time setting mode.
6. To switch between 12-hour and 24-hour format, press the **Time Set** button briefly while the time is displayed (not in setting mode).

2. Setting Alarms (Alarm 1 and Alarm 2)

The device supports two independent alarms.

1. Press and hold the **Alarm 1 Set** or **Alarm 2 Set** button until the alarm hour flashes.
2. Use the **Volume Up/Down** buttons to adjust the alarm hour.
3. Press the respective **Alarm Set** button again to move to minute adjustment.
4. Use the **Volume Up/Down** buttons to adjust the alarm minutes.
5. Press the respective **Alarm Set** button again to select the alarm sound. Cycle through the 30 available wake-up sounds using the **Volume Up/Down** buttons.
6. Press the respective **Alarm Set** button again to set the alarm volume (32 levels).
7. Press the respective **Alarm Set** button again to set the night light brightness for the alarm (20 levels).
8. Press the respective **Alarm Set** button again to select the alarm frequency (e.g., Everyday, Weekdays, Weekends).
9. Press the respective **Alarm Set** button once more to confirm and activate the alarm. The corresponding alarm icon will appear on the display.
10. To turn an active alarm off or on, briefly press the **Alarm 1 Set** or **Alarm 2 Set** button.

3. Using the Sound Machine

The device features 27 high-fidelity, non-looping soothing sounds.

27 Soothing Sounds for Sleeping



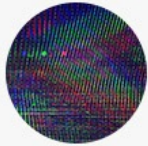
2 White Noise



8 Lullabies



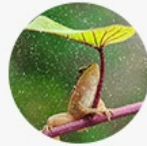
17 Nature Sounds



White Noise



Thunderstorm



Frog



wave



Campfire



Water Drop



Lullabies



Piano



Cricket



Brook

Image: Visual representation of the 27 soothing sounds, categorized into white noise, lullabies, and nature sounds.

1. Press the **Sound** button to turn on the sound machine. It will play the last selected sound.
2. Briefly press the **Sound** button again to cycle through the 27 available sounds (e.g., brown noise, white noise, wind, cricket, fan, rain, brook, happy birthday, Merry Christmas).
3. Use the **Volume Up/Down** buttons to adjust the sound volume (32 levels).
4. To turn off the sound machine, press and hold the **Sound** button.

4. Using the Night Light

The night light offers 12 colors and 20 brightness levels.

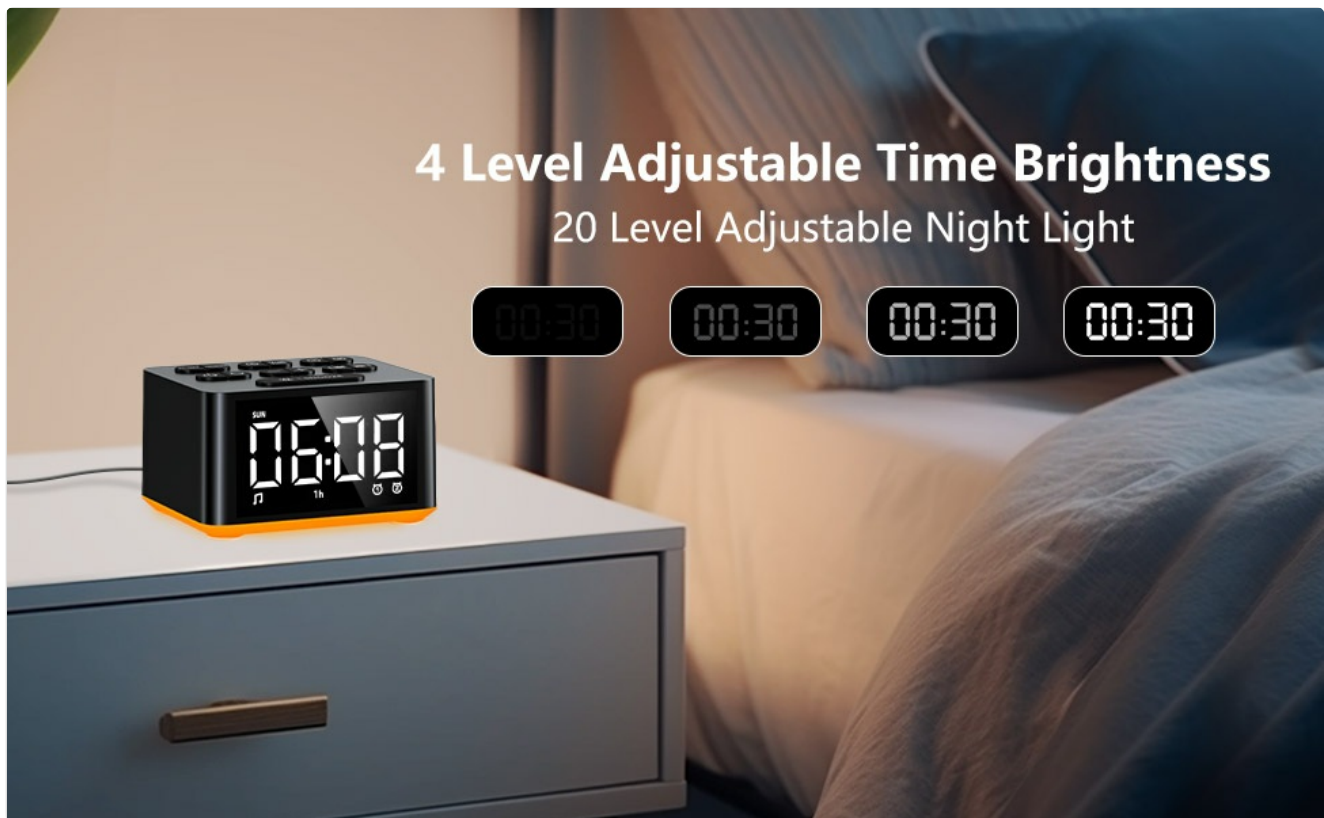


Image: The device displaying its night light function with various color options and brightness levels.

1. Press the **Night Light** button to turn on the night light. It will illuminate with the last selected color and brightness.
2. Briefly press the **Night Light** button again to cycle through the 12 available colors.
3. To adjust the brightness (20 levels), press and hold the **Night Light** button, then use the **Volume Up/Down** buttons.
4. To turn off the night light, press and hold the **Night Light** button.

5. Setting the Sleep Timer

The sleep timer allows the sound machine and/or night light to turn off automatically after a set duration.

1. While the sound machine or night light is active, press the **Timer** button.
2. Each press will cycle through available timer durations (e.g., 30 minutes, 60 minutes, 90 minutes, continuous play).
3. The selected timer duration will be displayed briefly. The device will automatically turn off the active function(s) once the timer expires.

6. Adjusting Display Brightness

The LED time display has 4 adjustable brightness levels.

1. Briefly press the **Snooze/Dimmer** button (when no alarm is sounding) to cycle through the 4 brightness levels (Off, Low, Medium, High).
2. Select the desired brightness level for comfortable viewing without disturbing sleep.

7. Snooze Function

1. When an alarm sounds, press the **Snooze/Dimmer** button to activate the snooze function. The alarm will pause for a set period (e.g., 9 minutes) and then sound again.
2. To turn off the alarm completely, press any other button (e.g., Alarm Set button, Power button).

MAINTENANCE

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use liquid cleaners or abrasive materials.
- **Storage:** If storing the device for an extended period, disconnect it from power and store it in a cool, dry place.
- **Power:** Ensure the device is always connected to a stable power source for optimal performance.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Not connected to power, or power adapter/cable faulty.	Ensure USB cable is securely connected to the device and a working USB power adapter. Try a different power outlet or adapter.
Time is incorrect or not keeping time.	Time was not set correctly, or a power interruption occurred.	Re-set the time following the instructions in this manual. Ensure continuous power supply. The internal battery provides backup for brief outages.
Alarm does not sound.	Alarm is not activated, or volume is too low.	Check if the alarm icon is displayed. If not, activate the alarm. Increase alarm volume during setup.
Sound machine has no sound.	Volume is too low or sound machine is off.	Press the Sound button to turn on. Use Volume Up button to increase volume.
Night light is not working.	Night light is off or brightness is set to minimum.	Press the Night Light button to turn on. Adjust brightness using the Volume Up button while holding the Night Light button.
Display is too bright/dim.	Display brightness needs adjustment.	Briefly press the Snooze/Dimmer button to cycle through brightness levels.

SPECIFICATIONS

- **Model Number:** ZB001
- **Product Dimensions:** 2.36 x 3.54 x 2.75 inches
- **Item Weight:** 0.4 Pounds (6.4 ounces)
- **Material Type:** Plastic
- **Power Input:** USB (USB power adapter not included)
- **Battery:** 1 Lithium Metal battery (included, for memory backup)
- **Sound Machine Sounds:** 27 (including white noise, brown noise, nature sounds, ambient sounds)
- **Wake Up Sounds:** 30
- **Volume Levels:** 32 adjustable levels
- **Night Light Colors:** 12
- **Night Light Brightness:** 20 adjustable levels
- **Time Display Brightness:** 4 adjustable levels

WARRANTY AND SUPPORT

The DailyBody Sound Machine Dual Alarm Clock Night Light (Model ZB001) comes with a **365-day warranty** from the date of purchase. This warranty covers manufacturing defects and ensures the product functions as intended under normal use.

If you encounter any issues or have questions regarding your product, please contact DailyBody customer support. Provide your model number (ZB001) and purchase details for efficient assistance.

Customer Support Contact: Refer to the packaging or the retailer's website for the most current contact information.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question