

# FettleLife FB10-RTR Digital Alarm Clock With Wake Up Light **User Guide**

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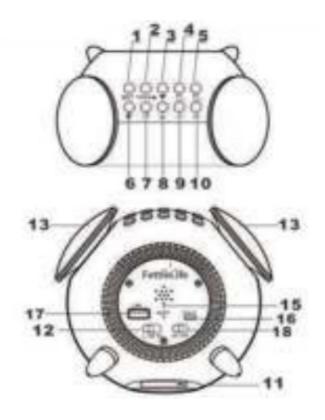




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## **BUTTON FUNCTIONS**





- 1. SET button
- 2. Change between 12 or 24-hour time / Next button
- 3. Adjust back button
- 4. Set alarm 1
- 5. Set alarm 2
- 6. Adjust LED brightness
- 7. Select workday alarm mode
- 8. Set sunset light mode
- 9. Select music for alarm 1
- 10. Select music for alarm 2
- 11. Memory battery slot
- 12. Set alarm sound level (high/mid/low)
- 13. Snooze button and light button (for night light/mood light)
- 14. Night light/mood light
- 15. Reset button
- 16. DC 5V micro-USB power input
- 17. USB output port
- 18. Power on/off switch

## **MAIN FUNCTIONS**

4 different light modes: wake-up light, night light, mood light and sunset light. Workday alarm mode. Displays time in hours and minutes along with the day, month and year. 12 or 24-hour format. Two separate alarm times with independent switch and snooze functions. 25 different alarm tones. The alarm sound has 3 volume levels. Memory function. There are 4 levels of LED brightness and automatically dims between 22:00 and 6:00.

# HOUR, MINUTE, DATE SETTING

To set the time and date, hold key (1) for 3 seconds until the hour digits start flashing, then press key (2) or (3) to adjust the hour. Then, press key (1) again, so that the minute digits are flashing, and press key (2) or (3) to adjust the minutes. Then press key (1) again, so that that the year digits are flashing, and press key (2) or (3) to adjust. Then press key (1) again, so that the month digits are flashing, and press key (2) or (3) to adjust. Finally press key (1) again, so that day digits are flashing, then press key (2) or (3) to adjust.

## **CHANGING BETWEEN 12/24H FORMAT**

When the time is being displayed normally, press key (2) to change the time format between 12H and 24H. The AM or PM symbol will display when the 12H format is selected.

#### **TURNING ALARM ON/OFF**

When the time is being displayed normally, press key (4) to turn on/off alarm 1 and press key (5) to turn on/off alarm 2. When alarm 1 is on, the symbol appears, and similarly for alarm 2.

## SET ALARM TIME AND STOP THE ALARM

Press and hold key (4) for 3 seconds, and the hour digits of alarm 1 will flash on screen. Then press key (2) or (3) to set alarm 1 to the desired hour. Pressing key (4) will cause the minute digits of alarm 1 to flash, and they can also be set using key (2) or (3). Set alarm 2 in the same way, using key (5) instead of (4). When the alarm is sounding, pressing any key will stop the alarm except for key (13)

#### SNOOZE ALARM ON/OFF

When the alarm is sounding, pressing key (13) will pause the alarm and active the snooze function. The snooze

symbol and the alarm symbol will flash. After 5 minutes, the alarm will sound, and the night light will turn on. Pressing any other key will turn off the snooze function. If the alarm sounds and no key is pressed after 2 minutes, the alarm will stop, and the night light will be switched off.

## **SELECTING MUSIC ALARM**

When the time is being displayed normally, press key (9) to select the alarm 1 music from a total of 25 songs. The screen will display the number of the music selected. The music for alarm 2 can be set in the same way by pressing key (10).

#### **NIGHT LIGHT / MOODLIGHT OPERATION**

Connect the power DC 5V micro-USB power input, and press key (13) to turn on the night light, then press key (2) or (3) to adjust the brightness. Pressing key (13) again will change the night light to a mood light. The mood light will switch between green, orange, red, pink, and blue. Pressing key (2) or (3) will cause the mood light to stop changing colors and stay at the current color.

# **WAKE-UP LIGHT OPERATION**

After setting the alarm, the wake-up light will turn on 30 minutes before the alarm goes and increase in brightness until the alarm sounds. This slow increase in brightness is like a sunrise, hence the name wake-up light. When the alarm is sounding, pressing any key will stop the alarm and the wake-up light except for key (13). If you want to turn the wake-up light again after the alarm has gone, press key (13). Press key (13) again to change to the mood light. Press key (13) a third time to turn off the mood light (the wake-up light and the mood light can only be used when the DC 5V power supply is connected). For example: if alarm 1 is set to 7:31, the wake-up light will automatically turn on at low brightness at 7:01 and will become brighter and brighter. This process feels like sunrise and can already be enough to wake some people up. The light will cycle between wake-up light, mood light and off when key (13) is pressed.

## SUNSET MODE OPERATION

To set your rest time, press and hold key (8) for 3 seconds until the hour digits flash, then press key(2) or (3) to adjust your rest time. Press key (8) again to adjust the minutes. Press key (8) a third time to set the rest time, and

the symbol will appear on screen. At 30 minutes before the rest time, the night light will turn on at normal brightness, and become dimmer and dimmer until it turns off at the set rest time.

For example: you set your rest time at 21:31, and at 21:01 the night light will turn on and become dimmer and dimmer, and at 21:31 the night light will turn off. It looks like a sunset, and it helps people go to sleep. You can also press key (13) to turn off the sunset light and the light will cycle between night light, mood light and off, just like the wake-up light.

#### ADJUSTING LED BRIGHTNESS

When the time is being displayed normally, press key (6) to adjust the brightness of the LEDs. There are 4 levels of LED brightness, and the LEDs will automatically become dimmer between 22:00 and 6:00

#### **ALARM VOLUME ADJUSTING**

Switch (12) can be used to set the volume of the alarm music to low-middle-high.

#### **WORKDAY MODE SETTINGS**

Press key (7) to set workdays. "1-5", "1-6" or "1-7" will appear on the display.

- "1-5" means the alarm will be set on Monday to Friday.
- "1-6" means the alarm will be set on Monday to Saturday.
- "1-7" means the alarm will be set on Monday to Sunday.

#### POWER INPUT AND USB PORTVOLTAGE OUTPUT

The clock is powered by a DC 5V micro-USB port(16). Port (17) can be used to output DC 5V voltage to any other device.

## TIME AND DATA MEMORY

When the battery cover is removed, you will see two AG13 button cells inside. They are memory batteries. During a power outage, the clock's time will keep working and the memory will be stored, but the screen will not display anything. When the power comes back, the display will turn on again and your alarms and settings will be restored.

# **RESET BUTTON**

If the clock shows messy code or the display is malfunctioning, use a pin to press the reset key (15) so that the clock will return to normal working status.

#### MAINTENANCE AND STORAGE

Keep the clock away from heat sources or humidity. Turn off the clock with the power switch (18) when the clock is not used for a long time.

#### **WARNING**

There is presence of dangerous voltage within the product's enclosure, touching the inner parts may result in a risk of electric shock to persons.

To reduce the risk of electric shock or fire, do not open the cover. Refer servicing to qualified service personnel

#### NOTE:

We reserve the right to make technical changes without notice in the interest of improvement.

#### **CAUTION**

Danger of explosion if battery is incorrectly replaced. Replace only with the same or equivalent type.

#### **SAFETY PRECAUTIONS**

- 1. Do not place any naked flame sources, such as lighted candles, on top of the appliance.
- 2. Do not place this apparatus in a closed bookcase or rack that obstructs ventilation
- 3. The mains plug is intended as the primary means of disconnecting this apparatus from the mains supply and shall remain readily operable at all times.
- 4. Ventilation should not be impeded by covering the ventilation openings of the unit with, for example, newspapers, tablecloths, curtains, etc.
- 5. This apparatus shall not be exposed to dripping or splashing and objects filled with liquids, such as vases, shall not be placed on the apparatus.
- 6. This apparatus shall not be exposed to direct sunlight, extreme high or low temperatures, humidity, vibration, or dusty environments.
- 7. Do not use abrasive cleaners, benzene, thinner, or other chemical products to clean the cabinet of this unit. Wipe the cabinet with mild soapy water and a soft, clean cloth.
- 8. Do not attempt to insert any cables, pins, or other objects into the openings or vents of this unit.
- 9. The batteries shall not be exposed to excessive heat such as sunshine or fire.
- 10. Do not attempt to open or repair this device.

## **ENERGY**

- 1. Batteries inside speaker are only for backup of clock and alarm settings. Not for portable use.
- 2. Never recharge the batteries provided and never throw them onto a fire.
- 3. Observe local regulations when disposing of batteries.
  - To power the device, use a certified USB wall adapter with an output voltage of less than 5V  $\pm$  0.5V and an output current of between 1A  $\pm$  2A.

This device meets the essential requirements and other relevant conditions of the applicable European directive 2014/30/EU.

If possible, dispose of the device at a recycling centre. Do not dispose of the device with the household waste.

## WARRANTY

Freebird Products warrants that the product is at the time of original purchase free of defects. This Limited

Warranty for the product shall last for twelve (12) months from the date of original purchase. This original warranty card and original invoice must be presented at the time you require warranty service or such warranty will be voided. This limited warranty is valid only if the product is used for the purpose for which it was designed. It does not apply to damages or loss caused by negligence; physical abuse; misuse; accident; excessive exposure to water, exposure to extreme temperatures; unauthorised modifications; unauthorised opening or repair; forces of nature; or other actions beyond the reasonable control of Freebird Products. In case the warranty does not apply, a repair or replacement charge will be incurred. The customer shall be responsible for sending the defective product to and collecting the repaired or replaced product from the service centre.

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## **SUPPORT**

Contact: support@fettleclub.com

Trouble shooting: fettleclub.com/support

#### **CONTACT**

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For more detailed information or questions, please send us a message on <a href="mailto:info@freebirdproducts.com">info@freebirdproducts.com</a>.

## **Documents / Resources**



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Manuals+,