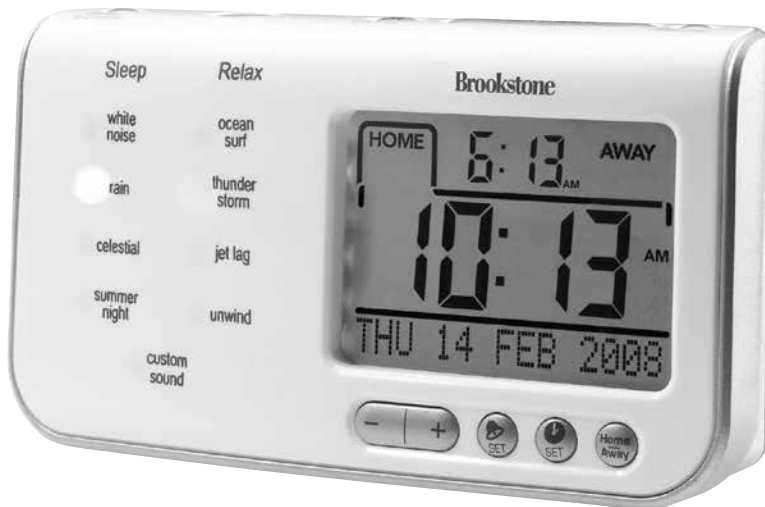


Brookstone®

tranquil
moments®

travel sound therapy system



WARNING: LONG-TERM EXPOSURE TO LOUD SOUNDS MAY CAUSE HEARING DAMAGE. IT IS BEST TO AVOID EXTREME VOLUME WHEN USING THIS PRODUCT, ESPECIALLY FOR EXTENDED PERIODS.

RECOMMENDATIONS FOR USE:

- If being used in a room with an infant, place the device as far away from infant as possible and never in the crib or on a crib rail.
- Always start with the lowest volume setting and adjust as needed.
- Limit the duration of continuous noise by using timed shut-off or turn off device after infant falls asleep.

Please note this content is provided for reference purposes only. It is not intended to substitute for advice given by a licensed healthcare professional.

tranquil moments®

travel sound therapy system

BETTER BY BROOKSTONE®

We believe that exacting standards are the core of our success. This product has been thoroughly tested to be certain it meets our rigorous quality control criteria.

With our Tranquil Moments® Travel Sound Therapy System, you're sure to sleep and relax better—anywhere you go. Eight clinically proven therapeutic sounds are divided into two channels (Sleep and Relax) to help you achieve healthier states of mind. And a dual-time alarm clock with calendar lets you wake to soothing sounds at home or away.

CAUTION

- TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT REMOVE COVER OR BACK. THERE ARE NO USER-SERVICEABLE PARTS INSIDE.
- TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT EXPOSE THIS UNIT TO WATER OR MOISTURE.



The lightning flash with arrow-head symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated “dangerous voltage” within the unit’s enclosure that may be of sufficient magnitude to constitute a risk of electric shock.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the unit.

CAUTION

1. All the safety and operating instructions should be read, followed, adhered to and retained for future reference.
2. The unit should not be used near water, such as a bathtub, swimming pool, washbowl, kitchen sink, laundry tub, or in a wet basement.
3. Care should be taken so that objects do not fall and liquids are not spilled onto the unit.
4. Do not reach for the unit if it has fallen into water. Unplug it immediately.
5. The unit should be placed away from heat sources, such as radiators, heat registers, stoves, or other appliances (including amplifiers) that produce heat.
6. This unit may be subject to interference from external sources such as transformers, electric motors or other electronic devices. To avoid distortion created by such sources, it is advised that you place the unit as far away from such sources as possible.
7. Do not apply excessive force when using any switches or controls.

8. The unit should be connected to a power supply only of the type described in the operating instructions or as marked on the unit.
9. Precautions should be taken so that the grounding or polarization means of the unit are not defeated.
10. Power supply cords should be routed so that they are not likely to be walked on or pinched by items placed on or against them, paying particular attention to cords at plugs, convenience receptacles and the point where they exit the unit.
11. The unit is equipped with an attachment plug with overload protection. This is a safety feature. If replacement of the plug is required, be sure the service technician has used a replacement plug specified by the manufacturer that has the same overload protection as the original plug.
12. The unit should be cleaned only as recommended in the instructions.
13. The AC Adapter should be unplugged from the outlet when left unused for long periods of time.
14. The user should not attempt to service the unit beyond that described in the operating instructions.

15. If using the AC ADAPTER to power the unit, ensure it is properly connected to the electrical outlet before turning the unit on.
16. When moving the unit, be sure to first unplug the AC ADAPTER.
17. Choose the installation location of your unit carefully. Avoid placing it in direct sunlight or close to a heat source.
18. Avoid locations that are subject to vibrations, excessive dust, cold temperatures and moisture.
19. To prevent the likelihood of lightning damage, disconnect the AC ADAPTER from your household wall outlet during an electrical storm.
20. Always keep this manual in a safe place for future reference.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B Digital Device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.

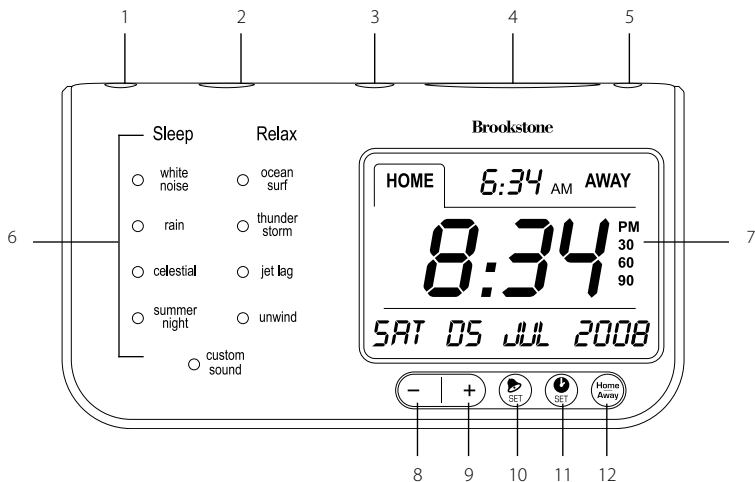
- Connect the equipment to an outlet on a circuit different from which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:



1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

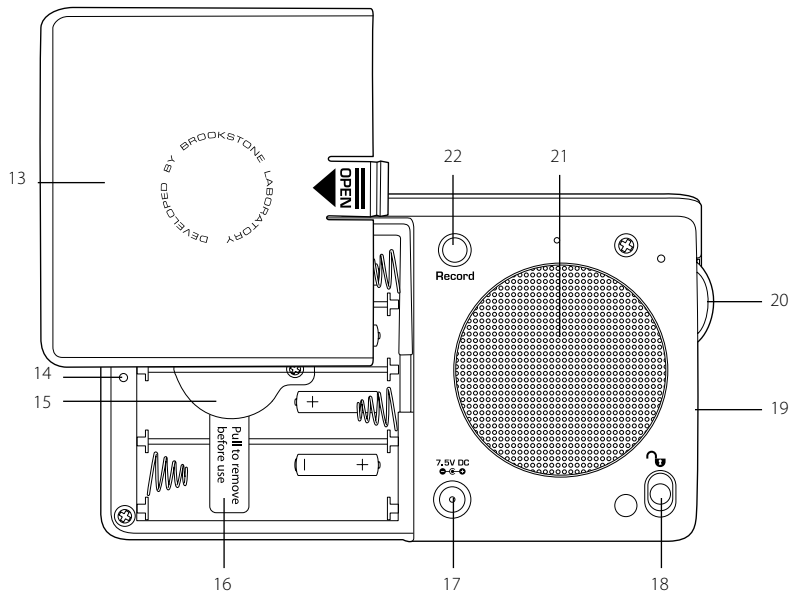
INTERNATIONAL USE




Your unit is easily converted for international use. Should a foreign country have different voltage or wall plug standards, an AC Adapter other than the one included with your unit will be needed. Ensure that the adapter is 7.5V DC output (150 mA minimum) with the appropriate plug size and polarity.



LOCATION OF CONTROLS

1. SLEEP ENHANCE
2. SELECT
3. ON/OFF
4. SNOOZE
5.  DISPLAY
6. SOUND SESSIONS
7. DISPLAY
8. 
9. 
10.  SET
11.  SET
12. HOME/AWAY



- 13. BATTERY COMPARTMENT COVER
- 14. RESET
- 15. BACKUP BATTERY COMPARTMENT COVER
- 16. BACKUP BATTERY INSULATION STRIP
- 17. 7.5V DC 
- 18. 
- 19. 
- 20. VOLUME WHEEL
- 21. SPEAKER
- 22. RECORD

ACCESSORIES (NOT SHOWN)

- AC Adapter
- Travel Pouch

POWER SOURCES

The unit is powered by 4 AA batteries (not included) or the included AC Adapter.


In addition, the unit comes with a CR2032 button cell backup battery, which will ensure your settings are not lost if the 4 AA batteries or the AC Adapter is removed.

It is recommended that 4 AA batteries be installed in the unit at all times. The 4 AA batteries will power the unit during travel and prolong the life of the backup battery.

INSTALLING THE BATTERIES

1. Remove the BATTERY COMPARTMENT COVER.
2. Remove backup battery insulation strip.
3. Insert 4 AA batteries (not included) according to polarity indicators inside the compartment.
4. Replace the BATTERY COMPARTMENT COVER.


USING THE AC ADAPTER





















Insert one end of the AC Adapter into 7.5V DC  and the other end into an electrical outlet.

Note:

- When using the AC Adapter, no power is drawn from the batteries.
- Ensure any replacement adapters provide 7.5V DC output and are rated for a minimum of 150 mA. The connector plug must be 5.5mm in diameter and center pin positive.

SETTING THE TIME AND DATE

You can set the time and date for a Home and for an Away location. Ensure  is in the unlock position. Refer to *Using the Lock Feature*.

1. To set your Home time, press HOME/AWAY until your Home time appears on the DISPLAY. Refer to Figure 1.
2. Press and hold  SET. The unit beeps and the hour flashes on the DISPLAY.
3. Press  or  incrementally until the correct hour displays.
Or press and hold  or  to move at a faster rate.
4. Press  SET again. The minutes flash on the DISPLAY.
5. Press  or  incrementally until the correct minutes display.
Or press and hold  or  to move at a faster rate.
6. Press  SET again. The year flashes on the DISPLAY.
7. Press  or  incrementally until the correct year displays.
Or press and hold  or  to move at a faster rate.
8. Press  SET again. The month flashes on the DISPLAY.
9. Press  or  incrementally until the correct month displays.
Or press and hold  or  to move at a faster rate.

10. Press **⌚** SET again. The day/date flashes on the DISPLAY.
11. Press **+** or **-** incrementally until the correct day/date displays.
Or press and hold **+** or **-** to move at a faster rate.
12. Press **⌚** SET again. 12hr flashes on the DISPLAY.
13. Press **+** or **-** to select either 12- or 24-hour format.
14. Press **⌚** SET to save your selections.
15. To set your Away time, press HOME/AWAY until your
Away time appears on the DISPLAY. Refer to Figure 2.
16. Repeat steps 2-14 above.


FIGURE 1







FIGURE 2



SETTING THE ALARM TIME

You can set the alarm time for a Home and for an Away location. Ensure  is in the unlock position. Refer to *Using the Lock Feature*.

1. To set your Home alarm time, press HOME/AWAY until your Home time appears on the DISPLAY.
2. Press and hold  SET. The unit beeps and the hour flashes on the DISPLAY.
3. Press **+** or **-** incrementally until the desired hour appears. Or press and hold **+** or **-** to move at a faster rate.
4. Press  SET again. The minutes flash on the DISPLAY.
5. Press **+** or **-** incrementally until the desired minutes appear. Or press and hold **+** or **-** to move at a faster rate.
6. Press  SET again. The alarm volume flashes on the DISPLAY.



7. Press **+** or **-** incrementally until the desired volume level appears (0-20).
(For use when waking to a SOUND SESSION. Refer to *Setting the Alarm Sound/Turning the Alarm On.*) Or press and hold **+** or **-** to move at a faster rate.
8. Press  SET to save your selections.
9. To set your Away alarm time, press HOME/AWAY until your Away time appears on the DISPLAY.
10. Repeat steps 2-8 above.

SETTING THE ALARM SOUND/TURNING THE ALARM ON



You can wake at Home or Away to a SOUND SESSION or to the unit's beeper.

To wake to a SOUND SESSION at Home:

1. Press HOME/AWAY until your Home time appears on the DISPLAY.
2. Press ON/OFF to turn on the Sound Session feature.
3. Press SELECT repeatedly until the indicator for your desired SOUND SESSION illuminates. For Custom Sound refer to *Recording a Custom Sound.*


4. Press ON/OFF to turn off the Sound Session feature.
5. Press  SET incrementally until HOME ALARM SND appears on the bottom of the DISPLAY. SOUND  appears in the upper left corner of the DISPLAY.

To wake to the unit's beeper at Home:

Press  SET incrementally until HOME ALARM BEEP appears on the bottom of the DISPLAY. BEEP  appears in the upper left corner of the DISPLAY.

Repeat the above steps for your Away alarm sound.

USING THE ALARM


When the alarm sounds, press ON/OFF or  SET to turn it off.

USING THE SNOOZE ALARM


When the alarm sounds, press SNOOZE to turn it off. The alarm sounds one more time in 15 minutes. When the alarm sounds after the second snooze, press ON/OFF to turn it off.

Note: To turn the alarm off completely, press ON/OFF.

TURNING THE ALARM FEATURE OFF

Press  SET repeatedly until either HOME ALARM OFF or AWAY ALARM OFF appears at the bottom of the display. The alarm will not sound at the set alarm time.

VIEWING YOUR ALARM TIME AND SOUND

Press  DISPLAY. Your alarm time (and sound if the alarm is on) appears momentarily on the DISPLAY. Your Home alarm time (and sound) displays first, then your Away alarm time (and sound).

SOUND THERAPY

The unit has eight sound sessions divided into two categories: Sleep and Relax. For details on the sleep therapy built into these sessions, refer to *The Scientific Breakthrough Behind Tranquil Moments*®.

Sleep

1. White Noise: The steady flow of a cascading waterfall is perfect as natural white noise for masking unwanted background sounds.
2. Rain: A tranquil rainfall provides a peaceful setting for relaxation and sleep. The rain sound is particularly good at masking higher toned background noise.
3. Celestial: Deep pulsations from string instruments coax your mind into a Delta brainwave state thereby encouraging a restful and rejuvenating sleep.
4. Summer Night: A slowed down chorus of crickets combined with NASA recorded sounds from Jupiter activate Delta brainwaves and create a wonderfully calming environment.

Relax

1. Ocean Surf: The ocean surf provides a calm rhythm that helps you drift off to sleep or creates a relaxing oceanside environment.
2. Thunderstorm: Unwind to the exhilarating, but soothing sound of distant thunder as gentle rain falls upon a remote lake.
3. Jet Lag: Using Theta entrainment, produces drifting, non-linear music combined with slowed nature sounds and special pulse-rates to help slow the body's rhythms and encourages relaxation that can help reset one's internal body clock. Use during flight or upon reaching your destination.
4. Unwind: A soothing array of musical instruments and slowed down natural human body sounds stimulate Alpha brainwaves for the ultimate in deep relaxation.

RECORDING A CUSTOM SOUND

The Custom Sound recording feature allows you to record a single message up to 15 seconds in length. Sound Sessions must be off in order to record a custom sound.

1. Press and hold RECORD. The unit beeps.
2. Record a memo into the SPEAKER.

Note: Recording starts when REC MEMO 15 sec appears on the DISPLAY and starts counting down in one-second increments from 15 seconds.

3. Release RECORD to stop recording.

Note: The unit automatically stops recording after 15 seconds.

PLAYING A SOUND SESSION OR A CUSTOM SOUND

1. Press ON/OFF to turn the unit on.
2. Press SELECT repeatedly until the indicator for your desired SOUND SESSION illuminates.

USING THE TIMER

You can set the timer to shut the unit off after 30, 60 or 90 minutes.

1. Press and hold ON/OFF for two seconds. The status of the timer appears on the display (i.e. TIMER OFF).
2. Press **+** or **-** to select your desired shutoff time. Your shutoff time appears on the display to the right of the time and the countdown time appears on the bottom of the display.

Note:

- The volume gradually decreases from the set level to 0 over the last 10 minutes.
- Press and hold ON/OFF to deactivate the timer.
- When the timer is activated and a sound is playing when you press ON/OFF, the sound will turn off but the timer remains activated for the next time a sound is played.

USING THE SLEEP ENHANCEMENT FEATURE

Sleep Center research has proven that a gradual slowing of sounds helps promote better sleep and relaxation.

When activated, the playback speed of the Sound Sessions gradually slows down over a 20-minute period to gently lull you to sleep.

Once the playback speed reaches its slowest point (close to one half of normal speed) at the 20-minute mark, the playback speed will remain at this level until the unit automatically turns itself off.

1. With the unit on, press SLEEP ENHANCE. SE ON appears at the bottom of the display.
2. Press SELECT repeatedly until the indicator for your desired SOUND SESSION illuminates.

Note:

- To turn the Sleep Enhancement feature off, press SLEEP ENHANCE again.
- The sound does not shut off abruptly. Rather, it gradually fades away in the last 10 minutes.

USING THE LOCK FEATURE

The Lock feature ensures that your settings do not change if the buttons on the unit are accidentally pressed.

To lock your settings, slide  down. To unlock your settings, slide  up.

USING THE BACKLIGHT

If using the AC Adapter to power the unit, the backlight is always illuminated at a reduced brightness level. Press SNOOZE to illuminate the backlight at 100% brightness for five seconds.


The backlight brightness level can be adjusted while using the AC Adapter. To change the brightness level, press and hold SNOOZE for at least five seconds. Release SNOOZE when your desired brightness level is reached.

If using batteries to power the unit, the backlight illuminates only when activated. Press SNOOZE to illuminate the backlight for five seconds.

ADJUSTING THE VOLUME

To adjust the volume, rotate the VOLUME WHEEL up or down until you reach your desired listening level.

USING HEADPHONES

For private listening, insert your headphones into .

RESETTING THE UNIT

Reset the unit if it is not working properly by removing the BATTERY COMPARTMENT COVER and inserting a thin, pointed object into RESET. The unit will reset to the original factory settings.

REPLACING THE BACKUP BATTERY

The backup battery may need to be replaced if the unit does not operate correctly after the primary batteries are replaced. Common indications that the battery needs to be replaced include:

- Missing or scrambled display when replacing alkaline batteries.
- Buzzing noise when replacing alkaline batteries.

To replace Backup Battery:

1. Remove the BATTERY COMPARTMENT COVER and 4 AA batteries.
2. Using a small Phillips screwdriver, turn the screw on the BACKUP BATTERY COMPARTMENT counterclockwise and remove.
3. Remove the old battery and insert a new CR2032 button cell battery with the positive side facing up.
4. Replace the BACKUP BATTERY COMPARTMENT COVER.
5. Replace the screw and turn clockwise to tighten.
6. Replace the 4 AA batteries according to the polarity indicators.
7. Replace the BATTERY COMPARTMENT COVER.

THE SCIENTIFIC BREAKTHROUGH BEHIND TRANQUIL MOMENTS®

All of us experience different states of consciousness throughout our daily lives. Some states are frequent, such as ordinary waking consciousness, sleep and dreaming, while others are less frequent states, like when we are particularly aware or extra creative. All of these states exhibit a unique pattern of brainwaves that have been mapped and measured over years by many experts, particularly by Dr. Jeffrey Thompson.

By understanding the variety of brainwaves that occur during these different states, Dr. Thompson has been able to develop sounds, music and techniques that cause your brain to produce the state that you want to experience. Totally safe and clinically proven, this work has helped millions of people sleep better, relax easier and think more effectively.

One technique commonly used by Dr. Thompson is entrainment. This naturally derived technique is the tendency of our brainwaves to adjust to our sound environment so they vibrate in harmony (for example, two pendulum clocks mounted side by side on the same wall will gradually start to swing at the same rate as they become entrained). This principle is universal and found in chemistry, pharmacology, biology, medicine, psychology, sociology, astronomy, architecture and more.

Four sounds—Celestial, Summer Night, Jet Lag and Unwind—utilize these techniques.

Delta Waves (0.5 – 3.5 Hz):

Delta waves are associated with the deepest levels of physical relaxation. Delta is the rhythm of dreamless sleep and its presence usually corresponds with physical rejuvenation and healing.

Celestial and Summer Night utilize Delta entrainment to induce sleep.

Theta Waves (3.5 – 7.0 Hz):

Theta waves reflect a state of mind that is attuned to intense creativity, visualization, imagination, and problem solving in a non-sleep state and emotional healing in the sleep state. Theta waves are produced during deep meditation, dreaming and daydreaming. Rapid eye movement (REM) is common in this state. Jet Lag utilizes Theta entrainment to help slow the body's rhythm and encourage relaxation that can help reset one's internal body clock.

Alpha Waves (7.0 – 13.0 Hz):

Alpha waves indicate an alert state with a quiet mind (e.g. a person who has completed a task and sits down to rest is often in an Alpha state). In this state attention may be focused outward for problem solving or inward to achieve an alert meditative state (e.g. pondering). Increased Alpha is often present in the brainwaves of people who practice meditation, yoga and tai chi.

Unwind utilizes ALPHA entrainment to promote stress reduction or an alert state of relaxation.

CARE AND MAINTENANCE

Clean with a soft, dry cloth. Do not use harsh solvents as they may damage the finish.

SPECIFICATIONS

Uses one backup CR2032 button cell battery (included).

Uses four AA batteries (not included).

ONE (1) YEAR LIMITED WARRANTY

Brookstone® warrants this product against defects in materials and/or workmanship under normal use for a period of ONE (1) YEAR from the date of purchase by the original purchaser ("Warranty Period"). If a defect arises and a valid claim is received within the Warranty Period, at its option, Brookstone will either 1) repair the defect at no charge, using new or refurbished replacement parts, or 2) replace the product with a new product that is at least functionally equivalent to the original product, or 3) provide a store credit in the amount of the purchase price of the original product. A replacement product or part, including a user-installable part installed in accordance with instructions provided by Brookstone, assumes the remaining warranty of the original product. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Brookstone's property. When a store credit is given, the original product must be returned to Brookstone and becomes Brookstone's property.

Obtaining Service: To obtain warranty service, call Brookstone Limited Warranty Service at 1-800-292-9819. Please be prepared to describe the product that needs service and the nature of the problem. A purchase receipt is required. All repairs and replacements must be authorized in advance. Service options, parts availability and response times will vary. You are responsible for delivery and the cost of delivery of the product or any parts to the authorized service center for replacement, per our instructions.

Limits and Exclusions: Coverage under this Limited Warranty is limited to the United States of America, including the District of Columbia and the U.S. Territories of Guam, Puerto Rico, and the U.S. Virgin Islands. This Limited Warranty applies only to products manufactured for Brookstone that can be identified by the "Brookstone" trademark, trade name, or logo affixed to them or their packaging. The Limited Warranty does not apply to any non-Brookstone



products. Manufacturers or suppliers other than Brookstone may provide their own warranties to the purchaser, but Brookstone, in so far as permitted by law, provides these products "as is." This warranty does not apply to: a) damage caused by failure to follow instructions relating to product's use or the installation of components; b) damage caused by accident, abuse, misuse, fire, floods, earthquake or other external causes; c) damage caused by service performed by anyone who is not a representative of Brookstone; d) accessories used in conjunction with a covered product; e) a product or part that has been modified to alter functionality or capability; f) items intended to be periodically replaced by the purchaser during the normal life of the product including, without limitation, batteries or light bulbs; g) to any product sold "as is" including, without limitation, floor demonstration models and refurbished items; or h) a product that is used commercially or for a commercial purpose.

BROOKSTONE SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. TO THE EXTENT PERMITTED BY APPLICABLE LAW, BROOKSTONE DISCLAIMS ANY AND ALL STATUTORY OR IMPLIED WARRANTIES, INCLUDING, WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS. IF BROOKSTONE CANNOT LAWFULLY DISCLAIM STATUTORY OR IMPLIED WARRANTIES, THEN TO THE EXTENT PERMITTED BY LAW, ALL SUCH WARRANTIES SHALL BE LIMITED IN DURATION TO THE DURATION OF THIS EXPRESS WARRANTY.

Some states disallow the exclusion or limitation of incidental or consequential damages or how long an implied warranty lasts, so the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.



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MAKE LIFE BETTER. THROUGH INNOVATIVE DESIGN,
BEST-IN-CLASS PRODUCT SELECTION AND AN
UNYIELDING COMMITMENT TO EXCELLENCE, WE
MAXIMIZE THE QUALITY OF OUR PRODUCTS—AND
HELP YOU ENHANCE THE QUALITY OF YOUR LIFE.

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