



Instruction Manual

Sound Oasis® Sound Therapy System



Model S-650

sound oasis®
sleep better. feel better. live better.



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Thank you for choosing Sound Oasis®!

Sound Oasis® is the world leader in sound therapy systems and we are dedicated to making your life healthier and more enjoyable with creative sound solutions that combine superior quality with the very latest technology.

Please take a few moments to review the following important information before using this item.

Thank You!



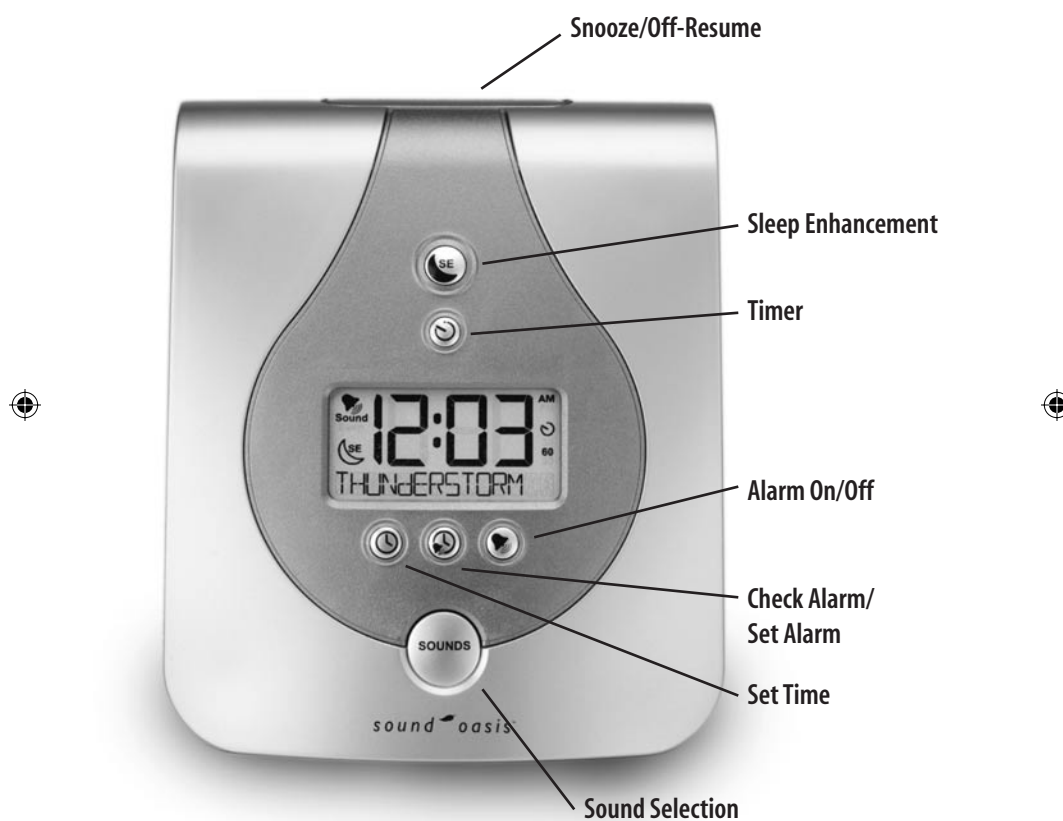
Important Safeguards:

- Read all instructions.
- To protect against electrical shock, do not immerse cord, plug or unit in water or other liquid. Care should be taken so that objects do not fall on and liquids are not spilled through openings in the unit.
- Do not operate with a damaged cord or plug, or after the unit malfunctions or has been damaged in any manner.
- The unit should be situated away from heat sources such as direct sunlight, radiators, heat registers, stoves or other heat-producing appliances.
- The unit should only be connected to the enclosed power supply or one described in these instructions, or as marked on the appliance.
- To clean, gently wipe with a soft cloth moistened with warm water or mild detergents only, and then remove all moisture with a soft, dry cloth. Do not use harsh solvents or chemicals for cleaning.



Key Buttons & Features:

Front of Unit





Key Buttons & Features:

Back of Unit / Bottom of Unit





Power Sources:

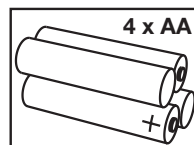
Your unit can be powered by an AC ADAPTER (included) or by 4 AA batteries (not included).

Using AC Power:

Connect the supplied AC ADAPTER to the AC ADAPTER JACK located on the back of the unit and plug the AC ADAPTER into a wall outlet. When plugged in, the unit will draw no power from any batteries that you may have installed in the BATTERY COMPARTMENT. If a power outage occurs, the unit will automatically switch over to battery power.

Using Battery Power:

To install batteries, open the BATTERY COMPARTMENT located at the bottom of the unit. Insert four AA alkaline batteries in the direction marked by the indicators inside the BATTERY COMPARTMENT. Replace the BATTERY COMPARTMENT DOOR.



On/Off & Sound Selection:

To turn your unit's sound playback ON or OFF, press the SNOOZE/OFF-RESUME button located on top of the unit. When first turned ON, the unit will automatically play the first sound on your Sound Card. To select a different sound, press the SOUNDS button until the sound of your choice appears on the screen and is played back.

Setting The Clock:


To set the clock, press and hold the SET TIME button. SET TIME will be visible on the display during the set time mode. When you reach your desired time, release the SET TIME button.

Note: "PM" or "AM" is visible in the upper right corner.







Setting The Alarm Time:

To set the alarm time, press and hold down the CHECK ALARM/SET ALARM button . SET ALARM TIME is visible on the display. When you reach your desired alarm time, release the CHECK ALARM/SET ALARM button.

Turning The Alarm On & Selecting Wake-Up Sounds

You can wake to a buzzer or any one of the sounds on your unit's Sound Card. Press the ALARM ON/OFF button until your selection is shown. Three settings are available:

| | |
|----------------|--|
| ALARM ON SOUND |  Sound |
| ALARM ON BEEP |  Beep |
| ALARM OFF | no icon |

Note:

- If you choose to wake to one of the Sound Card sounds, the alarm sound played back will be the last Sound Card sound that you played.
- If you are listening to sounds in continuous mode and have selected ALARM ON SOUND, a buzzer alarm will sound in order to wake you.

Turning The Alarm Off:

Your unit's alarm will gradually increase in volume to provide a less jarring wake (the display will show WAKE UP). When your selected alarm plays back, you can turn it off by pressing the SNOOZE/OFF-RESUME button or the ALARM ON/OFF BUTTON (see below):

Pressing the SNOOZE/OFF-RESUME button.

Pressing the SNOOZE/OFF-RESUME button **once** enters the snooze cycle (see Snooze Cycle for more details).



Pressing the SNOOZE/OFF-RESUME button **twice** turns the alarm off and leaves the alarm in the ready mode for the next day (i.e. the alarm will activate the next day at your selected alarm time).

Pressing the ALARM ON/OFF button

Pressing the ALARM ON/OFF button **once** turns the alarm and snooze off but will keep the alarm in ready mode for the next day's alarm time.

Note: If your alarm activates and you do not stop it by either one of the above methods, the alarm will automatically shut off after 30 minutes.

Snooze Cycle:

When your alarm activates and you press the SNOOZE/OFF-RESUME button **once**, your unit enters a 10-minute snooze cycle. The display will count down the minutes left in the snooze cycle. The snooze cycle will repeat for a limitless number of cycles.

The snooze cycle can be turned off by pressing the SNOOZE/OFF-RESUME button **twice** or pressing the ALARM ON/OFF **once**.

Alarm Check:

You can conveniently check your alarm time, alarm sound and alarm volume by pressing the CHECK ALARM/SET ALARM located on the front of the unit. ALARM CHECK will flash on the screen along with your selected alarm time while your selected alarm sound plays back at your last played sound volume.



Using The Programmable Resume Feature

The SNOOZE/OFF-RESUME button also allows you to repeat your last played sound at the same volume and timer setting.

Example: You are listening to a sound at half volume on the 60-minute timer position. After the timer automatically turns the unit off after 60 minutes, pressing the SOUND ON/OFF button will automatically repeat the entire sequence by playing back the last played sound at half volume for another full 60 minute period.



Volume Control:

To select sound playback volume, press the VOLUME button up  or down .

30, 60, 90 Minute Timer:

Your unit has 4 timer options: 30, 60, 90 minutes and continuous playback. On the "30", "60" and "90" minute timer positions, the sound gradually fades away during the last 10 minutes before the unit turns itself off to avoid a jarring off.

To select the length of time you want your sound to be played (30, 60, or 90 minutes), press the TIMER button until you see your desired timer position indicated on the right hand side of the display.

Back Lighting:

When your unit is powered by 4 "AA" batteries, pressing any button will activate the back lighting on the clock. Once activated, the backlight will stay lit for about 5 seconds.

When your unit is AC powered (i.e. plugged into a wall outlet), you may adjust the brightness level by pressing and holding down the SLEEP ENHANCEMENT button. Three brightness levels plus "off" are available.

Note: Sleep experts recommend keeping the time hidden while trying to fall asleep. Sound Oasis® helps this process by giving you the option of turning the backlighting off so the time is not visible at night.

Sleep Enhancement® Technology:

Sleep Center research has proven that a gradual slowing of sounds helps promote better sleep and relaxation. We've taken that research and incorporated this exciting technique into Sound Oasis. When activated, the playback speed of your unit's NATURE SOUNDS will gradually slow down to gently lull you to sleep.





Once the playback speed reaches its slowest point (close to one half of normal speed), the playback speed will remain at this level until the unit automatically turns itself off (with the 30-, 60- or 90-minute timer) or until you manually turn the unit off.

Note:

Only nature sounds are suitable for SLEEP ENHANCEMENT. While SLEEP ENHANCEMENT will work on melodic, music orientated sounds, you may recognize when the playback speed changes. We therefore recommend that you limit use of the SLEEP ENHANCEMENT feature to “nature only” sounds.

Using Sleep Enhancement®

1. To activate the Sleep Enhancement feature, press the SLEEP ENHANCEMENT button (“SLEEP ENH ON” will be visible on the display). Once activated, the Sleep Enhancement icon  is visible on the left side of the display.
2. Any sound that you play back while the Sleep Enhancement feature is activated will experience the Sleep Enhancement effect.
3. To turn the Sleep Enhancement feature off, press the SLEEP ENHANCEMENT button until you see SLEEP ENH OFF on the display. The Sleep Enhancement icon  will no longer be visible on the display.

Headphone Or Speaker Pillow Use:

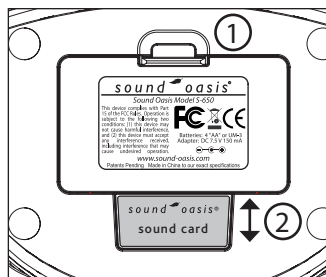
For listening to sounds in private or for enhanced sound therapy, your unit includes a headphone jack (headphones not included). The headphone jack accepts a 1/8 inch (3.5mm) monaural plug.

Changing Sound Cards:

For greater variety and extra sound therapy, you can conveniently change sounds by inserting a new Sound Card. Please follow these steps to change your Sound Card:



1. Open the BATTERY COMPARTMENT on your Sound Oasis unit.
2. Slide the existing SOUND CARD out of the Sound Card slot.
3. Insert your new Sound Card into the Sound Card slot, making sure that the Sound Card label faces up as shown.
4. Replace the BATTERY COMPARTMENT.



To see our growing line of Sound Cards, please visit

www.sound-oasis.com

Reset:

Should you ever experience problems with the proper function of your unit, you may need to reset the unit's computer controlled electronics. To do so, unplug the unit (if plugged in) and remove the batteries from the battery compartment for 30 seconds.

FCC Notice:

This equipment complies with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference; and
- (2) This device must accept any interference received, including interference that may cause undesired operation.



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