

ZAZU

Emmy the elephant

BREATHING LIGHT

WITH NIGHTLIGHT AND SOUND MACHINE



SELECT YOUR LANGUAGE



MANUAL

*Congratulations with your new ZAZU Breathing light Emmy.
Emmy can help your little one falling asleep in 3 different ways:*

HOW DOES EMMY WORK

UNIQUE BREATHING TECHNIQUE

If your little one has difficulty falling asleep, it might be that his/her head is still full of all the impressions of the day. Emmy can help your little one to clear the mind by playing calm breathing sound and projecting light on the ceiling getting bigger and smaller. Your little one will automatically focus and follow the calm breathing and fall asleep more easily.

*A Stanford medicine study has found that:
"Children who learned techniques such as deep breathing
and yoga slept longer and better." Victor Carrion*

NIGHTLIGHT

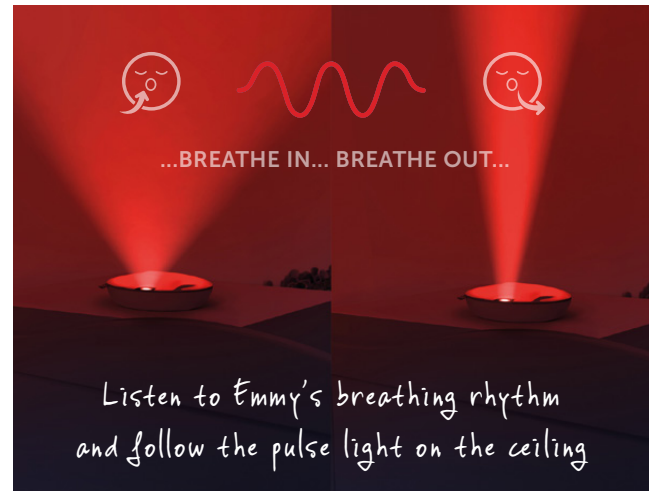
For children who are afraid of the dark, Emmy can light up in soothing red colour. The light can automatically switch off after 20-40 minutes or stay on the entire night.

*"A red nightlight won't interfere with the circadian
rhythm and melatonin production.*

*Red light will be seen as a calming and soothing,
while it reminds of the time the womb."*
Harvard Medical school

SOUND MACHINE

Music is a proven method to calm baby's when they are restless. Especially for newborns, sounds from uterus like white noise, are comforting and help to stop crying. You can play white noise, lullabies or African sunset. The music can automatically switch off after 20-40 minutes or stay on the entire night.



POWER SUPPLY

- Connect the USB cable to Emmy and to a compatible class 2 adaptor (5V max 3A).
- Insert 3x AA alkaline batteries conform safety instructions.
- When using batteries please make sure to use quality brand alkaline batteries to ensure the correct working of the product.

Note *Whenever the USB cable is connected, the batteries will not be used.*

SWITCH ON/OFF

To switch Emmy ON/OFF press the button **A** on the front.

Note

- Emmy will light up according to last used settings.
- If the cry sensor switch is set to ON, the cry sensor will (re)start, with a delayed start of 30 seconds, and will be active for 12 hours.



The power of breathing
is the most natural, proven and
effective way to calm your mind
and sleep better

CHANGE THE SETTINGS

Last used settings will be remembered for next use.



Elephant button

Choose your preferred brightness: LOW-MEDIUM-HIGH-OFF

Note When using Emmy with batteries, we advise to use the lowest brightness, to ensure a longer battery life.



Breathing technique

To start the breathing technique, press this button and choose between the following settings:

- Pulse light and breathing sound
- Pulse light only
- Breathing sound only
- OFF

Note When using the breathing technique, you can only play the breathing sound. It cannot be combined with the sound machine melodies.



Music button

If you want to listen to soothing songs choose between:

- Lullabies
- White noise
- African lounge
- OFF (no music)

Note The above songs cannot be used together with the pulse light.



Frequency

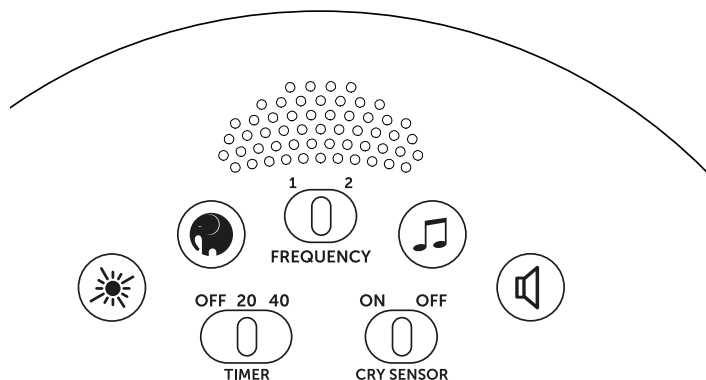
Children's breathing rate will change during age. Therefore we have 2 settings:

- 1 19 breaths per minute: generally suitable up to 5-6 years
- 2 22 breaths per minute: generally suitable up to 1-2 years



Volume

Press the volume button to change the volume: LOW-MEDIUM-HIGH



OFF 20 40



Timer switch

The light and music can automatically switch off after 20-40 minutes. If you set the switch to OFF, the timer will not be active and the sound/music will keep playing.

Note When using batteries, we advise to use the 20 minute timer to ensure a longer battery life.

ON OFF



Cry sensor

- When you set the slider to ON, the cry sensor will become active for 12 hours straight away.
- The cry sensor will have a delayed start of 30 seconds, so that it will not activate when putting Emmy back on the bedside table for example.
- After 12 hours it is no longer active.
- When pressing the front button the 12-hour timer will (re)start.

Note Switching off the product with the front button, will NOT switch off the cry sensor. It will stay active for 12 hours or until you put the slider in OFF position.

WARNING! SAFETY GUIDELINES

- IMPORTANT! keep for future reference.
- This ZAZU product is fully compliant with the EU, CA, AU, NZ, CN, RU and USA legislation.
- Keep the packaging out of reach of children.
- Bright light. Avoid exposure. Do not stare into the light.
- This is not a toy.
- Please ensure that it is kept out of reach of small children and never allow your child to play with either the power unit, the connecting lead or the batteries.
- This product works with 3x AA 1.5 V batteries (not included).
- Only use the specified batteries.
- Remove empty batteries from the module.
- Batteries should only be placed by adults.
- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries.
- Non-rechargeable batteries cannot be charged.

- Batteries should be placed in the correct polarity.
- Do not short-circuit the power terminal.
- For use only with the USB cable that came with the ZAZU-product.
- The USB cable is not a toy.
- This light does not get warm.
- This product is intended for indoor use and is not water resistant. Please keep dry.
- For cleaning do not immerse in water, but wipe with a damp cloth.
- Do not try to disassemble the product if it stops working. Please contact customer service.
- The connecting lead is low voltage only, but for reliability reasons it should be treated with care.
- Warning. Long cable strangulation hazard.

Manufactured and distributed by ZAZU
PO Box 299 | 3740 AG Baarn
The Netherlands | info@zazu-kids.nl

