

Tommee Tippee Groclock Sleep Trainer Clock



# Tommee Tippee Groclock Sleep Trainer Clock User Manual

[Home](#) » [Tommee Tippee](#) » Tommee Tippee Groclock Sleep Trainer Clock User Manual 

## Contents

- [1 Tommee Tippee Groclock Sleep Trainer Clock User Manual](#)
- [2 References](#)



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We have two wake-up options in the Gro Clock the nighttime mode and daytime nap mode. You do not set a go to sleep time just the wake up times. When the Gro Clock is first turned on you should see the default screen showing the digital clock display.

Firstly you will need to set the current time. To do this press the down key until it shows five small icons on your screen, when you see this press the enter key (small round one) and the clock icon will flash, press enter again, now set the time using the up and down keys select the hour, press enter, select the minutes, press enter, select am or pm, and press enter. You should now be able to select on or off (on will mean that the digital clock is visible while the countdown process is happening) and press enter.

Once you have done the above and the five icons are all flashing on the screen, press the enter button (clock icon flashing) then press the down key so the star image is flashing, press enter, now enter the time that you want the Gro Clock to 'wake up' (this would be the time in the morning when you are happy for your child to get up e.g. 7 am) remember to ensure this is set as AM. Follow the same steps to set the daytime sleep wake-up (set by going into the sun icon from the settings screen)

If you are not using the product for a daytime nap then we recommend that you set both wake-up times to be the same. Now that the wake-up times are set, you should return to the screen just showing the digital clock display.

To activate the clock you need to do the following:

When putting your child to bed, to set the nighttime sleep function – from the digital clock screen, Press the down key, this should change the screen to a big sun with a small star icon on the left cheek, press enter, and the screen should change from the sun to a big star with smaller stars around the outer edge, this will now count down to the wake-up time previously set (e.g. 7 am).

To set the daytime sleep function (if being used during the day) – from the digital clock screen, press the down key

twice, this should change the screen to a big sun with a small sun icon on the left cheek, press enter, and the screen should change from the sun to a big star with smaller stars around the outer edge, this will now count down to the wake-up time previously set.

The key lock feature is best used once the sleep modes have been activated. To switch on the keylock just press the down key and hold for 3 seconds until you see a cross in the big star's cheek. This means the key lock is now on. To check it's working press the up or enter key and a cross will appear on the screen. Then to unlock the feature you need to hold the down key for three seconds until you hear a beep. This is released once the alarm has gone off.

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## References

- [User Manual](#)

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