

SunRizr Instructions

PLEASE READ AND SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

Independent research has shown that the SunRizr dawn feature is capable of re-setting circadian body rhythms and to help you wake up the way nature intended, feeling rested, alert and fit.

The remarkable benefits from using a dawn simulator are clearly stated in published documents from double-blind, controlled research at public and private institutions. Although almost all of the research has been done with a 75-watt pillow-directed light located four feet above the pillow, consider using at least 150 watts of indirect light for enhanced comfort and effect.

Your SunRizr dawn simulator has been factory-programmed for a 45-minute DAWN ramp-up time. ("Ramp Up" means the length of time for the dawn to brighten-- as the sun coming up.)

The SunRizr dusk feature has been factory-programmed for a 15-minute DUSK ramp-down time. This dimming process is intended to help you fall into a restful sleep.

PROGRAMMING FOR AUTOMATIC OPERATION

(3 simple steps)

1. SET CURRENT CLOCK TIME

Press the TIME key and an ARROW key to scroll to your local AM (A) or PM (P) time.

2. SET WAKE-UP TIME

Press the DAWN key and an ARROW key to scroll to the desired wake-up time, paying close attention to whether you have an AM setting or a PM setting.

3. TO ACTIVATE THE AUTOMATIC DAWN

Simultaneously press the TIME key and the AUTO key. A bar will appear in the upper right-hand corner of the display area. Your unit's simulated dawn is now activated to wake you up at your desired time. To deactivate the unit, depress both keys again.

MANUAL OPERATION

TO ACTIVATE THE DUSK

Press the UP ARROW key until desired light intensity is reached, then press the DUSK key. The lights will go out within 15 minutes.

TURN LIGHT FULL ON or FULL OFF: SunRizr can be used manually to control your lamp. Press the UP arrow key TWICE to turn your lamp on, or the DOWN arrow key twice to turn your lamp off within five seconds.

MOOD LIGHTING: To use your unit as a dimmer switch, depress and hold an arrow key until the desired intensity of light is reached; then release the key.

MISCELLANY

The dawn simulator should be located on the bedside table within reach for manual adjustments.

LIGHTING: Track lighting over your bed's headboard is the ideal configuration. Up to eight fifty watt bulbs can be controlled in this setup. Where track lights are not practical or possible, a pole lamp, tree lamp, table lamp, or clamp-on lamp, or any combination of these will work.

Since light diminishes rapidly with distance, be sure to keep lower wattage lamps near the bed.

LAMP LOADS: SunRizr is intended to be used only with line-voltage incandescent, argon, or halogen lamp loads of not more than 400 watts.

WARNINGS & CAUTIONS

WARNING: Do not attempt to use low voltage incandescent lamps, fluorescent lamps, or lamps that have another intensity control (dimmer switch) of any kind. Such use will damage the lamp, the dawn simulator unit, or both and will not be covered by warranty.

CAUTION: Use only standard argon incandescent lamps for pillow-directed lighting. Halogen lamps are too bright for pillow-directed use, but should be directed toward the wall or ceiling.

TROUBLESHOOTING

LIGHT DOES NOT TURN ON AS PROGRAMMED

- Be sure that you have the correct AM/PM time for local time and dawn time set.
- If the lamp has a built-in on/off switch, make sure it is in the "ON" position.
- Make sure that the bar is displayed in the upper right-hand corner of the display.
- Make sure that the light bulb works.

LIGHT FLASHES ON AND OFF AT ODD TIMES

- **SunRizr and SunRizr will not function properly when connected to a low voltage lamp or to one with another intensity control "dimmer" switch.** Flashing can be caused by electrical line noise.
- Your dawn simulator is a very precise solid state device, but it can be sensitive to locally unstable, or dirty electrical power. Although most users will never have the problem, occasionally one will report a momentary flicker of the lights. This can happen when a motor of other high electrical noise device is powered up near the simulator. Therefore, avoid locating fans, air conditioners, vacuum cleaners, or refrigerators near or on the same circuit with your dawn simulator.

BUZZING SOUND: Incandescent lamps can make buzzing sounds when they are dimmed. In some cases simply changing the bulb for another just like it will stop the noise. Higher wattage bulbs are more likely to buzz than low wattage, and halogen bulbs are less likely to buzz than tungsten argon.

MALFUNCTION: A brief power outage (less than a second) can cause the display to go blank or scramble. If this should happen, disconnect the simulator from the power source for 5-10 seconds and then reconnect it. Your simulator, like many other sensitive electrical devices, has no battery backup so you will have to re-program it after any power outage.

AM RADIO STATIC: The nature of your dawn simulator can cause radio noise if placed in close proximity to your radio tuner. Don't plug your radio into the same outlet as your simulator. Using an FM radio station eliminates static.

CLOCK RADIOS: If you use a clock radio set on the AM frequency for morning news etc., the radio should be set to start just after the light reaches full intensity. AM radio signals will display significant static if used while the lights are only partially on. In-line filters can be used to mitigate this condition. (FM signals do not exhibit static.)

LIGHT ALWAYS FULL ON: Your dawn simulator will be damaged if you overload it. Once overloaded, you may not be able to turn the lights off. If this happens, send the simulator back to us for service. We recommend USPS Priority Mail. Please include: 1) return postage of \$5.50, 2) proof of purchase, 3) and a detailed note explaining the problem.

MANUFACTURER'S LIMITED WARRANTY

Pi Square, Inc. (manufacturer) warrants our SunRizr dawn simulator to be free of defects in material and workmanship for a period of 12 months from the date of original purchase. During the warranty period, the manufacturer will, at its option, repair or replace the simulator if defective in material or workmanship. To obtain warranty service you must deliver or send the simulator, postage prepaid, to the manufacturer with satisfactory proof of purchase.

This warranty does not cover: 1) Damage in transit, 2) Damage from accident, misuse, negligence, or improper installation, -maintenance, or -operation. 3) Damage caused by tampering, alteration, or repair by anyone other than the manufacturer or its authorized agent.

REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS WARRANTY IS THE EXCLUSIVE REMEDY OF THE CONSUMER. THE MANUFACTURER SHALL NOT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES, EXCEPT TO THE EXTENT PROHIBITED BY APPLICATION OF LAW. ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.

Some states do not allow the exclusion of limitation of incidental or consequential damages or disallow limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights. You may have other rights which may vary from state to state. This warranty is valid only for the original purchaser.

CONTACT US

Pi Square, Inc.
PO Box 65263
Port Ludlow, WA 98365

Toll-free (877) 311-DAWN [3296], or locally (360) 437-0129
www.indoordawn.com