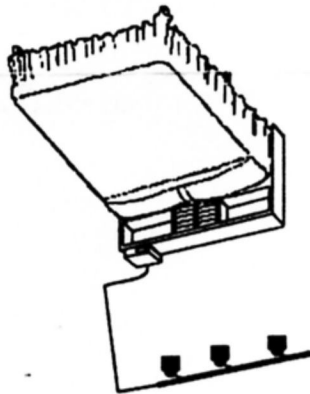


# SunUp/SunRizr Instructions

PLEASE READ AND SAVE THESE INSTRUCTIONS  
FOR FUTURE REFERENCE

SunUp and SunRizr are intended to be used only with line voltage incandescent/halogen lamp loads of not more than 400 watts. Do not attempt to use them with low voltage incandescent lamps. Fluorescent lamps or lamps that have another intensity control of any kind.

The remarkable benefits from using SunUp are clearly stated in published documents from 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.



The track lighting setup as shown above 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. In any case, the dawn simulator should be located on the bedside table within reach for manual adjustments. Since light diminishes rapidly with distance, be sure to keep lower wattage lamps near the bed.

## CAUTION: Use only standard argon

incandescent lamps for pillow directed lighting. Halogen lamps are too bright for pillow directed use. Direct the beam from halogen lamps at the wall or ceiling.

## MANUAL CONTROL

SunUp and SunRizr can be used as a manual intensity control. When the up ARROW key is pressed, the light intensity will increase until the key is released and then hold. When the down ARROW key is pressed, light intensity will decrease until the key is released and then hold.

A double click of the up or down ARROW key will cause the intensity to go full on or full off within five seconds.

## PROGRAMMING INSTRUCTIONS

### SET CURRENT CLOCK TIME

While pressing the TIME key, press an ARROW key until your local AM (A) or PM (P) time is displayed.

### SET DAWN LENGTH (SunUp only ... this feature is

not available on SunRizr which is fixed at 45 minutes) While pressing the TIME and DAWN keys together, press an ARROW key until the desired dawn length is displayed.

Generally, the dawn feature is intended to re-set circadian body rhythms and to help you wake up the way nature intended, feeling rested, alert and fit. Increase the length of dawn to increase comfort and morning alertness. Decrease the length of dawn to reduce early morning awakening.

### SET DUSK LENGTH (SunUp only ... this feature is

not available on SunRizr which is fixed at 15 minutes) The dusk feature is intended to help you fall into a restful sleep. While pressing the TIME and DUSK keys together, press an ARROW key until the desired dusk length is displayed.

### SELECT WHEN THE AUTOMATIC DAWN WILL

REACH FULL INTENSITY While pressing the DAWN key, press an ARROW key until the time when you want the lamp to reach full intensity is displayed. Plan to have the lights reach full intensity before you wish to wake up.

### ENABLE AUTOMATIC DAWN

While pressing the TIME key, press the AUTO key. Each time you do, a bar will appear or disappear from the display area above the minutes column. The bar must be displayed to enable the automatic light control.

### INITIATE DUSK

SunUp Press the DUSK key until the lights reach any desired intensity, then release the key. The lights will go out within the selected time period for dusk.

### SunRizr

Press the up ARROW key until the lights reach any desired intensity, then press the DUSK key. The lights will go out within 15 minutes.

## TROUBLE SHOOTING

### LIGHT DOES NOT TURN ON AS PROGRAMMED

Be sure that you have the correct AM/PM time for local time and dawn set time.  
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 over the minutes column.  
Make sure that the light bulb works.

### LIGHT FLASHES ON AND OFF AT ODD TIMES

SunUp will not function properly when connected to a low voltage lamp or to one with a dimmer switch.  
Flashing can also 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 or 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.

### BZZZING 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.

### MAPFUNCTION

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 your simulator 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.

### 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. If you need service for any reason: Return your simulator, by United Parcel Service, in protective packaging, together with a self addressed mailing sticker, five dollars (for return shipping), proof of purchase and a detailed note explaining the nature of the problem.  
Send to:  
Pi Square, Inc. Service Department  
425 Shine Road  
Shine, WA 98365

## Manufacturer's Limited Warranty

Pi Square Incorporated (manufacturer) warrants our dawn simulators to be free of defects in material and workmanship for a period of 12 months (SunUp) or 6 months (SunKiz) from the date of original purchase. During the respective 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:

- a) Damage in transit.
- b) Damage from accident, misuse, negligence, or improper installation, maintenance or operation.
- c) 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 vary from state to state. This warranty is valid only for the original purchaser.

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SunUp, our research grade dawn simulator, is acclaimed for therapeutic value in connection with circadian body rhythm studies at the N.I.H. and other research institutions. The new SunUp incorporates all of the expanded software developed specifically for the latest N.I.H. funded research project headed by Dr. David Avery of the University of Washington. While the research conclusions from the last nine years have very positive conclusions, our position with regard to medical claims remains neutral.