frida	Artwork Filename: FB_SLEEP TRAINER_Manual_FN_121322	Dieline Filename: FB_3.75 X 4.25_128C2S_12P_AF_IM	REV 0

USER MANUAL - 128 GSM C2S ARTPAPER

OUTSIDE

PAGE 8 (BACK)

3-in-1 Sound Machine Questions?
frida.com/help

Country of Origin • Made in China

FRIDABABY, FRIDA and all trademarks herein are the registered and unregistered trademarks of Fridababy, LLC.

©Fridababy, LLC 2023

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Fridababy, LLC is under license. Other trademarks and trade names are those of their respective owners.

Manufactured for (UK Producer):
Fridababy LLC
82 NE 26th St
Miami, Florida, 33137
USA

UK Importer:
MedEnvoy UK Limited
85, Great Portland Street,
First Floor
London, W1W 7LT
United Kingdom

EU Importer:
Nasafoprodukter
Sverige AB
S:t Johannesgatan 2
211 46 Malmö
Sweden

Australia Distributor:
The Amazing Baby Company
11 Maurice Court
Nunawading, VIC 3131

PAGE 9

Set Toddler Lock
Toggle the toddler lock to prevent accidental changes to settings.
NOTE: This toddler lock will only lock the bottom buttons.

Complete Unit Reset
Hold down the power button for 12 seconds for a complete factory reset.

To Stop the Alarm
When the alarm sounds, press the power button to stop the alarm.

Blackout Mode:
NOTE: Blackout mode is designed to allow the user to turn off all of the lights while sleeping, if desired. Alarms and sounds will still run when in blackout mode.
1. Press the power button to turn the clock's display on or off.
2. Press and hold for 1 second to turn off the display and all lights.
3. Press again to turn the lights and display back on.
NOTE: If When-to-wake mode is on, the sleep indication lights will remain on unless the mode is turned off.

Activate Night Light
Touch the center button on top of the device to activate the nightlight and cycle through the 3 brightness levels and the power off setting.
OR
Touch and hold to gradually increase the brightness.
Let go of the button when at desired brightness level.

Change Ambience Light
1. Press the light button to cycle through the color of the ambience light.
2. Press and hold for 2 seconds to turn off the ambience light.

PAGE 10

Play Sound
1. Press the sound button to activate the first preset sound.
2. Press again to cycle through the built in sound options.
3. Press and hold the button for 2 seconds to turn off the sound.
TIP: Use the + and - buttons on the top of the unit to control audio volume.

Operating Instructions:

Power and battery:
Plug the clock's power cable into an electrical outlet.

To replace the coin cell battery:
Install a CR2032 coin cell battery button cell backup battery.

Step 1:
Open the battery compartment using a Phillips-head screwdriver.

Step 2:
Slide out the tray by pulling the finger indent.

Step 3:
Insert the button cell into the tray with the + side up.

PAGE 11

Step 4:
Push the tray back in and secure the compartment screw.
NOTE: The backup battery retains your settings in case of a power outage or cord disconnection. The clock's functions won't work on battery power.

Technical Data:

Product Name: 3 in 1 Sound Machine
Model #: 100001463
Power Voltage: DC 5V/2A
Dimensions: 110x105x105mm
Contains: Removable CR2032 coin cell battery
Conforms to UL 62368-1
Certified to CSA Std 22.2 No. 62368-1

IMPORTANT SAFEGUARDS:

WARNINGS:
READ AND SAVE THESE INSTRUCTIONS.
For safety, keep the sound machine at least 3 feet from children while in use. Keep out of reach of children when not in use. Do not allow children to play with the cord. Sound machine contains small parts which can become hazardous if ingested. This product contains a coin battery. Dispose of used batteries immediately. Keep new and used batteries away from children. If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.

PAGE 12

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are
designed to provide reasonable protection against harmful interference in a
residential installation. This equipment generates uses and can radiate radio
frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-Consult the dealer or an experienced radio/TV technician for help.
Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with 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.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada' s licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference,
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L' ď emetteur/r ď ecepteur exempt de licence contenu dans le pr ď sent appareil est conforme aux CNR d' Innovation, Sciences et D ď veloppement ď economique Canada applicables aux appareils radio exempts de licence. L' exploitation est autoris ď e aux deux conditions suivantes :
(1) L' appareil ne doit pas produire de brouillage
(2) L' appareil doit accepter tout brouillage radio-ď lectrique subi, m ď me si le brouillage est susceptible d' en compromettre le fonctionnement.

CAN ICES-3 (B) / NMB-3 (B)
This Class B digital apparatus complies with Canadian ICES-003.
(Cet appareil num ď rique de la Classe B conforme ď la norme NMB-003 du Canada)

PAGE 1 (COVER)

frida baby®
3-IN-1 SOUND MACHINE
+ WHEN-TO-WAKE CLOCK + NIGHTLIGHT
USER MANUAL

INSIDE

PAGE 2

MAKE BEDTIME A SHORT STORY
Getting their snooze schedule in sync with yours can be a nightmare. This all-in-one sleep system helps baby wind-down with a sound machine and nightlight. When they're ready to own their morning routine, the sleep trainer uses colors to cue bedtime and go time. It's a dreamy solution for the whole fam.
Keep this guide for future reference.

Contents

3 in 1 Sound Machine | USB power cable | USB power adapter | User Manual

Specifications + Features:

1. Top Control Panel
2. When-to-Wake Light
3. Status Light (for When-to-Wake)
4. Clock Display
5. Bottom Control Panel

PAGE 3

Control Panels:

TOP
1. Volume Up
2. Sound Button
3. Volume Down
4. Power
5. Nightlight Button
6. When-to-Wake Color Button

BOTTOM
1. Bluetooth® Wireless Technology
2. Time
3. When-to-Wake
4. Toddler Lock
5. Alarm
6. Sound Timer
7. Control Buttons (set time)

PAGE 4

Quickstart Guide: Bottom Controls

Connect to *Bluetooth*® Wireless Technology
Press and hold for 2 seconds to initiate pairing
• Open your device settings and select "Frida 3-in-1 Sound Machine"

Set Clock Time
Press 2 seconds to enter time mode
• Use +/- to adjust hour
• Press again to set min mode
• Use +/- to adjust min
• Press and hold 2 seconds to exit

Set When-to-Wake
Press 2 seconds to enter When-to-Wake mode
• Use +/- to adjust hour
• Press again to set min
• Use +/- to adjust min
• Press and hold 2 seconds to exit
NOTE: Once set, press once to enable/disable this function (icon turns on/off)

Set Alarm
Press 2 seconds to enter Alarm mode
• Use +/- to adjust hour
• Press again to set min
• Use +/- to adjust min
• Press and hold 2 seconds to exit
NOTE: Once set, press once to enable/disable this function (icon turns on/off)

Set Sound Timer
Press and hold for 2 seconds to enter set sound timer mode
• Press again to cycle through 15/30/60 min. and 0 min.
• Press and hold 2 seconds to exit

PAGE 5

Quickstart Guide: Top Controls

Blackout Mode
• Press button to turn off clock display
• Press and hold for 1 second to turn off all lights

Nightlight
• Touch button to activate night light
• Touch and hold to adjust brightness

Status Color
• Press button to change status light color
• Press and hold for 2 seconds to turn off

Play Sound
• Press button to cycle through sounds
• Press and hold for 2 seconds to exit

Sound Volume • Press + to increase
Sound Volume • Press - to decrease

Connect to *Bluetooth*® Wireless Technology
1. Press and hold the *Bluetooth*® technology button for 2 seconds to initiate "pairing" mode. A "pairing ready" chime will play.
2. On your device, open your settings and select "Frida 3-in-1 Sound Machine" when it appears. A "device paired" chime will play when the device connects.
NOTE: To clear all devices from the clock's memory, press and hold the *Bluetooth*® technology button for 10 seconds.

PAGE 6

Set Clock Time
NOTE: If you connect to a *Bluetooth*®-enabled device like your phone, the clock's time will be set automatically.
1. If you want to set your clock manually, press and hold the time button for 2 seconds to enter "set hour" mode. The "hour" display will begin to flash. Press + or - to select the correct hour. To change to AM or PM, advance the hour past 12.
2. Press the time button again to enter "set minute" mode. The "minute" display will begin to flash. Press + or - to select the correct minute.
TIP: A short press will send the cursor back to the "hour" selector.
3. Press and hold the time button for 2 seconds to exit this mode.

Set When-to-Wake
Set SLEEP and WAKE times for the When-to-Wake function:
• 15 minutes before SLEEP, the status light will glow YELLOW. At sleep time, the status light will turn ROSE color until morning.
• 15 minutes before WAKE, the status light will glow YELLOW. At wake time, the status light will turn GREEN for 1 hour.
NOTE: Setting the When-to-Wake time will not set the audio alarm feature. The alarm must be set separately.
1. **Set SLEEP time**
a. Press and Hold When-to-Wake button for 2 seconds. A moon icon will flash on the display to indicate that SLEEP time is being set.
b. The "hour" display will begin to flash. Press + or - to select the correct hour. To change to AM or PM, advance the hour past 12.
c. Press the button again to enter "set minute" mode. The "minute" display will begin to flash. Press + or - to select the correct minute.

PAGE 7

2. **Set WAKE time**
a. After setting SLEEP time above, press the When-to-Wake button again to enter "set hour" mode. A sun icon will flash on the display to indicate that WAKE time is being set.
b. Use + or - to select the correct hour, then press the When-to-Wake button again to set the correct minute.
c. Press and hold the button for 2 seconds to exit "When-to-Wake" mode.
3. **Press the When-to-Wake button once to enable/disable the alarm.**

Set Alarm (audio only)
1. Press and hold the alarm button for 2 seconds to enter "set hour" mode. The "hour" display will begin to flash. Press + or - to select the correct hour.
2. To change to AM or PM, advance the hour past 12. Press the alarm button again to enter "set minute" mode. The "minute" display will begin to flash. Press + or - to select the correct minute.
3. Press and hold for 2 seconds to exit "set alarm" mode.
TIP: A short press will send the cursor back to the "set hour" selector.
4. Press the alarm button once to enable / disable the alarm.

Sound Timer
1. Press and hold for 2 seconds to set sound timer mode.
2. Press once to cycle through 15, 30, 60 and 0 timer mode.
3. Press and hold for 2 seconds on desired setting to set and exit sound timer.
NOTE: Once the timer is set, your phone will be disconnected and the unit will start to play one of the 7 pre-recorded sounds.

3.750"
95.25mm

4.250"
107.95mm

22.500"
571.50mm

PACKAGING ENGINEER: Brian Byrd

RELEASE DATE: 11/30/2022

MATERIAL: 128gsm C2S Artpaper

Flute/Grain: horizontal

Blank Size (in): 22.500 x 4.250

Blank Size (mm): 571.500 x 107.950

Unit: IN/MM
Side Shown: Print Side (Or As Noted)
Tolerance: +/- 1/32" - 0.8mm
Drawing Scale: 1:1

Dieline common / shared by:

LEGEND:
- Cut
- Crease
- Perf
- Perf In Crease
- Screen Glue
- Nitto Tape

THIS DOCUMENT & THE INFORMATION IN IT ARE THE CONFIDENTIAL PROPERTY OF FRIDABABY LLC AND MUST NOT BE REPRODUCED OR DISTRIBUTED WITHOUT WRITTEN CONSENT OF FRIDABABY LLC

SPECIFICATIONS:

Color Plates:

Coating: MATTE AQ

Notes:

DO NOT PRINT
DIE LINES, PRINTERS NOTES