

Glow Dreaming

better sleep starts here.  
Welcome to the family!







# We are excited to welcome you to the Glow family!



We recognise just how important a good night's sleep is for you and your family. From now on, making sure your loved ones receive the rest they need is our highest priority.

This booklet is your comprehensive guide to the Glow Sleep Easy. Inside, you'll find everything you need to make the most of our Smart Sleep Device—detailed instructions on its features, functions, and essential information, including answers to our most frequently asked questions.

Our mission is to help you achieve the restful sleep you and your family deserve, assuring you that you're not alone on this journey. Through our work with tens of thousands of families

each year, we've amassed one of the world's most extensive databases on children's sleep. By leveraging these insights, we provide a sleep solution that works quickly and is complemented by personalised support from our dedicated Sleep Team.

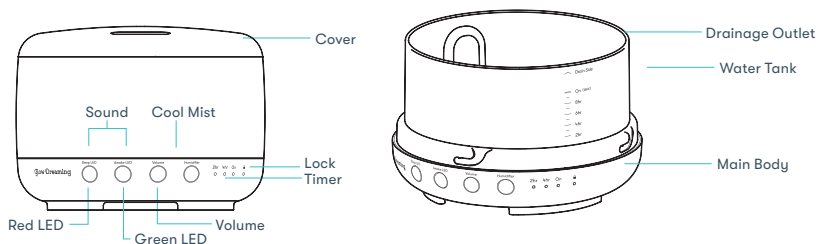
We recognise that every family's sleep challenges are unique, and it's our commitment to offer solutions tailored to your specific needs. Should you need assistance with your Glow Sleep Easy or require additional one-on-one sleep support, we're here for you. We'd love to hear from you.

Love,

*The Glow Team XX*

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# Introducing your new best friend



The Glow Sleep Easy is a multi-award-winning smart sleep device designed to enhance your sleep routine, reduce nighttime awakenings, and help you fall asleep faster and more effortlessly. It features Red LED Light Therapy, Pink and Brown Noise, soothing Rainfall and Waterfall sounds, and an Ultrasonic Humidifier. The Green LED Light helps resolve early waking by signaling when it's time to start the day.

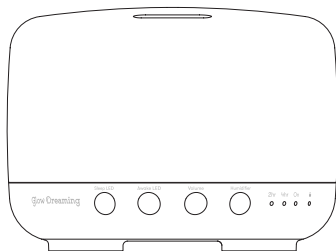
This smart device pairs with the Glow Sleep Genie App via Bluetooth, offering real-time assistance and a full daily schedule with personalised

recommendations based on your child's age. As your child grows, the app adjusts to their evolving needs. It also includes a comprehensive sleep library, sleep analytics to track your child's rest, and custom presets to automate your preferred settings—set it once, and it takes care of the rest.

Designed with safety and versatility in mind, the Glow Sleep Easy provides tailored sleep support for every stage of life, making it an ideal solution not just for children, but for adults seeking a peaceful and restorative sleep as well.

# Product component list

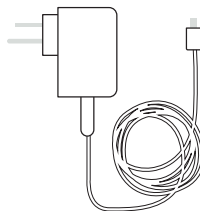
(Supplied in loose)



1x Glow Sleep Easy unit



1x Glow User Manual



1x Power Cord  
with AU / USA / UK  
wall plugs  
(dependent on place  
of purchase).

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## Important: retain for future reference, read carefully

**WARNING** This Glow Sleep Easy is compliant with all relevant standards regarding electromagnetic fields and is, when handled as described in the User's Guide, safe to use. Therefore, always read the instructions in this User's Guide carefully before using the device. Adult assembly is required. Keep small parts away from children when assembling.

- This product is not a toy. Do not allow children to play with it.
- This Glow Sleep Easy is not a substitute for responsible adult supervision.
- Keep this User's Guide for future reference.
- Keep the cords out of reach of children.
- Do not cover the Glow Sleep Easy with a towel or blanket.
- Test this Glow Sleep Easy and all its functions so that you are familiar with it prior to actual use.
- Do not install the Glow Sleep Easy in extreme cold or heat, direct sunlight, or close to a heat source.
- High humidity levels may encourage the growth of biological organisms in the environment. Clean the water tank every 3 days to prevent micro-organisms from growing. (See best practice under 'Maintenance' on page 29)
- Do not allow the area around the humidifier to become damp or wet. If dampness occurs, reduce the output or use the humidifier intermittently.
- Never leave water in the reservoir when the appliance is not in use. Always empty and clean the humidifier before storage or next use.
- Micro-organisms present in the water can grow in the water reservoir and be blown into the air. To avoid serious health risks, clean the tank and

### ⚠ WARNING ⚠

STRANGULATION HAZARD:  
CHILDREN HAVE STRANGLED IN CORDS. KEEP THIS CORD OUT  
OF THE REACH OF CHILDREN (MORE THAN 3FT (0.9M) AWAY)  
NEVER USE EXTENSION CORDS WITH AC ADAPTERS.



- refill with fresh water every 3 days.
- Cleaning and user maintenance should not be done by children without supervision.
- This appliance can be operated by children aged 8 years and above or persons with reduced physical, sensory, or mental capabilities only if supervised or instructed on safe usage.
- Only use the detachable power supply unit provided with this appliance. Do not use thirdparty power cords, as this may damage the device. It must only be supplied at safety extra low voltage corresponding to the marking on the appliance. That is, the power supply voltage of the input terminal of the humidifier can only be 24V DC.
- Do not touch the plug contacts with sharp or metal objects.
- Connect the power adapters to easily accessible electrical sockets.
- Unplug the appliance during filling and cleaning.
- Do not permit the area around the humidifier to become damp or wet. If dampness occurs, turn the output of the humidifier down. If the humidifier output volume cannot be turned down, use the humidifier intermittently. Do not allow absorbent materials, such as carpeting, curtains, drapes, or tablecloths, to become damp.
- Consider the room's environment when setting the volume level and sound. The presence of carpeting, type and amount of furniture, density of drapes, and wall coverings can all impact sound quality. These factors should be considered, as sound and volume levels may differ from one room to another based on its furnishings and layout.

# Key features



## Red LED Light Therapy

The Red LED Light Therapy helps stimulate the brain to produce more natural melatonin, the body's natural sleep hormone. The same technology is used by NASA to help astronauts maintain a healthy sleep cycle. The Red LED Light will also help your little one develop a robust circadian rhythm (internal sleep body clock), which ensures they get the sleep they need, when they need it.



## Introduction to Sleep Sounds

Our device offers a variety of soothing sounds designed to block out external noises and enhance sleep quality, providing a safer and more effective alternative to traditional white noise. Each sound option is crafted to promote relaxation and restful sleep without the risk of dependency, making them ideal for children and families.

To change sound options on your Glow Sleep Easy, you can do so through the Glow Sleep Genie App for seamless control. If adjusting the sounds manually, please note that this should be done before turning the lights on. Simply hold down the Red LED Light button and toggle through the sound options using the Green LED Light button.

Sound options

### 1. Pink Noise

Pink noise helps cover disruptive sounds with its gentle, lower-frequency tones. It supports deep

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sleep by enhancing brain activity associated with restorative sleep phases.

## 2. Brown Noise

Even deeper than pink noise, brown noise provides a comforting, rich sound that aids in relaxation and concentration, making it perfect for winding down before bedtime.

## 3. Rainfall

The soft, rhythmic pattern of rain creates a calming environment, helping you fall asleep more easily and stay asleep longer.

## 4. Waterfall

The continuous flow of a waterfall offers a peaceful soundscape, ideal for relaxation and encouraging deep, uninterrupted sleep.



## Volume Settings

The Glow Sleep Easy features 8 adjustable volume levels, all carefully calibrated to remain safe for children's hearing, allowing you to create a personalised and soothing sleep environment. Consider the room's environment when setting the volume

level and sound. The presence of carpeting, type and amount of furniture, density of drapes, and wall coverings can all impact sound quality. These factors should be considered, as sound and volume levels may differ from one room to another based on its furnishings and layout.



## Humidifier

The Ultrasonic Humidifier uses Cool Mist Technology to gently increase the humidity in your space. Babies have very small nasal passages and using a humidifier can help moisten their nasal passages making it easier to breathe. Running the humidifier helps ward off airborne viruses like cold and flu and helps to ease congestion when illness does strike.

You may choose to diffuse essential oils through your Glow Sleep Easy humidifier too, or you can use it with plain water.

For more information on your Humidifier like how to reset it manually, please see page 34.



## Green LED Good Morning Schedule

Download our App to access the Green LED Good Morning Schedule Feature: Set your Good Morning Schedule; The timer will automatically switch off the pink noise and red LED light, so you or your baby can wake up organically with a more structured routine, and longer nights sleep. This is all conveniently done through the Custom Preset Schedule on the Glow Sleep Genie App. Set it once and forget about it!



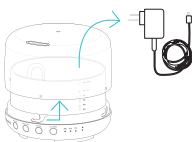
## Aromatherapy

Try our range of 100% pure and natural essential oils: adding a few drops of Glow essential oils to your Glow Sleep Easy Humidifier can enhance your sleep routine every night. Our oils help relax muscles for sleep, create positive sleep associations, and can be beneficial for adults as well. We offer blends to promote relaxation and sleep, assist with congestion, and ease breathing. If you choose to incorporate Glow essential oils into your routine, the recommended dosage for your child (based on their age) is available on our app, directly on the bottle of essential oil and on page 22 of this booklet. Our oils aren't just for little ones! They can also help support your own restful night, too.

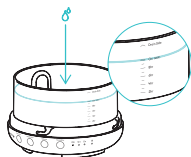
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# Getting started

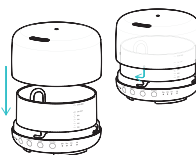
## Quick Set up



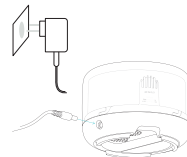
**1.** Remove Glow Sleep Easy from box, open lid. Remove Plug.



**2.** Fill humidifier with 400ml of cool tap water.



**3.** Affix lid back onto unit.



**4.** Turn off wall power switch. Connect plug to Glow Sleep Easy, then to the wall socket. Turn on wall power.

### Step 1



Place your Glow Sleep Easy on a side table or any hard surface.

### Step 2



It should ideally be at eye level, positioned no more than approximately 1 metre away from your child. They should be able to see it easily when lying down.

### Step 3



Fill your Glow Sleep Easy with cold tap water up to MAX line. Do not exceed it.

### Step 4



Replace the lid and turn on your Glow Sleep Easy using either the Glow Sleep Genie App or the manual buttons on the unit.



1. Set up your Glow Sleep Easy 15-20 minutes before bed: it's best to bring your little one into the bedroom with the space already set up and ready for their wind down time.
2. Spend 15-20 minutes together in the bedroom with the Glow Sleep Easy set to the recommended Wind Down settings for your little one's age. This is a great time to feed your baby or tell them a story from memory: the Glow should be the only source of light in the room. This is when the Red LED Light does its best work to encourage the brain to produce melatonin – the sleep hormone.

3. When it's time for sleep, switch to the recommended Sleep settings for your child's age—use the Glow Sleep Genie App to change the settings with one touch, create a Custom Preset Schedule with your desired settings and time preferences, or manually adjust them using the buttons on the unit. While the base settings are tailored for each age group, as you continue to use the device, you'll discover the specific settings that work best for you and your family's needs.

It's best to let the Glow Sleep Easy run all night: the sleep sound provides a consistent soundscape that guides the brain into deep, slow-wave sleep, and the Red LED Light is the ideal night light. It's so gentle on your eyes that if you do wake up, it's easy to fall back to sleep again.



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# Glow Sleep Genie App

Download our App for free now from the Apple Store or Google Play store to access even more features with your Glow Sleep Easy:



A subscription fee may be required to access certain features within the app. Occasionally, we may offer complimentary access to the app as part of a promotion, so be sure to subscribe to our email list, SMS and follow us on social media to stay informed.

## Remote Control

From the Glow App, you can control your Glow Sleep Easy from any room in the house via Bluetooth connection.



Utilising the information you input during setup, our app will automatically calculate the best sleep settings for your child. If you want to customise them for your specific needs, you can do so by using the manual settings within the app.

You can control multiple Glows from the one app, and the app will remember the different recommended settings for each member of your family as you can name each unit with the primary user's name!

## Flexible Scheduling

Our app contains over 15 sleep schedules to guide you as your baby grows: the app will automatically update you with the best sleep schedule to use as your baby gets older to ensure we're meeting their changing needs, so they continue to enjoy the best possible sleep.



Your schedule will adjust and adapt based on your daily activities, automatically rescheduling the optimal times for your little one's naps. This ensures you stay on track for a restful night's sleep. When you're ready for a change, you can easily reset the presets with just one button!

### Custom Scheduled Presets

Set up to six independent custom function presets of your own with customisable options so you can set your Glow Sleep Easy to help your little one get the sleep they need and deserve.

### Custom Preset Schedules: How They Work

All custom preset schedules are set to repeat by default. For example, if you create a preset where the humidifier and sound turn off and the green light turns on at 7:30 AM every Saturday and Sunday, this schedule will repeat every week unless you select the 'once-off' option.



**Important:** During Daylight Savings Time changes, you must open the Glow Sleep Genie App on your phone or other device to update the time. If you don't do this, your schedules will continue to operate on the previous time, which could impact your sleep schedule.

### Multiple Device Management

Control multiple Glows from one app, and it will remember the recommended settings for each family member.

### Green to Rise Feature

Set up your Glow to switch from your sleep settings with our 'Good Morning' scheduling timer, letting your little one know when they can rise and start the day.

The Green LED Light supports the transition from sleep to wakefulness, enhancing mood, focus, and concentration. It's ideal for playtime and homework for older children, and also serves as a valuable tool for adults during study sessions or while working from home.



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## Daily Tips and Articles

If you're stuck and looking for answers, our Sleep Help Articles are available to help you dive deep and find the right solution at any time, day or night. Simply navigate to the 'Sleep Help' section under the 'Today' tab at the bottom of the app screen. If you can't find the answers you need, our Glow Sleep Experts are ready to assist. You can contact us directly through the app or via the Contact Us page on our website.

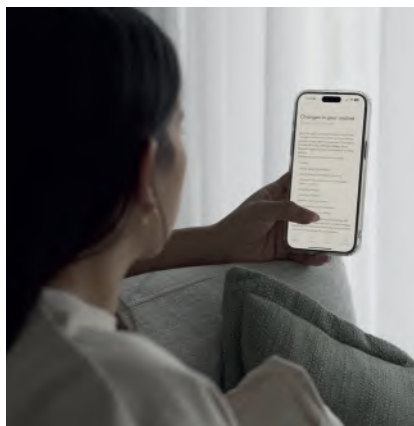
Additionally, we offer a range of practical tips and information that you can quickly and easily implement at home to help your family start sleeping better right away.

## Time Synchronisation

The app syncs date and time with your phone whenever it connects, preserving this information with a backup battery. Note: It does not automatically adjust for Daylight Saving Time, until you open the app once the clocks have changed.

## Support

Customer support can view your schedules to assist with troubleshooting. You can contact us directly through the Glow Sleep Genie App or via the Contact Us page on our website.

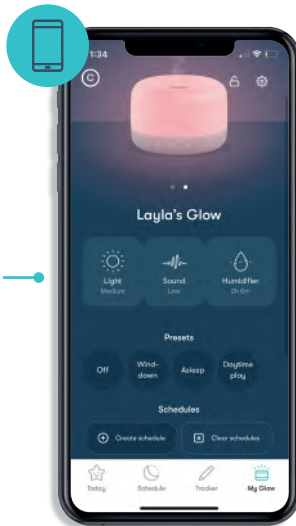


# Your Glow Sleep Genie App Guide!



## Glow remote control

Control your Glow Sleep Easy directly from the Glow Sleep Genie App!



Select your desired sound from Pink Noise, Brown Noise, Waterfall, or Rain with one touch, and easily set it to one of the 8 new sound levels, giving you more range and choice.

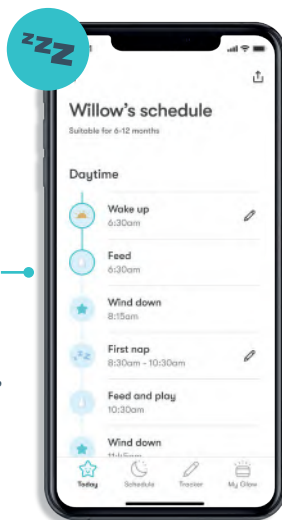
Your Glow Sleep Genie App offers Wind Down and Sleep presets that provide the ideal settings for winding down and sleeping, tailored to your child's age.

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# Your Glow Sleep Genie App Guide!

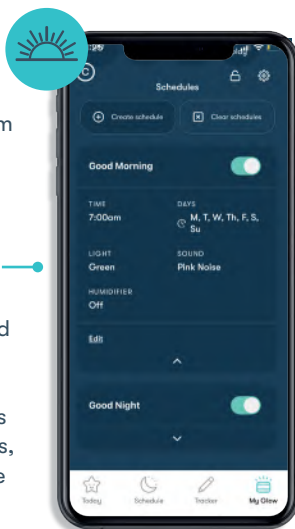
Editable sleep schedule

The Glow Sleep Genie will automatically update your baby's sleep schedule in our editable scheduler as they grow, ensuring their changing needs are met for optimal sleep. This information is seamlessly integrated into the app's Sleep Tracking and Analysis tab, allowing you to monitor and understand your little one's sleep patterns.



### ‘Good Morning’ Custom Preset Schedule

The Good Morning Custom Preset Schedule helps teach older children when it’s okay to get out of bed and is a wonderful tool for adult to use when looking for a positive and gentle way to wake up and start your day. For little ones, it gently creates an environment that supports a natural wake-up process, fostering a healthy routine for the whole family.



The Green LED Light aids the transition from sleep to wakefulness, enhancing mood, focus, and concentration. It’s useful not only for older children during playtime and homework but also for adults during study sessions or while working from home.

Incorporating green light thoughtfully into a child’s environment can support their emotional and cognitive development. However, it’s important to consider the full context, including the child’s individual needs and preferences, and to use lighting alongside other strategies for overall well-being.

## Your Glow Sleep Genie App Guide!

### Custom Scheduled Presets

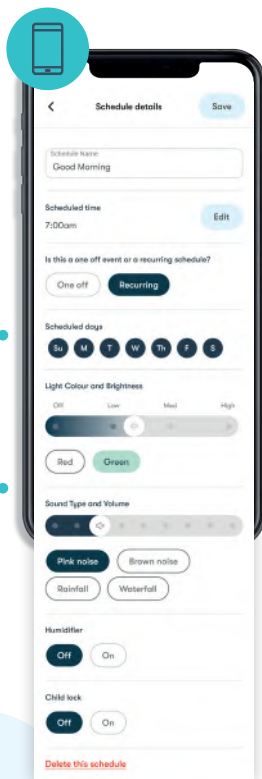
When creating a custom preset schedule, you can choose the days of the week and specific times for your Glow Sleep Easy to activate. In your preset, you can select the LED light colour, sound option, sound volume, and whether you'd like the humidifier to turn on.

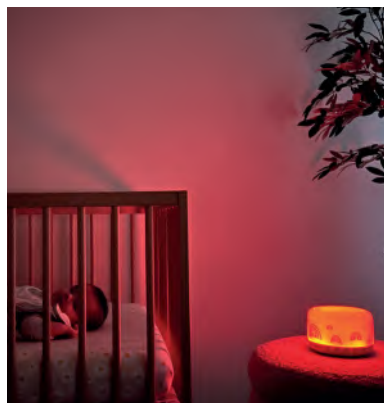
All your presets can be cleared with a single tap when you're ready for a change.

Clearing your schedules can also be done manually via the unit by doing the following:

1. Ensure Unit is disconnected from wall power.
2. Hold down Sleep LED button and Volume button. While holding down buttons, connect to wall power. You will then see the 4 indicator LEDs will flash once.
3. Once you see the flash, release the buttons.

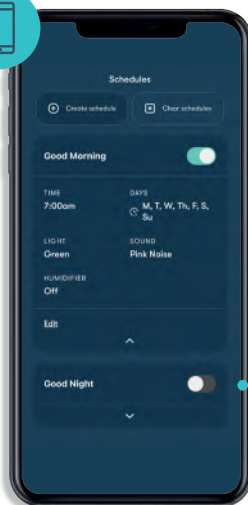
The 'schedule' and other previous settings in the unit will now be cleared.





## Custom Scheduled Presets

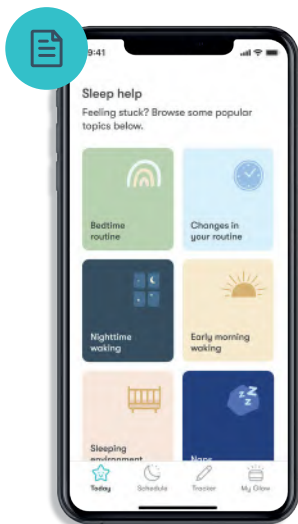
You can create up to six personalised preset schedules for specific days and times, ensuring your Glow Sleep Easy activates with your desired settings exactly when you need it.



For instance, you can set a bedtime schedule that turns on every night at the same time to help start your winding down routine—automatically and effortlessly!

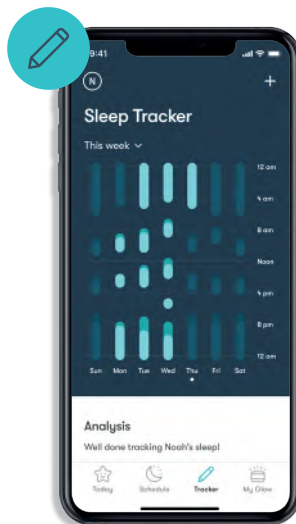


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## Full library of sleep support

Full library of sleep support content, curated for your little one's age. Hundreds of sleep tips, schedules and articles that tailor themselves to your child's age, and change automatically as your child grows, so you always have the best information for your family when you need it most 24/7.



## Sleep Tracker Analytics

Simply tap, track and record your child's sleep patterns and behaviours to receive weekly insights and analytics to help you understand their sleep routine. It's also a quick source of information for the Glow Sleep Team to help you find the best solution to your family's sleep issue.

# Getting started

## General Operation

**Set up:** Unwrap all components. Remove power cable and any filler from inside the water tub.

Stand the base of the Glow on a flat, stable, hard surface

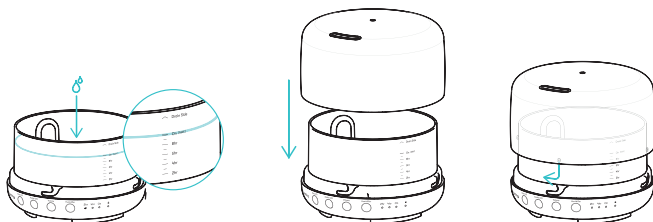
**Humidifier:** When using the humidifier, carefully add water while avoiding the air return and power outlet. Fill to your desired level, ensuring you do not exceed the Max line.

**Aromatherapy:** Seek medical advice before using any aromatherapy. If using Glow Dreaming oils, fill the tank with water up to the Max line based on the desired run time, then add the essential oil according to your child's age group

as specified in the manual (see page 22). Avoid exceeding the recommended amount.

**Unit Preparation:** Fit the lid over the base. There is a locking feature that requires a gentle push and twist. An audible click will be heard when lid is shut. Once locked in place, the lid cannot be removed unless twisted. Always fit the lid before you turn the unit on.

**Power:** Connect the AC adaptor to the DC socket on the rear of the unit. Then plug the power cord into your wall socket with the power turned off, and lastly turn on the power at the wall.



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| Button Press | Sleep LED<br>(Red Light) | Awake LED<br>(Green Light) |
|--------------|--------------------------|----------------------------|
| 0            | Off                      | Off                        |
| 1            | ●○○                      | ●○○                        |
| 2            | ●●○                      | ●●○                        |
| 3            | ●●●                      | ●●●                        |

|          |          |         |
|----------|----------|---------|
| 2hr<br>○ | 4hr<br>○ | On<br>○ |
| 2hr<br>○ | 4hr<br>○ | On<br>● |
| 2hr<br>○ | 4hr<br>○ | On<br>● |
| 2hr<br>○ | 4hr<br>○ | On<br>● |

| Humidifier + Duration<br>Timer controls all functions |                           |
|-------------------------------------------------------|---------------------------|
| Off                                                   | 2hr<br>○ 4hr<br>○ On<br>○ |
| 2hr                                                   | 2hr<br>● 4hr<br>○ On<br>○ |
| 4hr                                                   | 2hr<br>○ 4hr<br>● On<br>○ |
| On                                                    | 2hr<br>○ 4hr<br>○ On<br>● |



Once the reservoir is empty, only the humidifier will turn off, all other functions will remain on.

| Button Press | Volume<br>(Pink Noise, Brown Noise, Waterfall Rain Fall) |
|--------------|----------------------------------------------------------|
| 1            | ●○○○○○○○                                                 |
| 2            | ●●○○○○○○○                                                |
| 3            | ●●●○○○○○○                                                |
| 4            | ●●●●○○○○○                                                |
| 5            | ●●●●●○○○○                                                |
| 6            | ●●●●●●○○○                                                |
| 7            | ●●●●●●●○○                                                |
| 8            | ●●●●●●●●●                                                |



| Essential Oil Dose Recommendation |                |
|-----------------------------------|----------------|
| Newborn – 8 weeks                 | 1-2 drops      |
| 8 weeks – 6 months                | 1-2 drops      |
| 6 months – 2 years                | 2-4 drops      |
| 2 years – 5 years                 | 4-6 drops      |
| 6 years – 8 years                 | 6-8 drops      |
| 8 years+                          | up to 10 drops |



| Sound type<br>Hold down the Red LED Light Button and use the Green LED Light button to toggle through the different sounds. |      |
|-----------------------------------------------------------------------------------------------------------------------------|------|
| Pink Noise                                                                                                                  | ●○○○ |
| Brown Noise                                                                                                                 | ●●○○ |
| Rainfall                                                                                                                    | ●●●○ |
| Waterfall                                                                                                                   | ●●●● |





# Getting started



## General Operation

### Red LED Light

Press the Sleep LED button to turn the Red LED Light on to the dimmest setting. Press again to change the brightness. There are 3 brightness settings. To turn the Red Light off, simply hold the button down. Newer models of the Glow Sleep Easy have a slider capability on the app which allows you to have full control over the brightness of the LED light outside of the 3 main settings. The slider function applies to both the Red and Green LED Lights.

### Green LED Light

Press the Awake LED button to turn the Green LED Light on to the dimmest setting. Press again to change the brightness. There are 3 brightness settings. To turn the Green Light off, simply hold the button down. Switching off the Awake LED button will not affect any other settings.

### Volume

Press the Volume button to turn on the desired sound to the softest setting. Press again to change the volume. There are 8 volume settings

### Sound Options

To change between the Pink Noise, Brown Noise, Rainfall and Waterfall sound options on the Glow Sleep Easy, you may use two methods:

#### a: Via the Glow Sleep Genie App

Simply tap once on the desired sound option within the app.

#### b: Directly on the Machine

Hold down the Red LED Light button continuously. Use the Green LED Light button to toggle between the sound options.

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**Timer:** Press the Humidifier button to turn on the Cool Mist to the 2 hour timer. Press the button again to extend the timer to 4 hours, and press a third time to set your Glow Sleep Easy timer to 'On'. This will let the humidifier run until the water tank is nearly empty (no timer).

- a. When using the 2 or 4 hour timer, the entire unit will turn off after the timer is finished.
- b. When using the On setting, only the humidifier will turn off; the light and/or noise will remain on until you manually turn them off. You can also set this via the app, either through the remote control or by creating a Custom Preset Schedule.

**Child Lock:** To turn on the Button Lock, hold the Humidifier button down until the Lock Light turns on. Hold the Humidifier button down again to release the Button Lock.

- a. If the Button Lock is activated, you can still use our App to control your Glow remotely.

If you don't use the unit regularly, empty the water out of the tank, dry it and store somewhere safe and dry. Wipe the water tank and lid after each use and always refill your water tank with fresh water before each use.

# FAQ

## What settings should I use?

Download our free App now to see the recommended settings for your family:



## Do I let the Glow run all night?

Yes – for best results use the recommended settings all night.

## How do I get the timer to work?

The timer is linked to the humidifier, so just pop some water in the tank and press the Humidifier button to set the timer to 2 or 4 hours. After 2 or 4 hours, the entire Glow Sleep Easy will turn off, including the light and sound. You can also set this via the app, either through the remote control or by creating a Custom Preset Schedule.



## I want to use the Light and Noise all night long – will they turn off?

If you don't turn the humidifier on at all, the light and noise will run all night until you turn them off in the morning. You can also use the humidifier on the On setting: this will let the humidifier run until the water tank is mostly empty, then the humidifier will turn off, but the noise and light will stay on until you turn them off in the morning. You can also set this via the app, either through the remote control or by creating a Custom Preset Schedule.

## How do I turn on the Button Lock?

The Button Lock is a great way to prevent curious little fingers from changing the settings in the night.

To turn it on, hold the Humidifier button down for 2-3 seconds: the Button Lock light will turn on. Hold the Humidifier button down again to disable the lock – or you can control the lock from our app!

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### Can I use essential oils in the humidifier?

Yes! You can use any pure essential oils in our humidifier – give our Glow essential oils a try!

### Can I use hot water in the Glow Sleep Easy?

No, this will damage the Glow. Please use only cold water in the humidifier.

### Where do I position the Glow?

It's best to place the Glow Sleep Easy about 1 metre (3 feet) from the edge of the cot or bed, at eye level with your little one when they are lying down. If this placement isn't ideal for your room, you can position the Glow up to 2 metres (6 feet) away from the edge of the bed and slightly higher, so your little one can clearly see the light while in bed. This setup is also recommended for adults to ensure optimal visibility and effectiveness of the light.



# safety

The Glow Sleep Easy has been designed to be safe for your family and can be used from birth and during pregnancy.

## Protect your Glow Sleep Easy in the following ways:

- Do not attempt to disassemble the product or carry out your own repairs. If the product is damaged or not functioning correctly, please Contact Us.
- Do not cut, twist or stretch the power cord. Do not place heavy objects on the power cord. Keep the cord away from high temperatures and never attempt to repair a cord that isn't working.
- If the adapter cord or any socket appears damaged or loose, do not use the product and please contact us.
- If you notice an unusual smell or noise, please stop using the product. Clean the product thoroughly as per the Maintenance instructions and Contact Us if the issue persists.
- Never place the adapter in water or allow water to enter the power outlet or air return.
- Empty out and wipe the water tank and lid after each use and always refill your water tank with fresh water before each use.
- Essential oils may cause staining on the unit, this is not considered unsafe or damage.

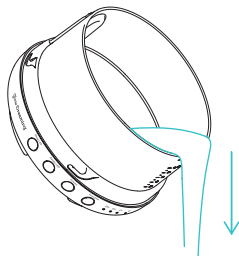
Glow Dreaming

# Accidental spillage



If the unit is accidentally knocked over while in use:

- Turn off the power at the wall and remove the plug from the Glow power outlet.
- Take off the lid and carefully pour out any remaining water.
- Shake the unit gently to drain any water inside the unit base, then stand the unit upside down. And allow to dry for at least 24 hours.
- If essential oil is accidentally spilled, use a damp cloth to wipe up the spilled oil straight away. Soak and wash any clothing affected by the spill. Use baking soda to absorb any odours from carpets.



# Maintenance

To get the best from your Glow Sleep Easy we recommend using our Glow Humidifier & Diffuser Cleaning Kit (sold separately). It comes with everything you need to preserve the cleanliness and freshness of your unit.

Remember to wipe out the water tank with a clean, dry woven cloth after each use of the Humidifier. Always empty the water out after each use and refill with clean, fresh water and fresh essential oil for each use.

Whether or not you use the humidifier regularly, we recommend cleaning the Glow every 3 days:

1. Turn off the power at the wall and remove the plug from the base of the Glow.
2. Remove the lid and carefully pour out any remaining water from the side marked Drain Side.
3. Add 10 drops or 1/8 tsp of white vinegar and fill the remainder of bottle with water. Shake well.
4. Pour the entire contents of the cleaning

solution into the main water receptacle of the unit. Ensure the solution spreads across the entire internal surface of the receptacle. Let it sit for 5 minutes to effectively clean and sanitise the unit.

5. Use the cleaning brush to remove any residue from the main water receptacle of the diffuser.
6. Use the cleaning swab to remove oil build-up from the smaller components of the diffuser.
7. Wipe clean and dry with the woven cloth.
8. Wash all components with warm, soapy water and return to the storage pouch once dry.

## Remove Inner Lid.

1. Grasp the lip of the mist release and tug down to release the inner lid – you don't need to twist the inner lid.
2. Wipe clean with a soft, dry woven cloth.
3. Replace inside the outer lid by fitting the inner lid until you hear a click (there is no need to twist the inner lid).

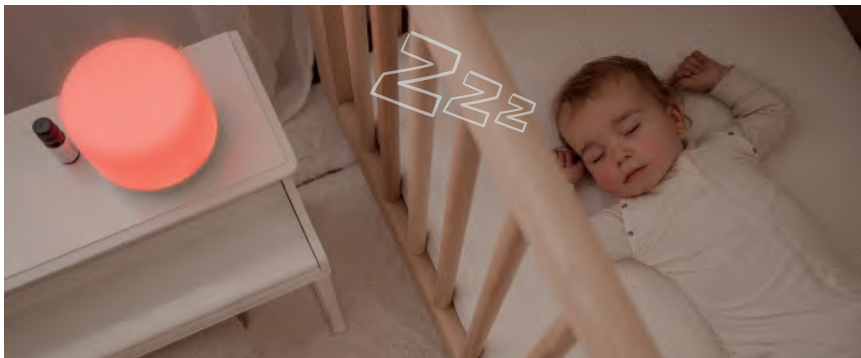
# Best Practice

## To ensure your Glow Sleep Easy functions safely:

- Do not fill above the maximum water line.
- Plug the power cord into the Glow, then into the wall socket with the power turned off, then lastly turn on the power at the wall.
- Plug the Glow directly into the wall socket, it's not recommended to use a power board or extension cable.
- Clean regularly to prevent malfunction (see Maintenance page 29).
- Always unplug from the power supply before maintenance.
- Always empty the water out after each use and refill with clean, fresh water and fresh essential oil for each use.
- Always empty water via the side marked Drain Side.
- Essential oils can stain and so spills should be wiped up promptly.
- Do not aim the cool mist directly at soft furnishings or walls.
- Do not use in direct sunlight, near a heat source or in the draft of a cooling system.
- Always keep on a hard, stable, flat surface; do not use on carpet, fabric or rattan.
- Do not place on top of electric appliances such as TVs or audio equipment.
- Do not tip the unit: water may enter the mechanism and cause irreparable damage.
- Do not use for more than 12 hours at any one time: always turn off your Glow between uses.
- Allow at least 60 minutes between uses to avoid damaging the unit.
- Do not use mineral or sparkling water in your Glow.
- Do not move the unit while in use.
- Do not touch the unit with wet hands.
- Keep out of reach of children and pets. Do not allow children to operate or play with the unit.
- Do not allow children to operate or play with the unit.
- Ensure the power cord doesn't cause any obstruction or trip hazard.
- If you see smoke or sparks, smell burning or see scorch marks, unplug the unit immediately and contact us.

# Contact us

- Contact us if you need any help with your Glow Sleep Easy: [customercare@glowdreaming.com](mailto:customercare@glowdreaming.com) or contact us straight through the Glow Sleep Genie App
- We always appreciate a short video showing us the issue you are having with your Glow – please capture:
- The unit is plugged in at the wall
- The power at the wall socket is turned on
- The power cord is plugged in at the back of the Glow unit
- The issue you are experiencing
- If there is any issue with the humidifier/timer please also show in your video that there is water in the water tank.
- Lastly, please ensure you send through a photo of the information on the base of your unit as well as your device type and version of software. Example: GD04-1224, iPhone 16 Max Pro, IOS 16.1.1



# Troubleshooting

| Symptom                       | Possible cause                                                                                                                                                                                                                                            | Solution                                                                                                                                                                                                                                                            |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Glow will not turn on         | <ol style="list-style-type: none"> <li>1. Power cord incorrectly connected.</li> <li>2. Dust in the power outlet.</li> </ol>                                                                                                                              | <ul style="list-style-type: none"> <li>• Remove power cord completely.</li> <li>• Blow gently on power outlet and wall socket to dislodge dust.</li> <li>• Reconnect power and try again.</li> </ul>                                                                |
| Timer will not turn on        | Not enough water in the tank: the timer is connected to the humidifier.                                                                                                                                                                                   | Add 200ml-400ml water to the tank.                                                                                                                                                                                                                                  |
| No cool mist (or very little) | <ol style="list-style-type: none"> <li>1. Water level is too low.</li> <li>2. Water level is too high.</li> <li>3. Inner lid is askew.</li> <li>4. Dust in the air intake.</li> </ol>                                                                     | <ul style="list-style-type: none"> <li>• Clean unit as per Maintenance instructions.</li> <li>• Refit inner lid.</li> <li>• Add fresh water to tank below max line and try again.</li> </ul>                                                                        |
| Water leakage                 | Inner lid is askew.                                                                                                                                                                                                                                       | Remove and reinstall inner and outer lids.                                                                                                                                                                                                                          |
| Buttons not responding        | Parent Lock is activated via the App.                                                                                                                                                                                                                     | <p>The Lock Light should be activated on the unit.</p> <p>Open the app on your phone to turn off the parent lock, or hold the Humidifier button down for 2-3 seconds, until the Lock Light turns off.</p>                                                           |
| App not connecting            | <ol style="list-style-type: none"> <li>1. Bluetooth is not turned on.</li> <li>2. You're not using the latest version of software available for your phone or the Glow Sleep Genie App.</li> <li>3. Appropriate permissions have not been set.</li> </ol> | <ul style="list-style-type: none"> <li>• Ensure bluetooth is turned on.</li> <li>• Ensure your phone and app are both running the most up to date software available and try connecting again.</li> <li>• Check app permissions in your device settings.</li> </ul> |

# Specifications

|                               |                                                                                                 |
|-------------------------------|-------------------------------------------------------------------------------------------------|
| Size                          | 145mm wide x 145mm deep x 107mm high                                                            |
| Unit weight                   | No361g (excl. Power supply, label and water)                                                    |
| Power supply                  | Input: 100-240V ~50/60Hz Output: 24V 650mA                                                      |
| Ultrasonic frequency          | 1.7MHz + /- 20%                                                                                 |
| Bluetooth operation frequency | 2402 MHz ~ 2480 MHz                                                                             |
| Water capacity                | 400ml to On (MAX) fill line. 587.8mL to Reservoir brim.                                         |
| Main material                 | PP = Polypropylene                                                                              |
| LED Colour                    | Red and green                                                                                   |
| Brightness                    | 3 levels (For more control you can manage via the slider function on the Glow Sleep Genie App.) |
| Volume                        | 8 levels. Max 75 dB                                                                             |
| Sound: 4 sounds               | Pink Noise, Brown Noise, Rainfall, Waterfall                                                    |
| Button quantity               | 4 pcs                                                                                           |
| Timer                         | 2hr, 4hr, On (will run until water tank is mostly empty)                                        |
| Max EIRP                      | <0dBm                                                                                           |
| Operation temperature         | 0 ~ 40 degree C; Humidity 30% ~90%                                                              |
| Storage temperature           | -10 ~ 60 degree C; Humidity 20% ~ 90%                                                           |

# About your humidifier...

When the humidifier is set to 'On' with a full tank of water (up to the max line), it will run for 10-12 hours. Please note that the quantity and intensity of mist may vary over time, which is normal and not a fault. Factors such as water type, humidity, temperature, and air currents can affect the unit's performance. Avoid overfilling the tank beyond the max line, as this can impact humidification. Ensure there is sufficient space around the unit for effective operation.

You can control the humidifier and set features through the app, either via the remote control or by creating a

Custom Preset Schedule. For optimal performance, use only 100% natural essential oils, which can be purchased from our website. Essential oils containing additional chemicals, spices, or impurities may cause the unit to malfunction. Always clean the unit as recommended in the maintenance instructions before switching to a different essential oil.

If the Lock light is on, it indicates that the Button Lock is activated. To deactivate the Button Lock, hold the Humidifier button down for 2-3 seconds.

**Please note:** When you manually turn off the humidifier via the buttons on the unit, all other functions running (such as sound and light) will also turn off.

Manually resetting your humidifier:

1. Disconnect the wall power from unit and make sure there is no water in the container.
2. Press & hold the Volume & Humidifier buttons on the unit.
3. Connect the wall power to unit.
4. Once 4 indicator LEDs flash 3 times, the water sensing adjustment is completed and you can release the Volume & Humidifier button on the unit.



# Declaration of Conformity (RED)



Hereby, we, Glow Dreaming Holdings Pty Ltd, declare that the radio equipment GD04 is in compliance with the Radio Equipment Directive (RED) 2014/53/EU. The relevant harmonized test standards are listed:

- **RF (Radio Frequency):** ETSI EN 300 328 V2.2.2 (2019-07)
- **EMC (Electromagnetic Compatibility):** ETSI EN 301 489-1 V2.2.3 (2019-11), ETSI EN 301 489-17 V3.2.4 (2020-09), EN 55032:2015+A1:2020, EN 55035:2017+A11:2020, EN IEC 61000-3-2:2019+A1:2021, EN 61000-3-3:2013+A2:2021, EN IEC 55014-1:2021, EN IEC 55014-2:2021

- **EMF (Electromagnetic Field):** EN 62479:2010, EN 50663:2017
- **LVD (Low Voltage Directive):** EN IEC 62368-1:2020+A11:2020

This product can be used in the European market without restriction, meeting the requirements of articles 10(2) and 10(10).

**Manufacturer:** Glow Dreaming Holdings Pty Ltd

**Address:** Suite 113, 377 New South Head Road, Double Bay, NSW, Australia, 2028

# Glow Dreaming

## United Kingdom

Hereby, we, Glow Dreaming Holdings Pty Ltd, declare that the radio equipment GD04 is in compliance with the Radio Equipment Regulations 2017 (SI 2017/1206). The full text of the UK declaration of conformity is available at [www.glowdreaming.co.uk](http://www.glowdreaming.co.uk).



**Manufacturer:** Glow Dreaming Holdings Pty Ltd

**Address:** Suite 113, 377 New South Head Road, Double Bay, NSW, Australia, 2028

**Importer:** Glow Dreaming Holdings Pty Ltd

**Address:** Liberty 196, Rhosili Road, Northampton, NN4 7JE, UK



# Warranty

This product has been produced with the greatest care for normal, household use. Following directions carefully will ensure dependable operation. If you experience unsatisfactory operation or are dissatisfied with your Glow Sleep Easy (Barcode 9360046000008) please contact our Customer Care team via [customercare@glowdreaming.com](mailto:customercare@glowdreaming.com). Modification to the product by the consumer or failure to follow the manufacturer's operating instructions will void the warranty. If repair is required under the warranty period, the product should be returned with proof of purchase. The purchaser assumes responsibility for the proper care and use of the product in accordance with the printed Operating Manual. The purchaser or user must make his or her judgment as to when to use the product and the length of use. Keep the Operating Manual available as it is your guide to safe, efficient operation. You are entitled to a replacement of the faulty unit or refund for a major failure.

For warranty claims please Contact Us. If you experience an issue outside the warranty period, you are invited to Contact Us and we will support you to the best of our ability.

## Warranty

- This product is guaranteed for 12 months after the date of purchase.
- Please retain your original receipt as proof of purchase.
- If you receive this Glow Sleep Easy as a gift, please Contact Us to register for your warranty as soon as possible.
- We will be unable to support any warranty claims if we are unable to confirm the purchase information and eligibility.
- The warranty is available to the first user of the product only and is non-transferable.
- Any fault or damage that occurs during normal usage as described in this manual is covered by this warranty.

# Glow Dreaming



- All warranty claims are subject to proper use and care in accordance with the product manual. This includes a proper cleaning regimen to maintain the device.
- The warranty will not apply in the event of neglect, intentional or accidental damage, or normal wear and tear.
- If there is evidence of tampering, willful or accidental damage, misuse, or incorrect product use, your warranty will be voided.
- If you experience a warranty issue within the warranty period, please Contact Us for support.
- If we are unable to resolve the issue for you, we will replace eligible items within the warranty period.
- You will be asked to supply a video of the issue you are experiencing so that we can confirm the issue.
- This Warranty is not transferable.



- The warranty does not extend to the elimination of externally generated static, noise, or loss of range or audio/video quality due to external factors, to costs incurred for the installation, removal, or reinstallation of the product, or to damage to digital media devices or memory.
- The warranty does not apply to any product or part thereof which, in the opinion of the company, has suffered or been damaged through alteration, improper installation, mishandling, misuse, neglect, accident or exposure to moisture.
- This warranty does not apply to damage caused by an AC adapter not provided with the product or by removal or defacement of factory serial number/barcode labels.



Glow Sleep Easy  
GD04  
[www.glowdreaming.com](http://www.glowdreaming.com)  
[www.glowdreaming.co.uk](http://www.glowdreaming.co.uk)

For indoor use only. The light source contained in this luminaire shall only be replaced by the manufacturer or their service agent or a similar qualified person.

**CAUTION:** Changes or Modifications not expressly approved by the party responsible could void the user's authority to operate this device.

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.

**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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

# Glow Dreaming



[customercare@glowdreaming.com](mailto:customercare@glowdreaming.com)

[www.glowdreaming.com](http://www.glowdreaming.com)

[www.glowdreaming.co.uk](http://www.glowdreaming.co.uk)



The art used on the front cover of this  
booklet was created with the use of AI