H05 AuroraCalm

All-in-One Sleep-Wake Solution
Sunrise Alarm Clock & Sleep Sounds Machine

Thank you for purchasing AuroraCalm Sunrise Alarm Clock Sound Machine. To ensure the best product performance please read this user manual in detail and retain it for future reference.

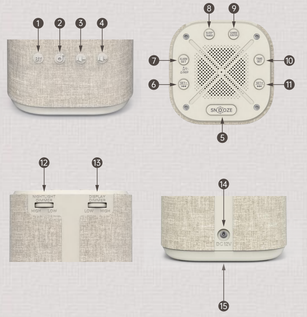
Questions? Contact Customer Service Center at

auroracalmshop@outlook.com

Version 1.0

Tip: When the " " indicator appears on the display, the sunrise function is enabled.

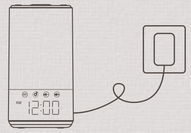
OVERVIEW



1. Press to turn on/pause Bluetooth
   2. Hold 2 seconds to turn off Bluetooth when it's connected
   3. For streaming music from phone
2. Press to turn on/off sleep sound
3. Press to decrease sleep sound/Bluetooth volume
4. Press to increase sleep sound/Bluetooth volume
5. 1. Press to start the 9 minutes snooze
   2. Press to turn on and change the color of the nightlight
   3. Hold 2 seconds to turn off the nightlight
6. Backward
7. 1. Press to set alarm time/alarm sound/alarm volume
   2. Short press for turning off the alarm when it rings
   The alarm STILL GOES OFF on the next day
   3. Long press for TURNING OFF THE ALARM COMPLETELY.
   The icon " " will disappear on the display
8. 1. Repeatedly press to set the auto-off timer for sleep sound /nightlight/Bluetooth
   2. Hold 2 seconds to turn off timer
9. Press to select sunrise duration
10. Press to set the time/switch the regular time and military time
11. Forward
12. Scroll to adjust the nightlight brightness
13. Scroll to adjust the display brightness
14. Power connector
15. Battery compartment

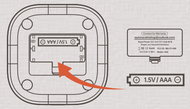
GETTING STARTED

1.Plug the adapter into a standard household outlet, you will see 12:00 AM on the display and the clock is ready to be set.



2.Insert 2 "AAA" batteries(Not Included) on the bottom of the clock to preserve the TIME/ALARM/SUNRISE/SLEEP SOUND/NIGHT LIGHT settings in case of power interruption.

Follow the polarity(+/-) diagram in the battery compartment.



NOTICE:
1. If the display is "blank" after plugging in, please check whether the **DISPLAY DIMMER** on the left is at the HIGH Position.
2. Under the battery power, the display will go blank and preset alarm will not go off.
3. This device is not battery-operated. The battery backup is only used to save your settings to ensure they are not lost during a power outage.

TIME SETTING

The time setting steps as follows:

1. Press " " button once to enter hour setting, the hour digits will flash on the display. Press " " or " " buttons to advance to the correct hour(hold for rapid setting).

2. Press " " button again to confirm and enter minute setting, the minute digits will flash. Press " " or " " buttons to advance to the correct minute(hold for rapid setting).

3. Press " " button a third time to confirm and enter time format setting. "12H" will flash. Press " " or " " buttons to toggle between 12H and 24H fomats.

4. Press " " button a fourth time to confirm and exit the time setting mode.

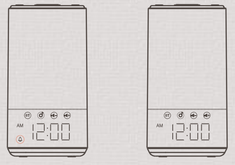
NOTICE:
1. The clock will automatically exit the time setting mode if no action is taken within 10 seconds.
2. When using the 12-hour time format, the AM icon will appear from 12:00 midnight to 11:59 AM, and the PM icon will appear from 12:00 noon to 11:59 PM.
3. In regular time, AM or PM will be displayed. Otherwise, the clock is in 24-hour (military) time.

BRIGHTNESS CONTROL

There are 0-100% brightness levels for LED Display. Slide the **DISPLAY DIMMER** knob on the back of the clock to adjust the display brightness(HIGH: 100%,LOW: 0%)

TURNING ALARM ON/OFF

In non-setting mode, press and hold " " for 2s to enable or disable alarm. If the " " appear, it means the alarm is enabled. Otherwise, the alarm is disabled.



ALARM SETTING

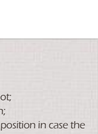
The alarm setting steps as follows:

1. Press " " button once to enter alarm hour setting, the hour digits will flash on the display. Press " " or " " buttons to advance to the correct hour(hold for rapid setting).

2. Press " " button again to confirm and enter alarm minute setting, the minute digits will flash. Press " " or " " buttons to advance to the correct minute(hold for rapid setting).

3. Press " " button a third time to enter alarm sound setting. The alarm sound options will flash and the alarm sound will ring. Press " " or " " to choose one of seven built-in alarm sounds (01-Birds Chirping; 02-Piano; 03-Flute; 04-Forest; 05-Wave; 06-Beep; 07-Buzzer).

4. Press " " button a fourth time to enter alarm volume setting.The alarm volume options will flash. Press " " or " " to adjust alarm volume from 01-32 level.The default alarm volume is 16 level.



5. Press " " a fifth time to confirm and exit the alarm setting mode.

How the sunrise alarm works

The sunrise alarm gently wakes you up by gradually increasing the light, with its color changing from deep morning red to bright daylight over the last 5 to 60 minutes before the set alarm time, based on the sunrise duration you set.

EXAMPLE:
The light gradually brightens before the alarm time, with the default sunrise duration set to 30 minutes. When the alarm time arrives, the light reaches its preset brightness level, and the alarm sound begins.

Based on 7:00am alarm time.

SUNRISE DURATION SETTING

1. Press " " button Repeatedly to adjust sunrise duration from OFF-60 minutes.The screen displays 30-45-60-OFF-5-10-15-20 in sequence.The default sunrise duration is 30 minutes. The selected duration will be shown on the display.

2. To turn off sunrise function, press the " " button repeatedly to select "OFF". The alarm will sound only(no light).

	Alarm Time	Sunrise Duration	Sunrise Simulation
1	7:00 AM	5 Minute	Start to light up at 6:55 AM
2	7:00 AM	30 Minutes	Start to light up at 6:30 AM
3	7:00 AM	60 Minutes	Start to light up at 6:00 AM

SNOOZE/TURN OFF ALARM DAILY

1. When the alarm goes off, press " " button to snooze for a while, the alarm will go off again 9 minutes later.

2. To cancel the snooze at any time or to TURN OFF alarm for the day while it is sounding, press " " ". The alarm will go off again at the same time the next day.

3. If the alarm is not turned off or snoozed, it will automatically stop after 30 minutes.

SLEEP SOUND SETTING

1. Press " " to turn on/off sleep sound.
2. When the sleep sound is on, press " " or " " to choose the sleep sounds (01-25).
3. Press " " or " " to adjust the volume(01-32 levels adjustable).

Track List			
S01	Lullaby 1	S14	Yoga
S02	Birds Chirping	S15	Meditation
S03	Ocean Wave 1	S16	Ocean Wave 2
S04	Shush	S17	Campfire
S05	Heartbeat	S18	Rain 2
S06	Rain 1	S19	White Noise
S07	Thunderstorm	S20	Pink Noise
S08	Brook	S21	Brown Noise
S09	Cricket Chirping	S22	Blue Noise
S10	Train	S23	Fan 1
S11	Forest	S24	Fan 2
S12	Wind	S25	Fan 3
S13	Lullaby 2		

NIGHT LIGHT SETTING

1. In normal time display mode, press " " to turn on the night light.
2. Press " " repeatedly to choose among 11 different night color options. 11 colors change in the follwing sequence: sunrise, red, orange, yellow, green, indigo, blue, purple, Seven color cycle, Breathing light(Warm orange), sunset.
3. Slide the **NIGHTLIGHT DIMMER** on the right of the clock to adjust night light brightness.(HIGH:100%,LOW:10%)
4. Press and hold " " for 2 seconds(release it)to turn it off.

NOTICE:
The night light will default to the last color you choose when you reopen it.

BLUETOOTH CONNECTION SETTING

1. Press " " button to turn on/off Bluetooth. When Bluetooth is ON, the "BT" icon will flash on the display.

2. Turn on Bluetooth on your phone and connect to the device "H05". The "BT" icon will stop flashing on the display upon connecting successfully. Press and hold the " " for 2 seconds to turn off Bluetooth when it is connected.

3. When music is playing, press " " or " " to change the music. Press " " to pause the music and press again to play.

4. Press " " or " " to adjust volume with range of 01-32 level.(The default volume is 16 level).

NOTICE:
1. The Bluetooth will automatically turn off if fails to connect to the phone within 5 minutes.
2. If a call comes in, the Bluetooth will stop playing the music.
3. Place your clock and phone no more than 10 meters(33ft) away from each other.

SLEEP TIMER SETTING

Sleep timer lets you fall asleep with the sleep sound, Bluetooth, or nightlight on for a set duration, then automatically turns these features off.

1. Press the " " button repeatedly to select a timer duration: 30, 60, 90, 120, 180, 240 minutes, or OFF. The selected time will be shown on the display.

2. When the sleep timer is set, please wait for 5 seconds to exit the setup. The sleep timer indicator will be seen on the display.

3. Press the " " button repeatedly to select "OFF" or press and hold the " " button for 2 seconds to turn off sleep timer.

4. When sleep timer is on, press the " " button to see the sleep timer remained.

NOTICE:
1. When both the nightlight and the sleep sound or Bluetooth are on, the sleep timer can only be set for both features.
2. If the sleep sound, nightlight, or Bluetooth is not turned on, the sleep timer function will be disabled.

INSTRUCTIONAL VIDEO

You can get the H05 instructional video on our YouTube channel.
Link: https://www.youtube.com/@AuroraCalm_Shop

Scan to get instructional video

SPECIFICATIONS

Power Input:DC 12V/1.0A Power: AC, 100-240V (50/60Hz)
Speaker Output: 5 Watt RMS

FCC Statement

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 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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This equipment complies with the FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

TROUBLESHOOTING

Q 1. Display doesn't light up?
A - Check if the power connection is loose or not;
- Change another working outlet to try again;
- Slide the **DISPLAY DIMMER** knob to HIGH position in case the display is too dark to see.
- Get customer support for help.

Q 2. Alarm doesn't go off at the set time?
A - Check if the alarm is set to AM or PM time;
- Check if the alarm is turned on (alarm icon display on the screen)
- Get customer support for help.

Q 3. Sunrise simulation not working as expected?
A - Check if the alarm time and sunrise duration are set correctly;
- If you set the sunrise duration shorter, the sunrise light will increase in brightness more quickly.
- Get customer support for help.

Q 4. How to turn off the alarm completely?
A - In the normal time display, you can turn the alarm off completely by Pressing and hold the " " for 2s. The alarm icon will disappear when the alarm is disabled.
- Get customer support for help.

Q 5. How do I fix Bluetooth connection issues?
A - Confirm that it's not paired with other devices.
- Forget all previous Bluetooth pairings on your device.
- Unplug the device and remove the battery to reset. Set it up again after the power cycle.
- Disable and enable Bluetooth on your device.
- Try connecting the speaker to another device.
- Contact customer support for help.

WARRANTY & SUPPORT

- We offer a 45 day money-back guarantee and 18-month free replacement.
- AuroraCalm customer support is committed to providing you with best-in-class service. For assistance, please keep the model number and order ID number of this product, then contact us by sending an email to the email address below:

auroracalmshop@outlook.com

单页尺寸： 94x170 mm