APOLLO®
H E A L T H
The Body Clock Experts™

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The Body Clock Experts™

Manage Your Body Clock™

Sleep Better.

Wake Refreshed.

Have More Energy.

Improve Your Mood.™

Wake to Your Own Personal Sunrise.

duo
daybreak User Guide
sunrise sunset simulator

Read These Safety Guidelines Before Using Your Daybreak®

Observe these safety instructions to avoid potential hazards that could result in personal injuries or damage to your Daybreak.

- Never connect your Daybreak to a fluorescent, compact fluorescent, low-voltage halogen lamp, or any lamp with a transformer or ballast. Use incandescent or line-voltage halogen lamps only, up to 200W.

- Do not connect any non-lamp devices to the Daybreak. The Daybreak is engineered to work with incandescent lamps only.

- Never use damaged or worn cords or plugs—this could result in electric shock, burns, and/or fire.

- Don't place objects on top of the power cords or the Daybreak.

- When unplugging the Daybreak or a connected lamp, grasp the plug directly to avoid damaging the cord. Never pull on the power cord to remove a plug from the socket.

- Avoid spilling liquid into any part of the device. Never expose your Daybreak to water or rain. The Daybreak is approved for indoor use only.

Contents:

Thank you for purchasing the Daybreak™ Duo from Apollo Health®, the Body Clock Experts™. Your Daybreak is designed using Apollo's exclusive TrueDawn™ technology, which accurately simulates a summer sunrise just before you need to wake up. Your sleep cycle ends properly, and you awaken refreshed and ready to start the day.

Visit www.ApolloHealth.com now to:

- Register your Daybreak
- Learn more about your Daybreak and TrueDawn technology

Don't have Internet access? Be sure to fill out your warranty card located inside the box and mail it to Apollo Health.

Visit the FAQ section of this guide for tips that will help you get the most from your Daybreak.

# TrueDawn™ Technology—A Better Way to Wake Up

For eons, our bodies have adapted to sunrise and sunset to know when to wake up and when to sleep. In fact, a master body clock in the brain's hypothalamus uses these signals to regulate our sleep/wake cycles. When our sleep/wake cycles are working properly, we gradually fall asleep, and slowly wake up. However, modern lifestyles force us to alter our sleep/wake cycles and we miss these important cues. We struggle to wake up and our sleep suffers.

Your body clock regulates this complicated process by cycling through different hormones and signals that induce sleep or wakefulness. This cycle is a gradual process—which is why you can't turn sleep off or on. Alarm clocks disrupt this cycle, making it more difficult to feel awake in the morning or sleep well at night. Instead of allowing our bodies to cycle through the last stages of sleep to consciousness, our alarm clocks abruptly jar us awake, interrupting the final stages of sleep. This causes a condition known as **sleep latency** and is why you struggle to get out of bed and get going. Sleep latency can last into the day and hurts your ability to get a restful sleep at night.

Our bodies need signals like light and darkness to know when to be alert or when to go to sleep. Gradually increasing light—like sunrise—draws us out of sleep like nature intended. This scientific process, called **sunrise simulation**, allows your sleep stages to completely cycle, so you awaken refreshed—without sleep latency.
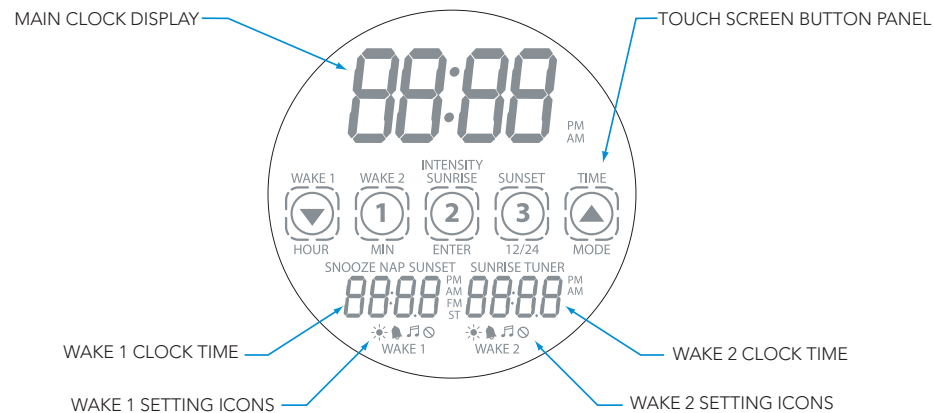
TrueDawn technology wakens you exactly as nature intended by gradually increasing light just like a summer sunrise. This signals your body to complete its sleep cycle so you awaken when you need to, feeling refreshed and ready to start the day. TrueDawn synchronizes your sleep/wake cycle—helping you wake and sleep better.

Just like sunrise, TrueDawn follows a sigmoidal light curve—the right type of increasing intensity—which signals the body clock without causing premature awakening. Other "dawn simulators" employ an inexpensive linear ramp-up, which can cause premature awakening and is ineffective at regulating the body clock. When you use your Daybreak, you'll awaken much easier than ever before with more energy to start the day.
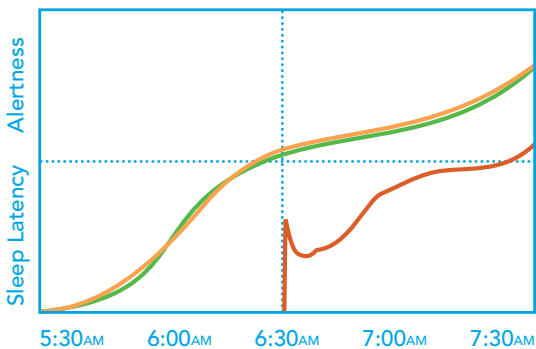
Standard alarm clock: Alarm clocks disrupt the last stages of sleep, increasing sleep latency and delaying alertness.

Natural Sunrise: Natural Sunrise increases very slowly at first, allowing a gradual awakening.

TrueDawn™ Sunrise Clock: The Daybreak's TrueDawn™ technology matches sunrise, allowing your sleep cycle to finish. You awaken gradually without sleep latency.

Alertness

Sleep Latency

5:30AM   6:00AM   6:30AM   7:00AM   7:30AM

Display Layout

MAIN CLOCK DISPLAY

TOUCH SCREEN BUTTON PANEL

WAKE 1 CLOCK TIME

WAKE 2 CLOCK TIME

WAKE 1 SETTING ICONS

WAKE 2 SETTING ICONS

Button Layout

Top view

1 LAMP : Manual lamp brightness control

2 DISPLAY : Sets display brightness

3 SNOOZE/NAP : Delays alarm/sunrise for 9 minutes or begins a nap

4 AM/FM : Switches radio band

5 RADIO : Turns radio on or off
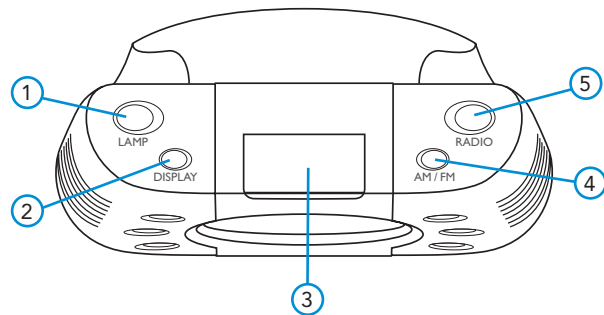
Front view

6 SUNSET : Begins a sunset simulation at bedtime

7 SET : Sets clock, wake times, and sunrise/sunset durations

8 WAKE 1 : Sets wake mode for Wake 1 time

9 VOLUME + : Increases radio volume

10 VOLUME − : Decreases radio volume

11 WAKE 2 : Sets wake mode for Wake 2 time
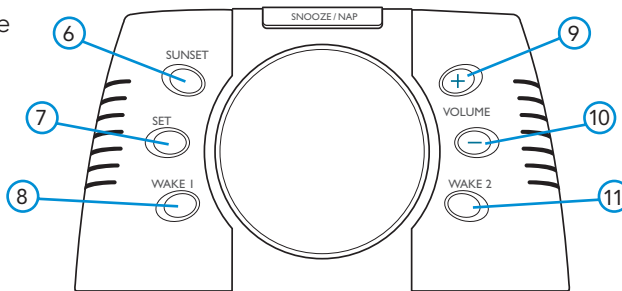
Setting Up Your Daybreak

Your Daybreak package includes these items:

• Daybreak Duo device • AC power cord • 9V battery • User guide • Warranty card

Installing the Backup Battery

A 9V battery provides power to enable your Daybreak to retain its settings and continue to keep time during power outages or if the device needs to be unplugged and moved to another location. However, your Daybreak's features—including the display—will not operate on battery power only. A fresh battery will provide backup power for at least 24 hours. To install the supplied 9V battery into the Daybreak:

1 Using a screwdriver, loosen the screw on the rear battery compartment cover.

2 Remove the cover and retrieve the battery connector from the compartment.

3 Firmly connect the supplied 9V battery. The battery should snap into the connector. Place the battery into the compartment, connector side first.

4 Replace the cover and tighten the screw. Do not over-tighten. If you find that the cover does not fit properly, check that the battery is firmly snapped into the connector.

NOTE: To ensure proper operation, you should replace the 9V backup battery every three years, or after a power outage of more than 24 hours.
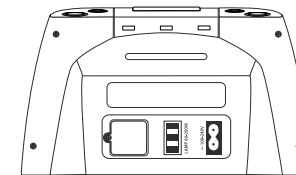
Choosing a Lamp

Your Daybreak is designed to control a connected lamp to provide a precise sunrise simulation, waking you up naturally. For proper operation of your Daybreak, you need to supply a compatible lamp.

- Use an incandescent or line-voltage halogen lamp only, up to 200W.

- DO NOT connect fluorescent lamps, compact fluorescent bulbs, low-voltage halogen lamps, or any lamp with a transformer or ballast. Doing so will void your Daybreak warranty and may damage your Daybreak and the lamp.

- Touch-activated lamps are not compatible with the Daybreak and will not operate properly when connected.

- 3-way lamps can be connected to the Daybreak, but you should verify that the lamp remains switched on to the highest intensity setting to ensure proper operation with the Daybreak.

Choosing a Light Bulb for Your Lamp

- For best results, use a 100W incandescent bulb in a lamp that will light up the entire room. If you find that you awaken too early, you can try a lower wattage bulb.

- Special blue-enhanced light bulbs are ideal for sunrise simulation. These bulbs have neodymium added to the glass to enhance the color. They are more expensive, but generally last longer than standard incandescent bulbs. However, if you don't have a neodymium bulb, a standard one will work fine.

Positioning Your Daybreak and Connecting Your Lamp

NOTE: Your lamp must plug directly into the Daybreak. Do not plug extension cords or power strips into the Daybreak lamp socket.

1. Place your Daybreak indoors on a flat, sturdy surface away from water.

2. For best results, position your Daybreak so that you can reach the buttons and see the display at eye level while lying down in bed.

3. Connect the AC power cord to the Daybreak and then plug the cord into a wall power outlet.

4. Plug your lamp into the socket on the back of the Daybreak.

5. Switch on your lamp. Then, press the LAMP button on the Daybreak to confirm that your lamp is switched on properly. By pressing LAMP repeatedly, you should be able to cycle through three intensity settings and the off position. If your lamp does not turn on, disconnect the lamp from the Daybreak and plug it in directly to a power outlet to determine if it is functioning properly.
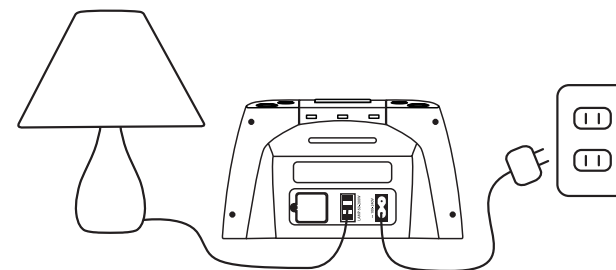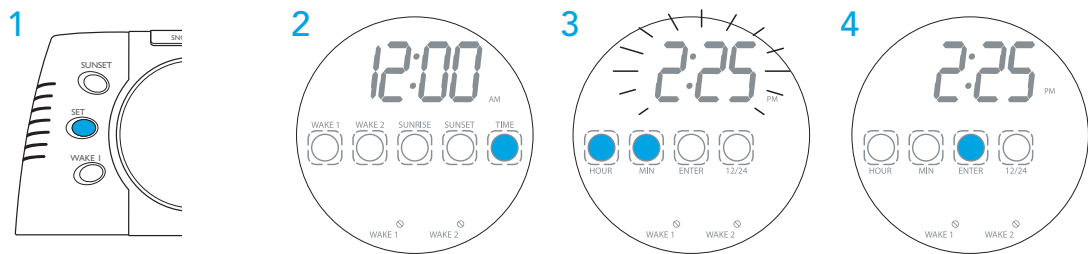
Using your Daybreak

Setting the Clock

1 Press SET.

2 Press the TIME touch screen button. The current clock time will flash.

3 Press the HOUR and/or MIN touch screen buttons to adjust the clock time.

   Optionally, press the 12/24 touch screen button to switch the clock between 12- and 24-hour time display.

4 When finished, press the ENTER touch screen button or wait 10 seconds. A double beep will confirm the set clock time.

Setting the Wake Times

The Daybreak Duo allows you to set two distinct wake times. This flexibility means that you and your sleep partner can each set separate wake times, or you can use one wake time for weekdays and another for the weekend.
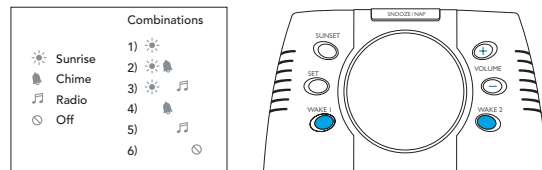
1 Press SET.

2 Press the WAKE 1 or WAKE 2 touch screen button. The current wake time will flash.

3 Press the HOUR and/or MIN touch screen buttons to adjust the wake time.

4 Press the ENTER touch screen button when finished or wait 10 seconds. A double beep will confirm the set wake time.
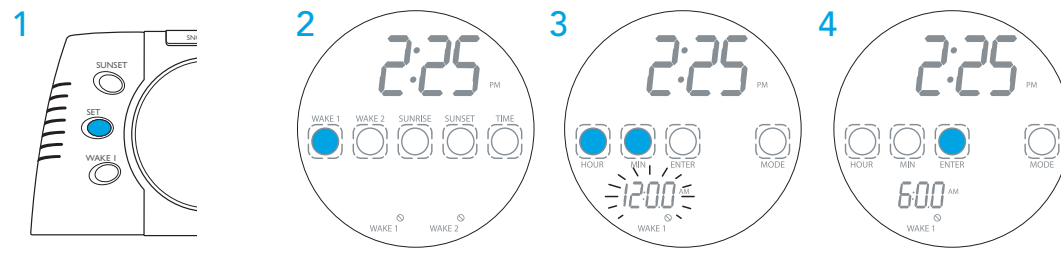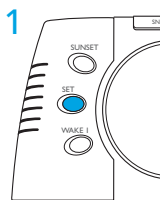
Setting the Wake Mode

The Daybreak Duo has six wake modes available for each wake time, shown in the diagram to the right.

- Press the WAKE 1 or WAKE 2 button to select the desired wake mode for that wake time.

OR

1 Press SET.

2 Press the WAKE 1 or WAKE 2 touch screen button. The current wake time will flash.

3 Press the MODE touch screen button to select the desired wake mode.

NOTE: If the Wake 1 and Wake 2 modes are both set to perform a sunrise simulation, and the sunrise times overlap, then only the first wake time's sunrise simulation will occur. For example, suppose the sunrise duration is 30 minutes, Wake 1 is set for 7:00 a.m. with sunrise, and Wake 2 is set for 7:20 a.m. with sunrise and radio. In this example, only the Wake 1 time's sunrise simulation will start (at 6:30 a.m.). Since the Wake 2 mode also includes the radio, the Daybreak will still turn on the radio at 7:20 a.m.
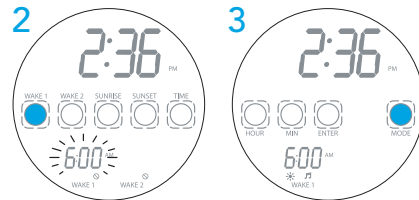
Setting the Sunrise or Sunset Duration Time

The Daybreak is set from the factory to provide a 30 minute sunrise and sunset. The sunrise and sunset duration times can each be changed in 15 minute increments ranging from 15 to 120 minutes.
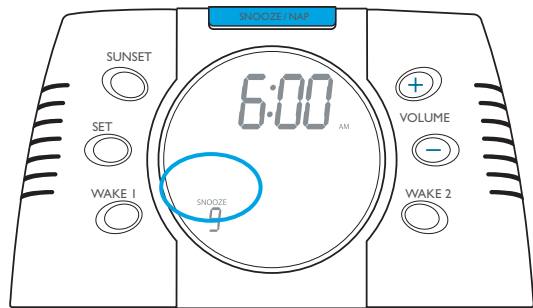
1 Press SET.

2 Press the SUNRISE or SUNSET touch screen button. The current duration time in minutes will flash.

3 Press the ▼ or ▲ touch screen button to adjust the duration.

4 Press the ENTER touch screen button when finished or wait 10 seconds. A double beep will confirm the set duration time.
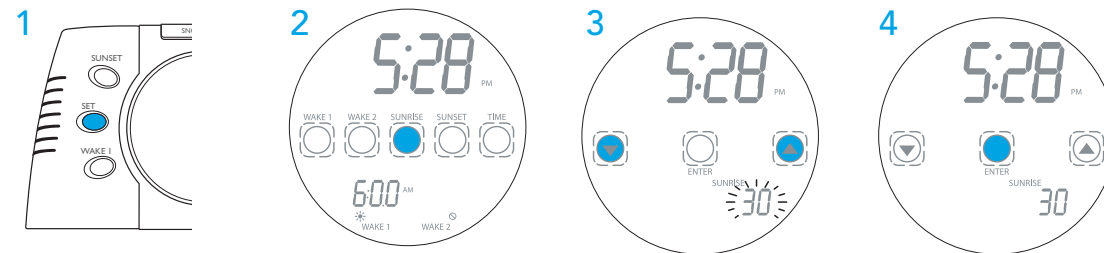
Snoozing or Silencing the Backup Alarm

- During your sunrise or when the Daybreak reaches your wake time, press the SNOOZE/NAP button to reset the sunrise and silence the radio or alarm for 9 minutes. Repeat as desired. The word SNOOZE will appear on the display and the number of minutes remaining will count down. At any time during the 9-minute snooze, pressing the SNOOZE/NAP button will reset the snooze to 9 minutes.

- If the Wake mode includes a sunrise simulation, the lamp will turn off at the beginning of the snooze and gradually increase to full intensity over the 9-minute snooze period.

- To turn off the backup alarm sound without snoozing, press any button *except* SNOOZE/NAP.

Sunset Simulation

When you are ready to go to bed, use the Daybreak's sunset simulation and allow the gradually diminishing light to lull you to sleep.

1 Press SUNSET. The lamp will turn on at full intensity and the sunset simulation will automatically begin to count down.

2 If you find that you are more sleepy than usual, you may press the ▼ touch screen button to manually advance the sunset. Each time you press the button, the sunset will advance by one minute.

3 If you want to end the simulation early and turn off your lamp completely, press LAMP.
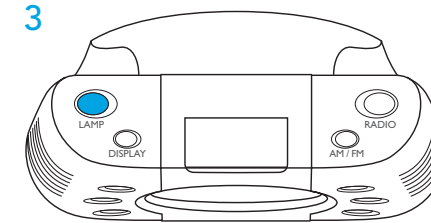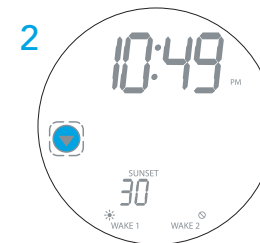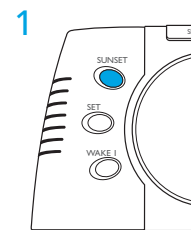
Activating a Demonstration Simulation

1 Press and hold SUNSET for 3 seconds. The unit will begin the demonstration with a one minute sunrise simulation and then continue with a one minute sunset. The demonstration will repeat until stopped.

2 Press LAMP to end the demonstration.
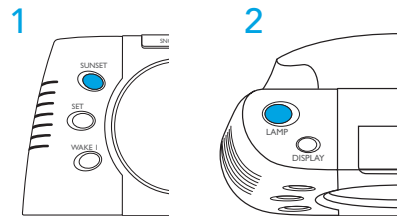
Manual Lamp Operation

You can use the Daybreak to turn your lamp on and off for reading or other illumination needs. Your lamp's ON/OFF switch must always remain in the ON position.

1 Press the LAMP button to cycle through four lamp intensity settings: Dim, Medium, Bright, and Off. While the lamp is on, the word INTENSITY will appear on the display.

2 Press the ▼ or ▲ touch screen buttons to fine tune your desired lamp intensity.

3 After 10 seconds without pressing any buttons, pressing the LAMP button once will turn off the lamp.
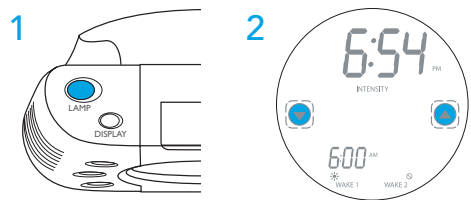
Napping

The Nap feature allows you to quickly set an alarm at any time of day, from 10 minutes up to a full hour.

1 Press SNOOZE/NAP. The word NAP will appear on the display. The last nap duration flashes.

2 Press the ▼ or ▲ touch screen buttons to adjust the nap duration.

3 Press ENTER or wait 10 seconds for the nap timer to begin. The display shows the number of minutes remaining.

4 When the nap timer has finished, the backup alarm will sound. To turn off the alarm, press the SNOOZE/NAP button.
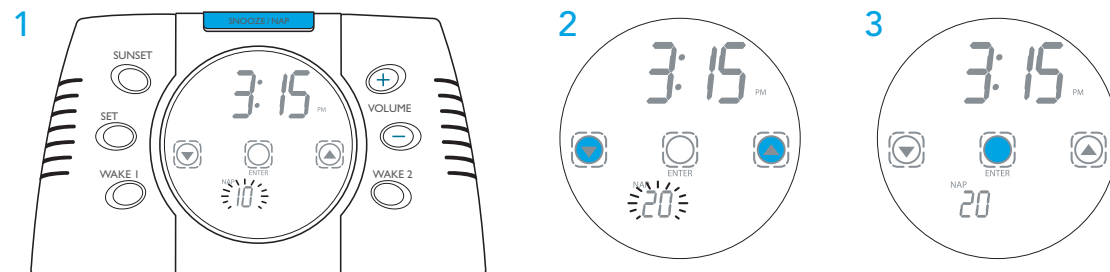
Turning the Radio ON/OFF

1 Press RADIO. The radio touch screen controls appear
   and the radio sets to the last station that was tuned.

2 Press AM/FM to change the radio band.

3 Press the + or – button to adjust the radio speaker volume.

4 To turn off the radio, press RADIO.
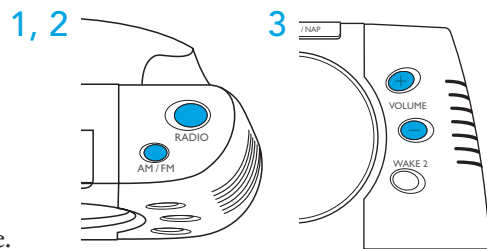
Manual Radio Station Tuning

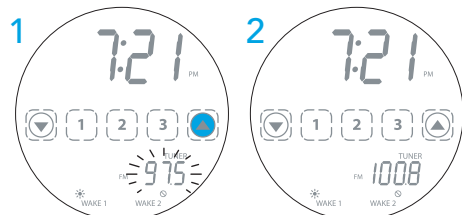Press the ▼ or ▲ touch screen buttons to select the desired
station frequency.

Automatic Radio Station Tuning

1 Press and hold the ▼ or ▲ touch screen button until
   you hear a single beep.

2 Release the button. The radio will scan in the desired
   direction until it locates a strong station signal.

Using Radio Station Presets

You can store up to three preset stations for each band.

1 Tune the radio to the desired band and station frequency.

2 To save the station, press and hold the desired preset number touch screen button until a double
   beep confirms your setting.

3 To select a previously saved preset, press the desired preset number touch screen button.

Adjusting the Display Brightness

The Daybreak display has two intensity levels. Eight hours before your first wake time, the Daybreak
will automatically change to the dim setting to ensure that your sleep is not disturbed by the display
brightness. Once your Daybreak reaches the wake time, the display will automatically change back to the
brighter setting.

• To manually change the intensity level, press DISPLAY.

Changing Faceplates

Your Daybreak has a removable faceplate that surrounds the display and SNOOZE/NAP button. To allow you to customize the look of your Daybreak to match your tastes and decor, additional faceplates in a variety of colors and finishes are available from Apollo Health. Visit www. ApolloHealth.com for more information.

- To remove your faceplate, lift and pull the bottom section of the faceplate out and away from the front of the Daybreak. Then, lift the faceplate up until it is removed completely.

- To replace the faceplate, put the top end in place first, then grasp the bottom of the faceplate and pull down until it locks in place.

Frequently Asked Questions

How do I know the right sunrise duration for me?

Your Daybreak is factory-set for a 30 minute sunrise, but you can change the duration in 15-minute increments from 15 to 120 minutes. Your correct sunrise duration depends on your lamp brightness and the latitude at which you live. It may take some trial and error to find your ideal setting. Here is some information to help:

- Ideally, you want to awaken about 5 to 15 minutes before you have to get out of bed. You should linger in bed for a while, as if you were on vacation or enjoying a weekend. This step is important in helping your body transition from sleep to wake time, and one of the reasons why it is so disturbing to wake up to a blaring alarm that forces you to jump out of bed.

- The closer you are to the poles, the more your body will be accustomed to a longer sunrise. For example, at the equator a natural sunrise occurs in about fifteen minutes, but an Alaskan/Canadian sunrise can last up to two hours. Try to match what your body is already accustomed to.

- A longer sunrise is generally more effective at resetting your circadian rhythm and starting your wake cycles.

- If you find yourself awakening too early, use a lamp that is less bright, shorten your sunrise duration, and/or set your wake time a few minutes later to compensate.

What should I do if the light doesn't wake me up?

When you first start using the Daybreak, consider using the backup alarm or radio as part of your wake mode settings. Be sure you are using a lamp that provides sufficient brightness to light up your entire room. Also, many people find that increasing the duration of the sunrise helps them wake up at the right time.

What type of lamp should I use?

You should use a lamp that provides enough brightness and diffusion to light up your whole room. Reading lamps or other focused lamps tend to light up one spot only, and you may be facing away from that spot at the time when your body needs to start waking up.

What bulb wattage is best?

Your room layout and lamp shade can affect the amount of light that reaches you while in bed, but on average, a 100W bulb will provide the best results with dawn simulation.

Should I use a special type of incandescent bulb with my Daybreak?

You can buy blue-enhanced light bulbs that have neodymium added to the glass. These bulbs can be quite expensive, but are generally higher quality (longer-lasting) and do a better job of color rendering. The color difference between a standard bulb and a blue-enhanced bulb may have an effect on your results, but studies have not been done to prove this. Most dawn simulation studies that have been done with household lamps used 100W standard bulbs. You should consider using a neodymium bulb with your Daybreak.

Why can't I use fluorescent lamps with the Daybreak?

Most fluorescent lamps are not dimmable because of limitations in the electronic circuitry that powers them. While some specialized fluorescent lamps are dimmable, they cannot be used simulate a sunrise accurately because their lowest intensity is about 20% of full power. An effective sunrise simulation starts from nearly imperceptible levels of light and then slowly ramps up. This scenario is impossible with current fluorescent technology.

Service and Repair

Your Daybreak needs no regular service except for an occasional dusting or cleaning of the outside of the enclosure. Dust with a soft, non-abrasive cloth. A damp cloth—wet with water or a mild window cleaner—may be used to wipe surfaces. Be sure to unplug the Daybreak before cleaning. Do not spray directly with any fluids or immerse in water.

Please refer to your warranty card for specific information about warranty duration, coverage, and limits of liability.

If you have a question about the operation of your Daybreak, please visit www.ApolloHealth.com for troubleshooting help and answers to frequently asked questions.

To contact our customer service department, please email customerservice@apollohealth.com, or call toll-free 800-545-9667.