

# Lighten Up Model 308 (US version)

## INSTRUCTIONS FOR USE:

- 1) Plug your lamp into your *Lighten Up!*
- 2) Make sure the lamp is turned on; otherwise it will not light up in the morning.
- 3) You may use up to a 300-watt light bulb in your lamp; however, we recommend a 60 watt bulb to better simulate an actual morning sunrise.
- 4) **Use only incandescent light bulbs with *Lighten Up!***  
**A fluorescent, CLF, LED, or tensor light will not operate properly and may damage the unit.**  
 Do not plug *Lighten Up!* into an outlet with an ON /OFF switch.
- 5) To begin setup, press and hold (2 seconds) the left button (Button 1 in picture below) until the display flashes.

	Buttons	Function
	Button 1 (left)	For Entering set up or changing mode
	Button 2 (center +)	For Adding time or moving forward
	Button 3 (right -)	For Reducing time or moving backward
<p><b>Remarks:</b>          The settings change 1 at a time (6,7,8, not 6:15, 6:30, 6:45)          Clock time is the default display.          Input Power: 110V, 60HZ          Maximum output: 300 watt,(incandescent lamp only)          Button backup battery (3.6V with 2 year life)</p>		

The LCD display shows the AM/PM indicator, the day of the week (Mo, Tu, We, Th, Fr, Sa, Su), and the time in HH:MM:SS format. The Mode field is indicated by a light bulb icon.

Default Values at initial start up.	Clock - Adjust to local time.	12:00:00	To enter Set Up and adjust Mode settings: 1: Press and hold "Button 1" for 2 seconds to begin Setup. 2: Press "Button 2" or "Button 3" to adjust. 3: After making changes, press "Button 1" for next option.
	Start Time of brightening cycle (Sunrise)	Mo 6:00:07	
	Length of brightening cycle. Add time for higher watt bulbs.	4 30	

1	24	→	Mode 1: Set "12/24" clock style
2	Mo 12:00	→	Mode 2: Set "Clock"
3	Mo 6:00	→	Mode 3: Set "Start Time for brightening cycle"
4	30	→	Mode 4: Set "Length of brightening cycle" (30-60 minutes)
5	1:00	→	Mode 5: Set "Additional on Time after sunrise" (1-24 hours)