

# Rise & Shine<sup>®</sup>

Natural Wake-Up Light

**VA05F**



**verilux**<sup>®</sup>  
The Healthy Lighting Company<sup>®</sup> Est. 1956

Dear Customer,

Thank you for purchasing the Verilux Rise & Shine<sup>®</sup> Natural Wake-Up Light. You have received an innovative and quality manufactured product, backed by a one-year limited warranty.

Many other healthy lighting products are available through our catalog and online. To request a free copy of our catalog, call our toll-free number 1-800-786-6850. You may also visit us on the web at [www.verilux.com](http://www.verilux.com) to learn more about all our quality Verilux products.

As a Verilux customer, your satisfaction means everything to us. We look forward to serving you now and in the future.

Have a bright day!

*Nicholas Harmon*

Nicholas Harmon  
President, Verilux, Inc.



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# Important Safety Instructions

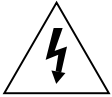


## CAUTION:

THIS DEVICE MUST BE CONNECTED TO A MAINS SOCKET OUTLET WITH A PROTECTIVE EARTHING CONNECTION.

TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT REMOVE ANY COMPONENTS. THERE ARE NO SERVICEABLE PARTS INSIDE.

TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT EXPOSE THIS UNIT TO RAIN OR MOISTURE.



The lightning flash with arrowhead symbol, within an equilateral triangle, is intended to alert the user to the presence of uninsulated dangerous voltage within the system enclosure that may be of sufficient magnitude to constitute a risk of electric shock.



The exclamation point within an equilateral triangle, as marked on the system, is intended to alert the user to the presence of important operating and maintenance instructions in this installation guide.

**WARNING:** TO REDUCE THE RISK OF FIRE, ELECTRIC SHOCK OR PERSONAL INJURY:

- Read these instructions before using this lamp.
- Keep these instructions for future reference.
- Heed all warnings.
- Follow all instructions.
- Do not use this appliance near water.
- Refer all servicing to qualified service personnel.
- Servicing is required when the apparatus has been damaged in any way, such as power-supply cord or plug is damaged, liquid has been spilled or objects have fallen into the apparatus, the apparatus has been exposed to rain or moisture, does not operate normally, or has been dropped.
- The mains plug is used as the disconnecting device, which shall remain readily operable.
- Turn off/unplug and allow to cool before replacing bulb, cleaning or other maintenance.
- Light bulbs get HOT quickly! Do not touch the bulb while the lamp is on.
- Do not look directly at the lighted bulb.
- Do not operate the lamp in close proximity to flammable or combustible vapors, such as aerosol (spray) products or where oxygen is being administered.
- Use only the type of bulb and maximum wattage indicated by the manufacturer.

## Important Safety Instructions — continued



- Never cover the bulb when it is in operation.
- Do not use this lamp in damp/humid or wet locations.
- For indoor use only.
- Clean only with dry cloth. Do not use any chemical solvents or detergents.
- Do not block any ventilation openings. Install in accordance with the manufacturer's instructions.
- Do not place near any heat sources such as radiators, heat registers, stoves or other apparatus (including amplifiers) that produce heat.
- Do not defeat the safety purpose of the polarized or grounding-type plug. A polarized plug has two blades with one wider than the other. A grounding plug has two blades and a third grounding prong. The wider blade or third prong is provided for your safety. If the provided plug does not fit in your outlet, consult an electrician for replacement of the obsolete outlet.
- Protect the power cord from being walked on or pinched, particularly at plugs, convenience receptacles and the point where they exit from the lamp.
- Only use attachments/accessories specified by the manufacturer.
- Unplug this lamp during lightning storms or when unused for long periods.
- Only use a bulb rated 120 VAC, 60 Watts.
- If the lamp has been damaged in any way, such as the power cord or plug is damaged, liquid has been spilled or objects have fallen into the lamp, the lamp has been exposed to rain or moisture, does not operate normally, or has been dropped, it should not be operated.
- Modifications not authorized by the manufacturer will void the warranty and may result in personal injury.

### SAVE THESE INSTRUCTIONS

## General Precautions

- Avoid placing this lamp in areas that are exposed to direct sunlight or close to heat-radiating products, such as heaters. Do not place the lamp on the top of appliances that radiate heat.
- Avoid placing the lamp in areas that are dusty, humid/moist, lack ventilation or are subject to constant vibration.
- Not for use with light dimmers, timers, motion detectors or extension cords.
- Do not use any lubricating agent in the bulb assembly.
- Close supervision is necessary when this appliance is used by or near children or disabled persons.

## General Precautions — continued



**WARNING:** This lamp is supplied with a shade designed specifically for use with this product. Use of any other shade other than the one supplied by the manufacturer may pose a SAFETY HAZARD.



**CAUTION:** If outer glass of the bulb breaks, avoid touching any metal components due to potential shock. The bulb may continue to light, however, immediately discontinue use, turn power off and remove the bulb. Let bulb cool before removal to avoid potential burn.

## FCC Compliance

**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.

## Features

The Verilux® Rise & Shine® Natural Wake-Up Light aligns the body's circadian rhythms that regulate normal sleeping and waking patterns. Synchronized sleep and wake programs provide the body with cues to fall asleep naturally, sleep soundly and wake refreshed and revitalized. The harmonious blend of light and sound therapy naturally directs the body to energized waking and healthy sleep patterns.

## Features — continued

- Light and sound gradually increase to wake you gently, feeling refreshed and re-energized
- Wake to your choice of four natural soundscapes or your favorite FM radio station
- Select from 20 levels of light intensity
- Sleep mode feature gradually dims the light over a 5, 15, 30 or 60 minute period of time
- Dual alarms with snooze feature

## Set-up Instructions

### Unpacking

Please check the shipping carton for the following items:

- Verilux Rise & Shine® Natural Wake-Up Light
- External FM Antenna
- Instruction Manual
- A19 120V 60W E26 Clear Bulb (located inside lamp shade)

**Note:** With the unit not plugged into a power outlet, open the lamp shade by depressing the button on rear of lamp and gently lifting the shade off the base. Install bulb by screwing securely into socket. Replace the shade by aligning it with the base and pressing down until the shade clicks into place.






### Selecting a Location

- Place your Rise & Shine on a table or other flat surface near your bedside.
- For best performance, place your Rise & Shine within two feet of a wall and avoid placing directly in a corner.

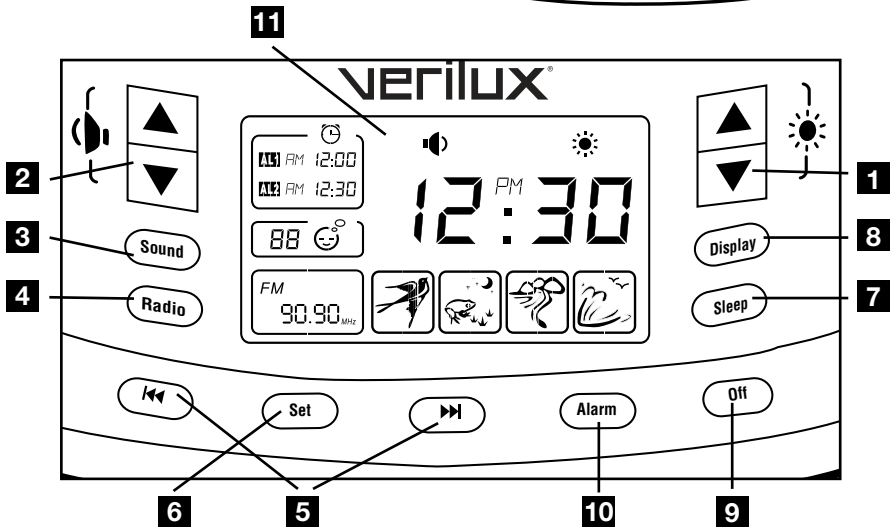
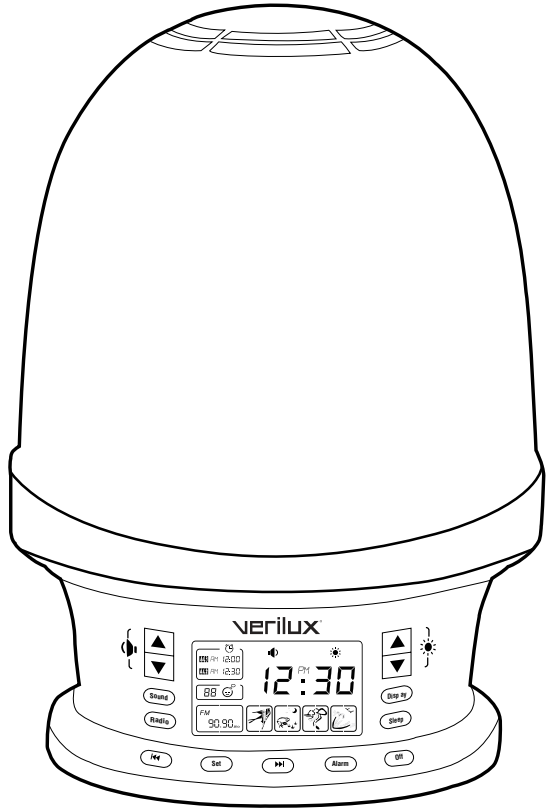
**Note:** Avoid placing your Rise & Shine on a metal surface, which could interfere with FM reception.

**Note:** Avoid placing this lamp in areas that are exposed to direct sunlight or close to heat-radiating products, such as heaters. Do not place the lamp on the top of appliances that radiate heat.

# Display and Controls

1. Light Brightness Buttons
2. Volume Buttons
3.  Button
4.  Button
5. Back  and Forward  Buttons
6.  Button
7.  Button
8.  Button (Off / Normal / Bright)
9.  Button
10.  Button
11. LCD Display


**Note:** External antenna jack and button to release shade are located on the rear panel of the Rise & Shine®.



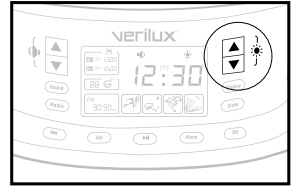


# Display and Controls — continued


## 1. Light Brightness Buttons

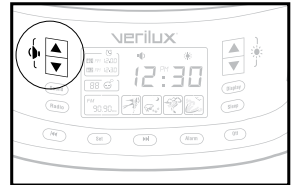
The Up and Down light brightness buttons  are used to set the highest final brightness of the Wake Cycle or the initial (highest) brightness of the Sleep Cycle. The brightness can be set to any one of 20 levels.

The brightness buttons are also used to adjust the brightness when you use the Rise & Shine® as a lamp.







## 2. Volume Buttons

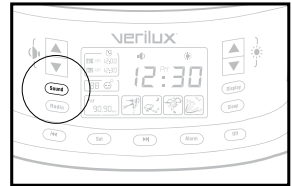
The Up and Down volume buttons  are used to set the highest final volume of the Wake Cycle or the initial volume of the Sleep Cycle. The volume can be set to any one of 20 levels.



## 3. Sound Button

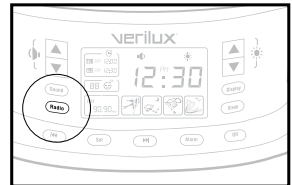
When used with other Alarm settings, the Sound button  lets you choose one of four natural soundscapes by pressing the button repeatedly to select a particular sound. If pressed when not setting an alarm, the Sound button begins playing the last selected sound. You can select a particular sound by pressing the Back  and Forward  buttons.

Pressing the Sound button again, or pressing the Off button  turns off the soundscape.





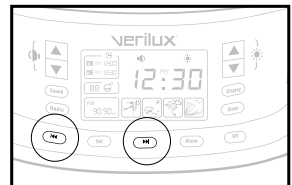
## 4. Radio Button

The Radio button  turns the FM radio on or off.



## 5. The Back and Forward Buttons

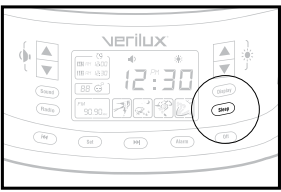
The Back  button and the Forward  button are used to set the time of day, the alarm time or to advance between options.



# Display and Controls — continued

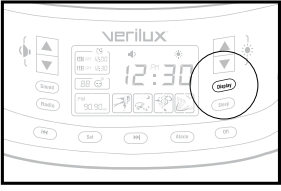
## 6. Sleep Button

Pushing the Sleep button **(Sleep)** begins a Sleep Cycle with a default time of 5 minutes. Pressing the Sleep button repeatedly allows you to select a Sleep Cycle length of 0 (off), 5, 15, 30 or 60 minutes. The Sleep Cycle you've chosen begins about two seconds after your final button press.



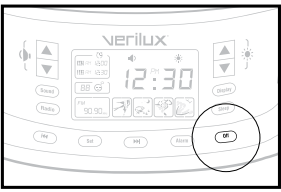
## 7. Display Button (Off / Normal / Bright)

The Display button **(Display)** controls the brightness of the Rise & Shine® LCD display backlight. Press repeatedly to choose between Off, Normal and Bright. If the backlight is off, pressing any other button will momentarily set the backlight to normal.



## 8. Off Button

The Off button **(Off)** turns the FM radio, natural soundscapes and the light off. The Off button can also be used to stop a Sleep or Wake Cycle.



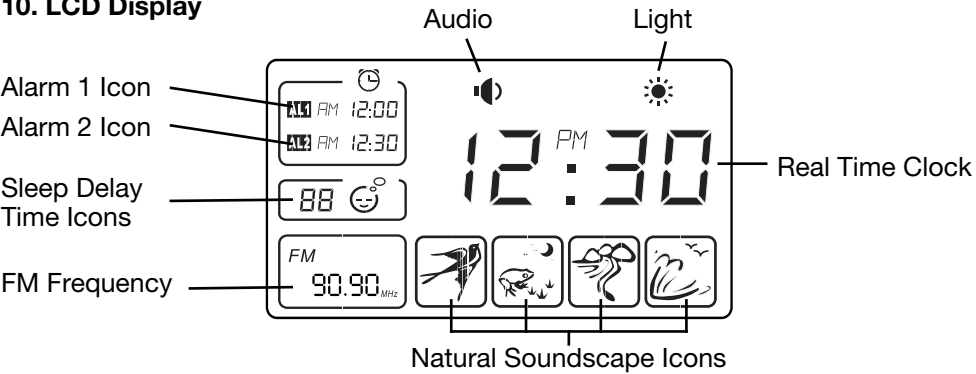
## 9. Alarm Button

Pressing the Alarm button **(Alarm)** cycles the display between:

- Alarm 1 Displayed (AL1)
- Alarm 2 Displayed (AL2)
- Alarm 1 and Alarm 2 Displayed (AL1 and AL2)



## 10. LCD Display



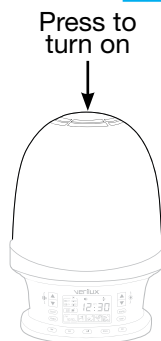
## Turning On the Lamp

To turn on the lamp:

- Press the top of the Rise & Shine® lamp shade on the “Light/Snooze” label.

You may now adjust the brightness using the up and down brightness buttons located to the right of the display.

**Note:** Any change you make to the lamp’s brightness becomes the new “default” brightness.



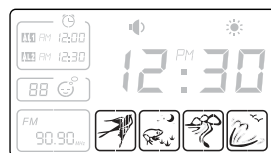
## Turning Off the Lamp

To turn off the lamp:

- Press the top of the Rise & Shine lamp shade on the “Light/Snooze” label.

## Playing a Natural Soundscape

Press the **Sound** button to play one of four nature sounds. Press the Back **⏮** or the Forward **⏭** button repeatedly to cycle between the four available sounds. If the **Sound** button is pressed when not setting an alarm, the button begins to play the last selected sound. Pressing the **Sound** button again or pressing the **Off** button turns off the nature sound.



## Setting the Clock

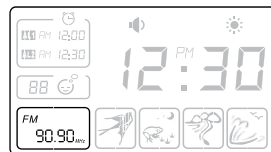
1. Press and hold the **Set** button for 3 seconds to enter the clock setting mode. The clock digits will blink.
2. Press and hold the Back **⏮** button or the Forward **⏭** button to adjust the time. After your last button press, the display will continue to blink for a few seconds, then display the newly set time.



## Listening to the Radio

To listen to the FM radio:

1. Press the **Radio** button to turn on the radio.
2. Use the Back **⏮** button or the Forward **⏭** button to select a frequency. If you press and hold the Back **⏮** button or the Forward **⏭** button, the radio will stop on the next strongest frequency.
3. Use the Up and Down volume buttons to adjust the volume.
4. To turn the radio off, press the **Radio** button or press the **Off** button.



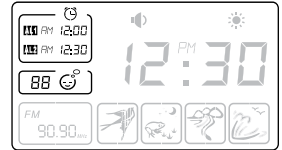
To improve FM reception, you may wish to use the included external FM antenna.



## Connecting the External FM Antenna:

1. Plug the 3.5 mm (1/8") plug of the FM antenna into the EXTERNAL ANTENNA jack on the rear panel.
2. Straighten the antenna and position to establish optimum reception.

## Setting the Alarm








**Note:** It is helpful to read through the entire section on setting the alarm before you begin.



1. Press and hold the **Set** button for 3 seconds to enter the clock setting mode. Press **Set** again to enter the alarm setting mode.
  - The alarm icons and sleep icon will flash on the left of the display. They are, from top down: AL1 (Alarm 1), AL2 (Alarm 2) and Sleep . You may set two alarms, each with a specific alarm time. You may also choose a brightness level for the start of the sleep cycle.
2. Select AL1 or AL2 or  by pressing the Back **⏪** button or the Forward **⏩** button repeatedly. Press the **Set** button to confirm the desired selection. The chosen icon will flash.
3. If AL1 or AL2 is chosen, press the Back **⏪** button or the Forward **⏩** button repeatedly to adjust the alarm's time. Press **Set** to confirm.
4. Press the Back **⏪** button or the Forward **⏩** button to select between FM radio mode or natural soundscape mode and press the **Set** button to confirm.
  - When the FM radio mode is selected, press the Back **⏪** button or the Forward **⏩** button repeatedly to search for the desired radio station. Then press "set" to the selected radio station.
  - When the natural soundscape mode is selected, press the Back **⏪** button or the Forward **⏩** button repeatedly to select bird, frog, river or wave. Then press **Set** to confirm the desired soundscape.
5. The Audio icon will flash and the FM Radio or selected natural soundscape will play. Press the Back **⏪** button or the Forward **⏩** button repeatedly to adjust the alarm volume from 0 to 20. Press **Set** to confirm.
6. The light brightness icon will flash and the light will turn on. Press the Back **⏪** button or the Forward **⏩** button on the right side repeatedly to adjust the light brightness and press **Set** to confirm and exit.

## Setting Sleep Cycle Brightness

1. Press and hold the **Set** button for 3 seconds to enter the clock setting mode. Press **Set** again to enter the alarm setting mode.

2. Select  by pressing the Back  button or the Forward  button repeatedly. Press the  button to confirm the desired selection. The chosen icon will flash.
3. When the Sleep icon is chosen, the lamp brightness will increase to the last level set. Use the Back  button or the Forward  button to set a new final brightness level for the Sleep Cycle.
  - Press the  button to confirm.

## Displaying Alarm Settings

Press the  button repeatedly to cycle between displaying:

- AL1 – Alarm 1 Setting
- AL2 – Alarm 2 Setting
- Both Alarms

## Snooze

When the alarm sounds, you may press down on the top of the Rise & Shine<sup>®</sup> – as you would a button – to Snooze.





## Sunrise Simulator

Beginning 15 minutes before the alarm set time, the light will gradually increase in intensity to simulate sunrise. There are 20 possible light levels. The final brightness level, which may be any level between 1 and 20, is set as described on page 12 under Setting the Alarm and Sleep Cycle Brightness.


## Starting a Sleep Cycle

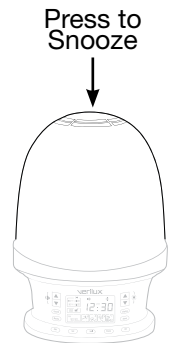
A sleep cycle simulates diminishing sunset lighting by beginning with the lamp on maximum brightness, or the highest brightness you previously set, with the light progressively dimming for the duration of the cycle until the lamp is off at the end of the cycle.

You may start a sleep cycle whenever you wish:

- Press the  button to begin a sleep cycle.
- The minutes remaining in the sleep cycle are shown on the display.
- Press the  button repeatedly to choose 0, 5, 15, 30 or 60 minutes.
- To manually end the Sleep cycle, press the  Button, or press the  button repeatedly until you reach “00”. You will need to manually turn the lamp and/or radio on, if you wish to do so.

## Display Dimmer

To adjust the LCD display brightness to Off, Normal or Bright setting, press the  button repeatedly for the desired brightness.

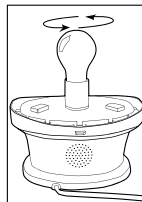
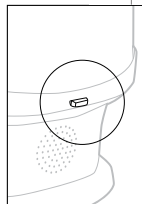


## Replacing the Bulb

Your Rise & Shine® uses a standard 60 Watt incandescent bulb. To replace the bulb:






1. Make sure the lamp is unplugged and enough time has passed to allow the bulb to cool.
2. Press the release button at the rear of the lamp shade and gently pull the shade up to remove.
3. Unscrew the bulb and replace with a standard 60 Watt incandescent bulb.
4. Align the shade and press down until the rear of the shade clicks into place.

**Note:** Do not use a bulb rated higher than 60 watts.



## Troubleshooting

### Resetting the Rise & Shine

Problem	
The device is not working correctly.	Unplug from power, wait 30 seconds, then plug in again.
No light.	<ul style="list-style-type: none"> <li>• Press the  buttons.</li> <li>• Replace the bulb if needed.</li> </ul>
	<ul style="list-style-type: none"> <li>• Verify that the lamp icon is shown on the display. If it is not shown, press down on the lamp shade to turn on the lamp.</li> </ul>
	<ul style="list-style-type: none"> <li>• If the Radio icon  is not shown on the display, press .</li> <li>• Increase volume.</li> <li>• Attach the external antenna and vary the antenna location for best reception.</li> </ul>
No radio or no sound.	<ul style="list-style-type: none"> <li>• If the Radio icon  is not shown on the display, press .</li> <li>• Increase volume.</li> <li>• Attach the external antenna and vary the antenna location for best reception.</li> </ul>
	<ul style="list-style-type: none"> <li>• Verify the correct AM/PM setting.</li> <li>• Verify that the alarm is activated (an alarm is activated if both the alarm, AL1 or AL2, and the time are shown).</li> </ul>
Alarm doesn't function.	<ul style="list-style-type: none"> <li>• Verify the correct AM/PM setting.</li> <li>• Verify that the alarm is activated (an alarm is activated if both the alarm, AL1 or AL2, and the time are shown).</li> </ul>



### Cleaning

Disconnect the Rise & Shine® from the power outlet. Use only a dry, soft cloth to clean. Do not use any chemical solvents or detergents.

## Technical Specifications

### Rise & Shine Natural Wake-Up Light

Overall Dimensions

Weight 2.4 lbs

Dimensions 8.75" x 10.25" x 6.75"

### LCD Display

Dimensions 2.75" x 1.75"

### Environment

Operating Temperature: 15°C to 35°C; 56°F to 95°F

Storage Temperature: 0°C to 40°C; 32°F to 104°F

Relative Humidity: 5% to 95% non-condensing

### Bulb

Maximum 60 Watt Incandescent

### Power

Input Power: 120 VAC, 60Hz

### ETL Listed

Cord/Plug

Plug Type: Polarized/USA two prong

Cord Length: 72" (6 Feet)

### Intellectual Property

Patent: 6,236,622 and D553,777

Trademark: Rise & Shine®

### Safety

ETL Listed

### Warranty

1-Year Limited

# One Year Limited Warranty



**ATTENTION!** ONCE OPENED, PLEASE **DO NOT** RETURN THIS PRODUCT TO THE STORE WHERE IT WAS PURCHASED FOR REPAIR OR REPLACEMENT!

Many questions may be answered by visiting [www.verilux.com](http://www.verilux.com), or you may call our Customer Service Department at 800-786-6850 during normal business hours.

This limited warranty is provided by: Verilux, Inc., 340 Mad River Park, Waitsfield, VT 05673

Verilux warrants this product to be free from defects in material and workmanship for a period of one year from the date of the original retail purchase from Verilux or an authorized Verilux distributor. **Proof of purchase is required for all warranty claims.** During the limited warranty period, Verilux, Inc. will, at its option, repair or replace defective parts of this product, at no charge to the customer, subject to the following limitations: This limited warranty does not include any postage, freight, handling, insurance or delivery fees. This warranty does not cover damage, defect or failure caused by or resulting from accident, external destruction, alteration, modification, abuse, misuse or misapplication of this product.

This warranty does not cover damage to the product resulting from return shipping or handling. The use of shipping insurance is recommended to help protect your product.

**Return Authorization is required for all returns.** To obtain a Return Authorization, please contact the Verilux Customer Service Department at 800-786-6850.

If, during the first year of ownership, this product fails to operate properly, it should be returned as specified at [www.verilux.com/warrantyreplacement](http://www.verilux.com/warrantyreplacement) or as instructed by a Verilux customer service representative at 800-786-6850.

**Note:** *Verilux recommends using a quality surge suppressor on all electronics equipment. Voltage variations and spikes can damage electronic components in any system. A quality suppressor can eliminate the vast majority of failures attributed to surges and may be purchased at electronics stores.*

Due to ongoing improvements, actual product may have slight variations from the product described in this manual.

Please visit our web site at [www.verilux.com](http://www.verilux.com) or call our Customer Service Department at

**1-800-786-6850**

Representatives are available 8 a.m. – 10 p.m. M – S, 9 a.m. – 8 p.m. Sunday EST

**verilux**<sup>®</sup>

340 Mad River Park, Waitsfield, VT 05673