Smart Wake-up Light Guide

APP Function

- Four Alarm Clocks
- Remote Control
- Automatic network timing
- Smart alarm Settings - can set alarm mode, alarm duration and working day
- Intelligent Snooze Setting - can set Snooze mode and Snooze duration
- Practical Sleeping mode Settings

Voice control

- Support for Amazon Alexa, Google Home

Thank you for choosing our product.
WARRANTY

30-day Money-back Guarantee for Any Reason
You may return your product within 30 days of purchase to receive a FULL REFUND for any reason. But if the reason for return isn't quality-related, the customer must pay for the return shipping.

24-Month Warranty for Quality-related Issues
AMTOK warrants its products to be free from defects in material and workmanship, under normal use, during the warranty period. Within 24 months, AMTOK will provide a replacement and cover any return shipping costs for products that fail in normal use.

Customer Support
Thank you for purchasing our products. Please read this manual carefully before using this product. If you encounter any difficulties or problems during using, please contact us in the following ways for further assistance.

📞 +1 (281) 650-2873
✉️ support@amtok1.com
🌐 @AMTOK
**Quick-start Guide**

**Alarm**
1. Press : turn on/off the alarm;
2. Press and hold: set the alarm with pressing -/+ to adjust.

**Fall Asleep**
1. Press : turn on/off the fall asleep function;
2. Press and hold: set the fall asleep mode, with pressing -/+ to adjust.

**Display Brightness & Time Setting**
1. Press : adjust the time display brightness;
2. Press and hold: set the time with pressing -/+ to adjust.

**Light**
1. Press to turn on/off sunrise light;
   - Press -/+ to adjust the brightness.
2. Press twice to turn on/off the colored light;
   - Press -/+ to adjust the light color.

**FM Radio**
1. Press to turn on/off the FM;
   - Press -/+ twice to scan radio frequencies automatically.
2. Press to adjust the frequency (0.1 MHz);
   - Press and hold -/+ to adjust the channel.
Quick Installation and Removal

1. Install the stand: Insert the stand directly into the mounting hole until it is securely attached. (as shown in Fig. 1)

2. Remove the stand: Hold the stand and gently press down to remove it. (as shown in Fig. 2)

3. Open the battery cover and remove the insulation protection paper when using for the first time. Use backup battery (CR2032) to power. (as shown in Fig. 3)

4. Connect the (DC 5V) USB port with the distribution power adapter, then insert it into alternating current power socket (AC110-240V) to power the radio. (as shown in Fig. 4)
Overview

- Setting "-"/Volume "-"
- Snooze/Night Light Switch
- Alarm 2
- Alarm 1
- Light Brightness "+
- Light Switch
- Light Brightness "-"
WiFi connecting is successfully
The FM Radio Mode is turned on
Alarm 3 is turned on
Alarm 4 is turned on
Time setting
CONNECTING YOUR MOBILE DEVICE

1. Search for **Smart Life** on the App Store or Google Play and download to your phone

   ![Search for Smart Life](image1)

   ![Download Smart Life APP](image2)

   or

   Scanning QR Code

   Download Smart Life APP

2. Create an Account and Log in

   ![Create an Account](image3)

   ![Log in with existing account](image4)
3. Add Device & Connect WiFi

- Turn the device on and long press the Snooze button (about 10 seconds) until the Wi-Fi icon begins to flash rapidly. Select your own Wi-Fi and enter correct password.

- Wait for connecting.

- Create a name for your wake-up light.
How to Operate the Light via Smart Life APP Operation Panel

A. Click 🕒 to set the four alarm clocks.

B. Click 📦 to choose the light display type and adjust the light intensity.
C. Click to set the snoozing pattern.

D. Click to turn on/turn off the FM radio and choose the frequency you want.

E. Click to set the sleep timer and create your Sleep AID.

F. Click to set the time of the wake-up light and time display brightness.
1. Press and hold for 2s, the icon will illuminate and the hour indication will start to flash; press -/ + to adjust the hour.

2. Press to confirm the setting, the minute indication will start to flash; press -/+ to adjust the minute.

3. Press to confirm the setting, the 12H indication will start to flash; press -/ + to choose between a 12-hour and a 24-hour clock.
Press to complete the time setting.
2 Display Brightness

Press adjust the display brightness. 3 Levels: Bright - Auto - OFF. Default Brightness: Bright.

Bright Mode

Auto Mode

Note: The brightness of screen will adjust automatically as the environment.

OFF Mode
3 Alarm Function

3.1 Alarm Groups
Allow users to program 2 alarms based on individual needs. For example, set Alarm 1 for weekdays and Alarm 2 for weekend. Note: the setting of 2 alarms is the same.

3.2 Alarm Switch (Alarm 1 as the example)
Press to turn on/off the alarm; When Alarm 1 is turned on, the icon will illuminate on the display.
3.3 Alarm Setting

1. Press and hold [ ] for 2s, the [ ] icon and the hour indication will start to flash; press [−]/[+] to adjust the hour;

2. Press [ ] to confirm the setting, the minute indication will start to flash; press [−]/[+] to adjust the minute.

3. Press [ ] to confirm the setting, the sound indication will start to flash; press [−]/[+] to choose the sound; (S-00～S-07, XX MHz)

   Indications: S-00: the sound is turned off. S01～S07: built-in natural sounds. XX MHz: the last FM radio frequency you listened to.

4. Press [ ] to confirm the setting, the volume indication will start to flash; press [−]/[+] to adjust the alarm volume (V-01～V-16).
5. Press to confirm the setting, the wake-up light brightness indication will start to flash; press \(-\)/\(+\) to adjust the wake-up light brightness (L-00, L-01 to L-20). Note: The light will reach the maximum brightness when the alarm goes off. L-00: the light is turned off.

6. Press to confirm the setting, the “light up prior to alarm” indication will start to flash; press \(-\)/\(+\) to adjust the duration (10~60 min). Press to confirm and complete the alarm setting.
4 Snooze and Stop 🛤⏰⁻⁺

The wake-up light can simulate sunrise to gradually increase the brightness. The alarm will go off at set time as the wake-up light reaches the set brightness. When the alarm goes off, you can tap to snooze, adjust the alarm volume or stop the alarm.

1. Press ⏸️ to snooze. After 9 minutes, the light will automatically come on and the sound will play again (5 times at most).

2. Press⁻⁺ to adjust the current volume when the alarm is ringing.
   Note: Adjust the volume only when this alarm sounds.

3. Press ⌚️ to stop the alarm.
   Note: If the alarm is turned on, it will still go off next time.

4. If the alarm is ignored for 30 minutes, it will stop automatically.
   Note: If the alarm is turned on, it will still go off next time.
5.1 Night Light

Press (●●●●) to turn on/off the night light.

Note: Night light is dim; it is recommended to use at night.

5.2 Sunrise Light

1. Press (●) to turn on the sunrise light; the icon will illuminate.

2. Press (●) to adjust the brightness. Press (●) again to turn it off.
5.3 Colored Light

1. Press  twice to turn on the colored light; the  icon will illuminate and the light will activate auto color-change mode.

2. Press  to manually adjust the light color. Press and hold  to quickly adjust the light color and the light will activate auto color-change mode. Press  to turn it off.
6.1 Radio Switch

1. Press 📻 to turn on/off FM. The 📻 icon will illuminate on the display when the FM mode is turned on.

6.2 Auto Scan

2. Press 📻 twice to scan radio channel automatically; the 📻 icon will start to flash. It broadcasts the first channel after the search is complete.

6.3 FM Tuning

3. When the FM mode is turned on, Press 🎤/∥ to adjust the frequency (0.1 MHz); Press and hold 🎤/∥ to adjust channels.

6.4 FM Volume

4. When the FM mode is turned on, press 🎤/∥ to adjust the volume.
7 Fall Asleep Function

7.1 Fall Asleep Switch
Press 🌞 to turn on/off the fall asleep mode. The 🌞 icon will illuminate on the display when the fall asleep mode is turned on.

7.2 Fall Asleep Setting

1. Press and hold 🌞 for 2s to start the setting, the 🌞 icon will illuminate and the time indication will start to flash; press −/+ to adjust the fall asleep time (10~120 min).

2. Press 🌞 to confirm the setting, the fall asleep brightness indication will flash; press −/+ to adjust the fall asleep brightness. (L-00, L-01~L-20);
Note: the fall asleep brightness is the initial brightness when fall asleep mode is turned on. L-00: the light is turned off.
3. Press 🌞 to confirm the setting, the fall asleep sound indication will start to flash; press −/+ to adjust the fall asleep sound. (S-00～S-03, XX MHz); Note: S-00: the sound is turned off. S-01～S-03: natural sounds. XX MHz: the last FM radio frequency you listened to.

4. Press 🌞 to confirm the setting, the fall asleep volume indication will start to flash. Press −/+ to adjust the volume (V-01～V-16). Press 🌞 to confirm the completion and activation of fall asleep mode.

7.3 Fall Asleep Adjustment

Sunset simulation for peaceful bedtime: when the fall asleep mode is turned on, the light will dim until it goes out and the sound will gradually decrease until there is no sound.

1. Press ⬇️/⬆️ to adjust the brightness.

2. Press −/+ to adjust the volume.
If you set FM as the fall asleep sound
When fall asleep mode is turned on, press ▶️/◂ to adjust the radio frequency; press and hold ▶️/◂ to adjust the radio channel.
1. Download Amazon Alexa and sign in your Amazon account.

2. Select **Skills & Games**, search **Smart Life**, and **ENABLE TO USE** it.
Login your "Smart Life" account, then Authorize and close the successfully linked page after it is connected successfully to enter Discover Devices page.

3. Discover Devices
This wake-up light works with Alexa, through this skill, Amazon Alexa will find and list devices you originally added in Smart Life App.
NOTE:
If your Smart Life account has linked to Alexa, please add the devices by the following steps:

1. Download the Tuya app
2. Set up your light following the Tuya app instructions
3. Return to the Alexa App
4. Press Discover Devices

Connect your Tuya light to Echo

1 light discovered
Your light has been added to your Alexa account. Next, we will set the device up for easy use.

wake-up light is set up and ready to use
To control it, say “Alexa, turn off wake-up light.”

What type of device are you setting up?
POPULAR BRANDS
- Philips Hue
- TP-LINK Kasa
- Tuya
- LIFX
- Jinvoo

What brand is your light?
1. Download Google Home and sign in your google account.
2. Login your "smart Life" account, then Authorize and close the Accounts now linked page after it is connected successfully to enter Choose Device page. Then you can control the wake-up light via Google Home after complete setting.
To reduce the risk of Fire, Electric Shock, or Injury to Persons:
1. This appliance is only intended for household use, including similar use in hotels.
2. Place this appliance on a stable level and non-slippery surface.
3. Do not use this appliance in wet surroundings (e.g. in the bathroom or near a shower or swimming pool.)
4. Make sure the adapter does not get Wet.
5. Do not let water run into the appliance or spill water onto the appliance.
6. Only use the original adapter. Do not use the other adapter if they are damaged.
7. This appliance has no on/off switch To disconnect the appliance from the power source, remove the plug from the wall outlet.
8. Do not use this appliance as a means to reduce your hours of sleep. The purpose of this appliance is to help you wake up more easily. It does not diminish your need for sleep.

1. Clean the appliance with a soft cloth.

2. Do not use abrasive cleaning agents, pads or cleaning solvents like alcohol, acetone, etc, as this might damage the surface of the appliance.

3. If the appliance will not be used for an extended period of time, remove the power cord from the wall outlet and store the appliance in a safe, dry surroundings where it will not be crushed, banged, or subject to damage.
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<td><strong>Sunrise Simulating Time</strong></td>
<td>Adjustable 10-60 Minutes</td>
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<td><strong>Alarm Mode</strong></td>
<td>Light &amp; Sound; Sound Only; Radio,Light &amp; Radio</td>
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<td>10-30MIN</td>
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<td><strong>Fall Asleep Mode</strong></td>
<td>Light &amp; Sound, Sound Only, Radio,Light &amp; Radio</td>
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<tr>
<td><strong>Frequency</strong></td>
<td>76.0-108MHz</td>
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<td><strong>Material</strong></td>
<td>Light-proof ABS + PC + Silicone</td>
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<td><strong>Operating Temperature</strong></td>
<td>0℃~40℃ (32℉~104℉)</td>
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<td><strong>Type of Battery</strong></td>
<td>Button Cell CR2032</td>
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<td><strong>Input Voltage</strong></td>
<td>100~240V</td>
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<tr>
<td><strong>USB Output</strong></td>
<td>5V/2A</td>
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