

HOMEDICS®



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Sleep Therapy White Noise Machine



Instruction Manual

HDS-1000-GB

2 year
guarantee

READ ALL INSTRUCTIONS BEFORE USE.
SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

IMPORTANT SAFEGUARDS:

WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

- ALWAYS unplug the appliance from the electrical outlet immediately after using and before cleaning. To disconnect, turn all controls to the 'OFF' position, then remove plug from outlet.
 - NEVER leave an appliance unattended when plugged in. Unplug from the mains outlet when not in use and before putting on or taking off parts or attachments.
 - This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. .
 - DO NOT reach for an appliance that has fallen in water or other liquids. Switch off at the mains and unplug it immediately. Keep dry – DO NOT operate in wet or moist conditions.
 - NEVER insert pins or other metallic fasteners into the appliance.
 - Use this appliance for the intended use as described in this booklet. DO NOT use attachments not recommended by HoMedics.
 - NEVER operate the appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to the HoMedics Service Centre for examination and repair.
 - Keep cord away from heated surfaces.
 - Excessive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
 - NEVER drop or insert any object into any opening.
 - DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
 - DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electrocution or injury to persons.
 - DO NOT carry this appliance by the cord or use cord as a handle.
 - DO NOT use outdoors.
 - This product requires a 220-240V AC power.
 - DO NOT attempt to repair the appliance. There are no user serviceable parts. For service, send to a HoMedics Service Centre. All servicing of this appliance must be performed by authorised HoMedics service personnel only.
 - Never block the air openings of the appliance or place it on a soft surface, such as a bed or couch. Keep air openings free of lint, hair etc.
 - Do not place or store appliance where it can fall or be pulled into a bath or sink. Do not place in or drop into water or other liquid.
 - Only use the attachments/accessories specified by manufacturer.
- Power Supply unit Model name: SA/12PA/05FUK050100; trademark: deep sleep; Input: 100-240 V, ~50/60 Hz, 0,5 A, Class II; Output: 5,0 V $\overline{\text{---}}$, 1,0 A.
- For power supply unit, the MAINS plug or an appliance coupler is used as the disconnect device, the disconnect device shall remain readily operable.
 - For power supply unit, the apparatus shall not be exposed to dripping or splashing and no filled containers shall be placed on the apparatus.

BATTERY PRECAUTIONS

- Use only the size and type of batteries specified.
- When installing batteries, observe proper +/- polarities. Incorrect installation of battery may cause damage to the unit.
- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (ni-cad, ni-mh, etc.) batteries.
- Clean the battery contacts and also those of the device prior to battery installation.
- Remove used batteries promptly.
- When the product is being powered by mains or battery, if the unit is not going to be used for a long period of time, remove batteries to prevent damage due to possible battery leakage.
- Do not dispose of batteries in fire. Batteries may explode or leak.
- Dispose of used batteries properly in accordance with all state, province and county regulations.
- Batteries (battery pack or batteries installed) shall not be exposed to excessive heat such as sunshine, fire or the like.

CREATE YOUR PERFECT SLEEP ENVIRONMENT

Thank you for purchasing Deep Sleep, the ultimate in lab-created White Noise Technology. Our system has been specifically designed to mask disruptions all night long so you can get the best night's sleep imaginable. This, like the entire HoMedics product line, is built with high quality craftsmanship to provide you years of dependable service. We hope you will find it to be the finest product of it's kind.

How to Mask Distractions all Night

Your Deep Sleep unit is powerful enough to be used anywhere in the room and placing the unit away from your bedside will fill the room with soothing sound, masking all external distractions. If you wish to help drown out sounds located within the bedroom (like a snoring partner), place your Deep Sleep unit directly at your bedside—preferably on a nightstand - and position the speaker toward you.

MAINTENANCE

To Store

You may leave the unit on display, or you can store it in its box in a cool, dry place.


To Clean

Wipe off dust with a damp cloth. NEVER use liquids or abrasive cleaner to clean. Modifications not authorized by the manufacturer may void users authority to operate this device.

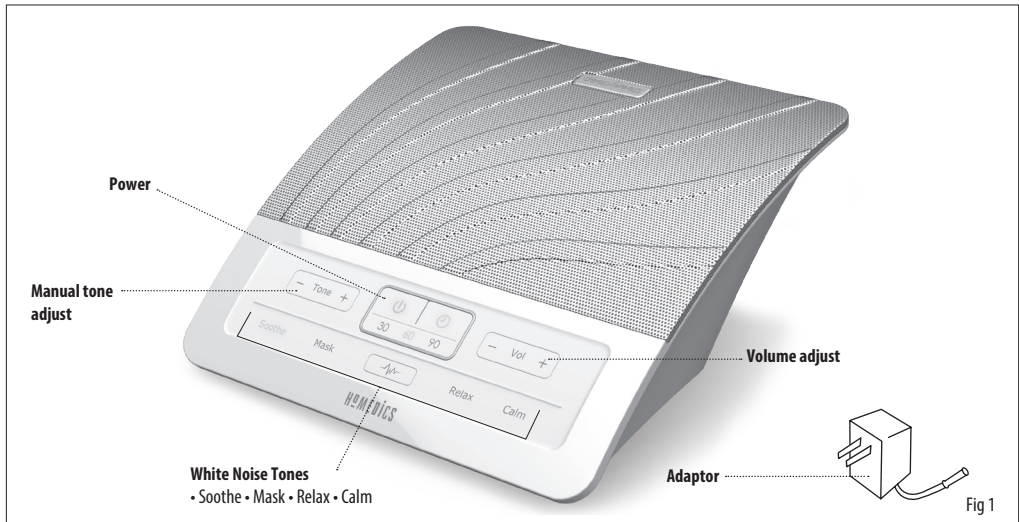
Battery directive

 This symbol indicates that batteries must not be disposed of in the domestic waste as they contain substances which can be damaging to the environment and health. Please dispose of batteries in designated collection points.

WEEE explanation

 This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

PRODUCT FEATURES:



INSTRUCTIONS FOR USE:

1. Unpack the product and check to make sure the adaptor is included. (Fig. 1)
2. This unit is powered by an AC adaptor or by four "AA" batteries (not included).
3. Attach the AC adaptor jack to the base of the unit and insert the adaptor into a 220V household outlet.
4. To install batteries, remove compartment cover. Insert four "AA" batteries into the compartment on the bottom according to the polarity indicated. Replace cover and snap into place.

How to Use Your Deep Sleep

Once you have decided where to place your Deep Sleep for optimal results, follow these steps to create your perfect sleep environment.

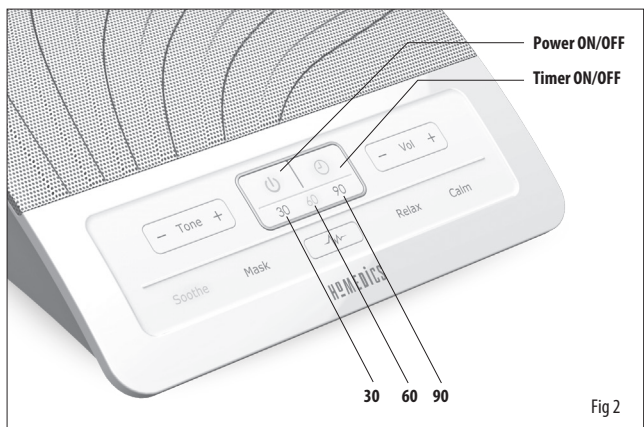
1. Press the POWER button (Fig 1)
2. Press the \pm button to scroll through the sound selections. Each tone name will light up as selected. We have FOUR distinct tones—one is sure to be right for you:
Soothe: Like a soft rain, this tone has the lightest pitch-easing your mind gently
Mask: Effectively blocks external distractions including noisy neighbors and highway traffic
Relax: Modulated to disrupt interfering room noise, such as snoring
Calm: The deepest of all tones- perfect for tinnitus sufferers or small children
3. Once you select the tone that suits your needs, you can adjust the sound by pressing the TONE button (Fig 1) up and down. Press and hold the "+" symbol to remove bass and achieve a higher pitch. Press and hold the "-" symbol to add bass and achieve a lower pitch.
4. Finally, to adjust the VOLUME, press and hold the "+" or "-" symbols on the VOL button (Fig 1).

All indicator lights will automatically go dark 10 seconds after the last selection is made. Pressing any button will reactivate the lights for another 10 seconds. Your Deep Sleep unit is now set. When you wake in the morning and power off the unit—don't fret. You will not have to reset your choices. Your Deep Sleep is programmed to remember your settings when you power the unit back on.

Using the Auto-Timer

1. When the power is on and you are listening to a white noise tone, you may set a timer so the unit will automatically turn off.
2. Toggle through the TIMER button (Fig. 2) until the corresponding LED illuminates next to the time of your choice, 30, 60 or 90 minutes. The unit will automatically shut off after the selected time and the POWER LED (Fig. 2) will remain lit showing you it is still in timer mode. If you chose to listen to another timed sound, press the timer button to select a desired time. Or if you choose to listen to the sounds continuously, turn the unit off and then back on.

NOTE: Do not select the TIMER button if you wish to listen to the sounds continuously.





TWO YEAR GUARANTEE

HoMedics LLC. guarantees this product from defect in material and workmanship for a period of 2 years from the date of purchase, except as noted below. This HoMedics product guarantee does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorised accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of HoMedics. This guarantee is effective only if the product is purchased and operated in the UK / EU. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and / or authorised, or repair of products damaged by these modifications is not covered under this guarantee. HoMedics shall not be responsible for any type of incidental, consequential or special damages.

To obtain guarantee service on your product, return the product post-paid to your local service centre along with your dated sales receipt (as proof of purchase). Please refer to 'HoMedics Service Centre' information leaflet for details of your local service centre. Upon receipt, HoMedics will repair or replace, as appropriate, your product and return it to you, post-paid. Guarantee is solely through HoMedics Service Centre. Service of this product by anyone other than the HoMedics Service Centre voids the guarantee.

This guarantee does not affect your statutory rights.

HoMedics Service Centre

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