



groclock™

the amazing sleep trainer
for young children



Instructions for use



The Groclock explained...

Stay in bed - When you activate your Groclock, stars and hearts appear around a sleeping Ollie. To show the passing of time, the stars disappear at even times during the sleep or nap time.

Time to get up - When the clock reaches the wake up time that you set, the stars disappear, and Ollie wakes up, meaning your child can get up.

After Ollie wakes up, it will remain displayed for two hours, before changing to the energy saving mode where the digital clock is displayed until re-activated.

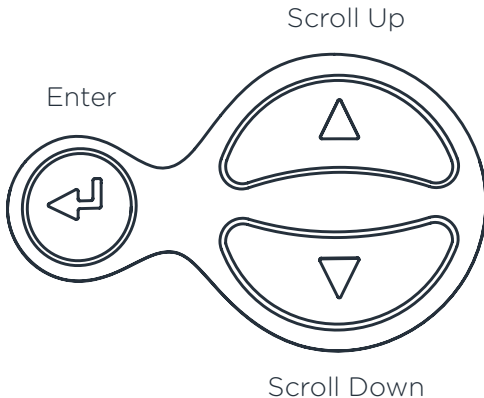
The Groclock has two options - night-time sleep mode and day-time nap mode.

You only need to pre-set the wake up times you want once (Step 3), but you need to activate the clock (Step 4), each time you use it. Daily activation of the clock soon becomes part of the bedtime routine, and needs to be done in order to set your Groclock.






Use your bedtime story book to help explain the Groclock to your child.



What the buttons do















Settings menu

-  **Set time**
-  **Set night-time sleep mode**
-  **Set day-time nap mode**
-  **Set audible alarm**
-  **Set LED brightness**

To set your Groclock

Step 1 – Plug in the Groclock - the screen showing the digital clock display will appear.

Step 2 – Set the current time











1. Press the scroll down button  three times until its shows the settings menu - 5 small flashing icons will appear on your screen
2. Press the enter  and the clock icon  will flash
3. Press the enter  again to select
4. Set the current time using the up  and down  buttons - select the hour, press enter , select the minutes, press enter , select am or pm, press enter 
5. The word 'ON' will appear. Scroll up  or down  between 'ON' or 'OFF' depending on if you want the digital clock to be visible while the count down process is happening. Press enter .

The settings menu screen will return.











Step 3 – Set the wake-up times

You do not set a go to sleep time just the wake up time you want Ollie to wake up. (If you are not intending to use this product for day-time naps, set both night-time and day-time modes to the same 'wake up' time).

★ Night-time sleep mode

1. Whilst on the settings menu screen with the 5 icons flashing, press enter  button and the clock icon  will flash
2. Press scroll down  so the star  image is flashing, press enter  to select
3. Select the time that you want the Groclock to 'wake up' (the time for your child to get up e.g. 7:00 am)
Set the time using the up  and down  buttons - select the hour, press enter , select the minutes, press enter , select am or pm, press enter  (ensure this is set as AM for a morning 'wake up').


☀ Day-time nap mode

1. Whilst on the settings menu screen with the 5 icons flashing, press enter  button and the clock icon  will flash
2. Press scroll down  so the sun  image is flashing, press enter  to select
3. Select the time that you want the Groclock to 'wake up' (the time for your child to get up from their nap e.g. 3:00 pm)
Set the time using the up  and down  buttons - select the hour, press enter , select the minutes, press enter , select am or pm, press enter .

Key lock feature

Key lock deactivates once wake up time has been reached

To switch on key lock -

When the Groclock is activated in night-time sleep or day-time nap mode, press and hold the scroll down  button until a cross appears in the big star's cheek. The buttons will now be locked.

To turn off key lock -

Press and hold the scroll down  button until you hear a beep.



TIP: Try not to let your child see you set the key lock.

To return to the screen showing the digital clock display, press scroll down .



This is the energy saving mode displayed during the day.

Step 4 - Activate your sleep trainer when putting your child to sleep




★ To activate the **night-time sleep mode**

1. From the digital clock screen, press scroll down , the screen will change to an awake Ollie with a small flashing star icon ★ (night time sleep) on the left cheek, press enter .
2. The screen will change from awake Ollie to asleep Ollie with small stars around the outer edge, this will now count down to the 'wake up' time previously set when the sun will come out.

☀ To activate the **day-time nap mode**

1. From the digital clock screen, press scroll down  twice, the screen will change to an awake Ollie with a small sun icon ☀ (day time nap) on the left cheek, press enter .
2. The screen will change from awake Ollie to asleep Ollie with small stars around the outer edge, this will now count down to the 'wake up' time previously set when the sun will come out.











To return to the menu when the sleep trainer is activated

Press enter , Press scroll down  twice, and the settings menu screen will appear. Press scroll down  to return to the digital clock.

Additional features


















💡 **Adjusting the brightness**



The brightness level of the screen can be adjusted.

1. From the digital clock display return to the settings menu screen by pressing scroll down  three times
2. Press the enter  and the clock icon  will flash
3. Press scroll down  four times until the lightbulb  flashes, press enter  to select
4. Scroll up  and down  to desired setting (0 = least bright, 10 = most bright), press enter . For the blue light to remain off in sleep mode set this brightness setting to 0. This means there is no visible blue light in a dark room
5. Press scroll down  to display the digital clock

 **Setting the audible alarm**

The Groclock has an audible alarm which can be set to go off at any time in any mode.

1. From the digital clock display return to the settings menu screen by pressing scroll down  three times
2. Press the enter  and the clock icon  will flash
3. Press scroll down  three times until the alarm bell  flashes, press enter  to select
4. Select the time you wish the alarm to sound. Set the time using the up  and down  buttons - select the hour, press enter , select the minutes, press enter , select am or pm, press enter .
5. The bell symbol will start to flash, scroll up  or down  to desired setting ( = off or  = on), press enter .
6. Press scroll down  to display the digital clock

To turn off the audible alarm follow steps 1-4 (above) but on step 5 ensure you select the bell symbol with the cross over it , and press enter , this will turn the audible alarm off.

Frequently asked questions

Q. If the power is turned off, does the clock remember the correct time?

A. When the power goes off, the clock 'freezes' all the settings, including the main time, the wake up times and brightness settings. Therefore if the power goes off for a few seconds and then back on, the time will have been paused for a few seconds. However if the power was off say for 3 hours, then the time will be out by 3 hours and will therefore need re-setting.



Q. If I need to keep the power on should I worry about electricity consumption?

A. Your Groclock uses LEDs so it's naturally energy efficient. It also has a built-in energy saving mode.

Q. What is the difference between the night-time and day-time nap mode?

A. The Groclock works the same way in both modes. The two modes enable two different 'wake up' times to be stored, this does not need to be day-time it could be an alternate night-time.

Q. Is there a demo mode so I can show my child how Ollie changes when he wakes up?

A. Yes! To set the demo mode press and hold the scroll up  button for three seconds. To turn off the demo mode, press and hold the scroll up  button for three seconds.

Q. My screen has frozen and is not responding to the controls.

A. Switch the Groclock off at the mains, wait a few seconds and switch back on.

For further information visit tommeetippee.com

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Mayborn (UK) Limited retains all intellectual property rights to this product.
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Patent pending UK, USA and worldwide PCT patents and Design rights applied for.

Product Ref No: 291345 14171219_1

Technical Information

Height: 13.9 cm Mains Supply Voltage: 230V, 50Hz.
Weight: 285g Power Unit: 6V at 200mA.



Information on the disposal for Waste Electrical & Electronic Equipment (WEEE)

This symbol on the products and accompanying documents means that used electrical and electronic products should not be mixed with general household waste. For proper disposal for treatment, recovery and recycling, please take these products to designated collection points where they will be accepted on a free of charge basis. In some countries you may be able to return your products to your local retailer upon the purchase of a new product.

Disposing of this product correctly will help you save valuable resources and prevent any possible effects on human health and the environment, which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest collection point for WEEE.

Penalties may be applicable for the incorrect disposal of this product in accordance with national legislation.

When the time comes to dispose of this equipment, please help protect our environment by means of proper disposal. Your local authorities will have special return and disposal facilities available for you.

Safety

IMPORTANT WARNINGS! Keep this instruction sheet for future reference. These instructions can also be found at www.tommeetippee.com

WARNING. LONG CABLE. STRANGULATION HAZARD.

Your Groclock is a safe low voltage device, powered from a small mains operated power unit. For your continued safety and the reliability of your Groclock, please observe the normal electrical safety precautions:

- This product is not a toy. Please ensure that it is kept out of reach of children and never allow your child to play with either the power unit or the connecting lead
- Keep the product away from water and moisture. It's intended for indoor use only
- Repairs should be carried out only by a competent engineer. There are no customer adjustments or fuses inside the Groclock case
- The Groclock has been designed to be robust, but it may be broken if dropped
- The connecting lead is low voltage only, but for reliability reasons it should be treated with care
- To completely disconnect the power unit, the AC/DC adapter must be unplugged from the mains
- Access to power to supply the AC/DC adapter should not be obstructed whilst in use
- Electro-static discharge may affect the working of your Groclock. If this occurs, simply switch the unit off for several seconds and the unit will re-set
- The Groclock and AC/DC adaptor shall not be exposed to dripping or splashing and no objects filled with liquids, such as vases, shall be placed on the Groclock and AC/DC adaptor
- For use only with the power cable supplied with the Groclock