1. Name of the product
Sleeptrainer - Pam the penguin

2. Product code
53031820

3. Colour
As illustrated

4. Short description
Sleeptrainer Pam shows when it's time to stay in bed and when it is OK to get up. Pam's nightlight changes colour like a traffic light, to denote night, early morning and OK to get up.

5. Content
Sleeptrainer - Pam the penguin
USB cable (Input: 5V, 500mA)

6. How to use?

SLEEPTRAINER

Pam the penguin

Night — TIME TO SLEEP

At bedtime use Pam as a comforting nightlight. Choose your own favourite colour.

The nightlight can be lit the entire night or automatically shut off after 60 minutes.

Early morning — JUST A LITTLE LONGER

Every day, 30 minutes before wake up time, Pam will automatically light up orange, showing your child it is not much longer before it is OK to get out of bed.

OK to get up — OK TO GET UP

Every day at the time preset by yourself, Pam will automatically change colour to green, indicating it is OK to get up now.

(A) ON/OFF SWITCH
Press to switch ON and to choose the colour of the nightlight. Keep presses to change the brightness.

(B) TIME
Press B for 3 seconds to set the time

(C) OK TO GET-UP TIME
Press C for 3 seconds to set the time.

(D) SETTING
With this button you can change the hours and minutes when digits are blinking.

(E) SLEEPTRAINING ON/OFF
Press 3 seconds to switch sleeptraining ON/OFF.

 = sleeptraining ON

 = sleeptraining OFF. Pam will now serve as a nightlight only, without the orange and green light in the morning.

B+D = BLUETOOTH ON/OFF

Press B and D at the same time for 3 seconds to switch ON/OFF. icon appears in display and light will flicker blue when switched ON.

B+C = 60 MIN. AUTO SHUT-OFF
Press B en C at the same time for 3 seconds. The light will flash green when ON and red when OFF.

SET UP
SWITCH ON PAM
- If necessary, charge Pam with the USB cable.
- Press the A button to switch Pam ON.
  The display will show the time digits. The hours will blink.

SET THE TIME
- With the D button you can change the hours. Confirm with the B button.
- Now set the minutes with the D button and confirm with the B button.
- You have now set the time.

Note When setting the hours you will first pass by the 24hrs setting and then AM/PM

USE AS SLEEPTRAINER

Every day Pam will automatically turn orange 30 minutes before 'OK to get up'- time and green when it is OK to get up.

SET THE 'OK TO GET UP
- TIME - Press the C button for 3 sec. to set the time. The hours will blink.
- With the D button you can change the hours. Confirm with the C button. –
- Now set the minutes with the D button. Confirm with the C button.

SET PAM IN SLEEPTRAINER MODE

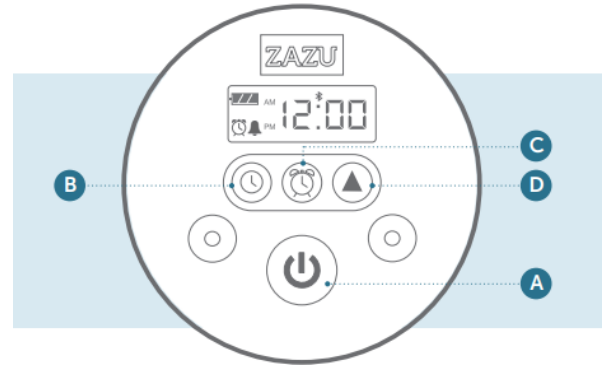Check if Pam is set to sleeptrainer mode:

= sleeptraining ON

= sleeptraining OFF

Change setting by pressing button D for 3 seconds. Pam is now ready for use.

USE THE NIGHTLIGHT

- When going to bed, use Pam as a comforting nightlight. Press button A to switch ON the nightlight.
- Press the A button as many times as you like to go to your preferred colour: 1x blue, red, white, pink, multi-colour, off.

For auto shut-off options see section Light and sound settings.

USE AS NIGHTLIGHT ONLY

When going to bed, you can now use Pam as a comforting nightlight, without him lighting up orange and green in the morning.

SET TO NIGHTLIGHT ONLY MODE

Press button D for 3 seconds and select the sleeptraining OFF symbol.

= sleeptraining ON

= sleeptraining OFF, nightlight only

USE THE NIGHTLIGHT - Press the A button serveral times to switch on the light and choose your preferred colour: blue, red, white, pink, multicolour, off.

For auto shut-off options see section Light and sound settings

PLAY MUSIC VIA THE WIRELESS SPEAKER

CONNECT THE SPEAKER

- Press button B and D for 3 seconds to switch ON the speaker.

- The ⚡ icon appears and the light will flicker blue when switched ON.
- Look for ZAZU-PAM on bluetooth connections on your phone and connect.
- When connected, you can play music via your mobile device.

CHANGE SETTINGS

LIGHT AND SOUND SETTINGS

60 MINUTES AUTO SHUT-OFF
Pam's light and speaker can automatically switch off after 60
minutes. Activate the timer by pressing B and C at the same time for 3 seconds. The light will flicker
green when it is switched ON and red when it is OFF. Pam will remember the setting for the next day.
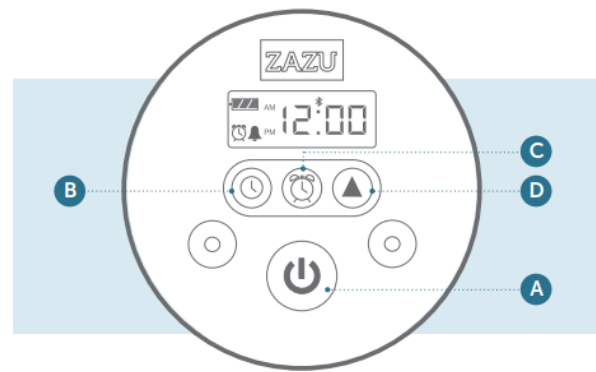
COLOURS
By press button A several times, you can choose your own colour. Blue, red, white, pink, multi-
colour, off.
Note Orange and green light in the morning are fixed and cannot be changed.

BRIGHTNESS
Keep button A pressed and the brightness will change. Let go at the preferred brightness. The setting
will be remembered.

For more information, you can visit our website **www.nenko.com**