

SETTING UP and USING the Remote control and your Circadian Lamps.

You need to pair **CONNECT** the remote control to your lamps (see steps 1 & 2 below) as the Time Setting and Mode Change functions can only be used if the remote is paired to the lamps.

How to pair the remote control your lamp or lamps.

1. Make sure all the lamps are off at the wall switch. Then turn on the lamp(s) which you want to be paired at the wall switch.
2. On the remote control press and hold the **CONNECT** button for 3 seconds. The lamps will briefly flicker to indicate the lamps and remote are connected and paired.

To set the local time in the lamps.

For the lamps to automatically change color temperature and auto dim at the correct times during the day and night, your local time needs to be setup in the lamps. The lamps will remember the local time even if they are turned off for 3 weeks. Please follow the steps below

3. At the wall switch, turn off the lamps. Wait 10 seconds and then turn on the lamps back on. Then within 3 minutes of the lamps being turned on -
4. Press the **SET TIME** button once. The lamps will blink.
5. then press the number button which is current local time to the nearest hour – **1** through **12**; do NOT press any minutes.
6. then press **AM** or **PM** to set the time.

For example if the local time is 3:25pm - Press **SET TIME**, **3**, then **PM**. Or for example if the local time is 7:45AM press **SET TIME**, **8** then **AM**.

Note: The Set time function does not need minutes as the color and brightness changes are very gradual. However, if you would like the color changes to be exactly on the hour, you use SET TIME when the local time is on any hour o'clock exactly.

Using A-mode Auto-color modes / C-mode Circadian Rhythm mode and direct color effects

To Set or change the Circadian function –

Press **A-Mode** to turn on Auto-color mode – The lamp will automatically change between warm light in the evenings and bright cooler daylight in the daytime.

Press **C-Mode** to turn on full Circadian Rhythm mode – The lamps will Auto color (as described above) and also auto dim during the evening, then deep dim after midnight.

Press **Wake** / **Read** / **Relax** / **Sleep** for immediate circadian and useful light settings.