

Brookstone®

Tranquil Moments® Advanced

CLINICALLY PROVEN SLEEP SOUNDS



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WARNING: LONG-TERM EXPOSURE TO LOUD SOUNDS MAY CAUSE HEARING DAMAGE. IT IS BEST TO AVOID EXTREME VOLUME WHEN USING THIS PRODUCT, ESPECIALLY FOR EXTENDED PERIODS.

RECOMMENDATIONS FOR USE:

- If being used in a room with an infant, place the device as far away from infant as possible and never in the crib or on a crib rail.
- Always start with the lowest volume setting and adjust as needed.
- Limit the duration of continuous noise by using timed shut-off or turn off device after infant falls asleep.

Please note this content is provided for reference purposes only. It is not intended to substitute for advice given by a licensed healthcare professional.

CAUTION

- TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT REMOVE ANY COMPONENTS. THERE ARE NO SERVICEABLE PARTS INSIDE.
- TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT EXPOSE THIS UNIT TO WATER OR MOISTURE.



The lightning flash with arrow-head symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated “dangerous voltage” within the unit’s enclosure that may be of sufficient magnitude to constitute a risk of electric shock.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the unit.

SAFETY INSTRUCTIONS—IMPORTANT... PLEASE READ FIRST

1. All of the safety and operating instructions should be read, followed, adhered to and retained for future reference.
2. The unit should not be used near water, such as a bathtub, swimming pool, washbowl, kitchen sink, laundry tub or in a wet basement.
3. Care should be taken so that objects do not fall and liquids are not spilled onto the unit.
4. Do not reach for unit if it has fallen into water. Unplug it immediately.
5. The unit should be situated away from heat sources such as radiators, heat registers, stoves or other appliances (including amplifiers) that produce heat.
6. This unit may be subject to interference from external sources such as transformers, electric motors or other electronic devices. To avoid distortion created by such sources, it is advised that you place the unit as far away from such sources as possible.

7. Do not apply excessive force when using any switches or controls.
8. The unit should be connected to a power supply only of the type described in the operating instructions or as marked on the unit.
9. Precautions should be taken so that the grounding or polarization means of the unit are not defeated.
10. Power supply cords should be routed so that they are not likely to be walked on or pinched by items placed on or against them, paying particular attention to cords at plugs, convenience receptacles and the point where they exit the unit.
11. The unit is equipped with an attachment plug with overload protection. This is a safety feature. If replacement of the plug is required, be sure the service technician uses a replacement plug specified by the manufacturer that has the same overload protection as the original plug.
12. The unit should be cleaned only as recommended in the instructions.
13. The power cord of the unit should be unplugged from the outlet when left unused for long periods of time.
14. The user should not attempt to service the unit beyond that described in the operating instructions.
15. Do not attempt to clean the unit with a chemical solvent as this might damage the finish. Use a clean, dry cloth.

Note:

- Operate controls and switches as described in the manual.
- Before turning on the power, make certain that the power cord is properly connected to the electrical outlet.
- When moving the unit, be sure to first unplug the power cord.
- Avoid placing this unit in areas that are exposed to direct sunlight or close to heat-radiating products such as electric heaters. Do not place unit on top of stereo equipment that radiates heat.
- Avoid placing the unit in areas that are dusty, humid and moist, lack ventilation or are subject to constant vibration.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B Digital Device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the distance between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

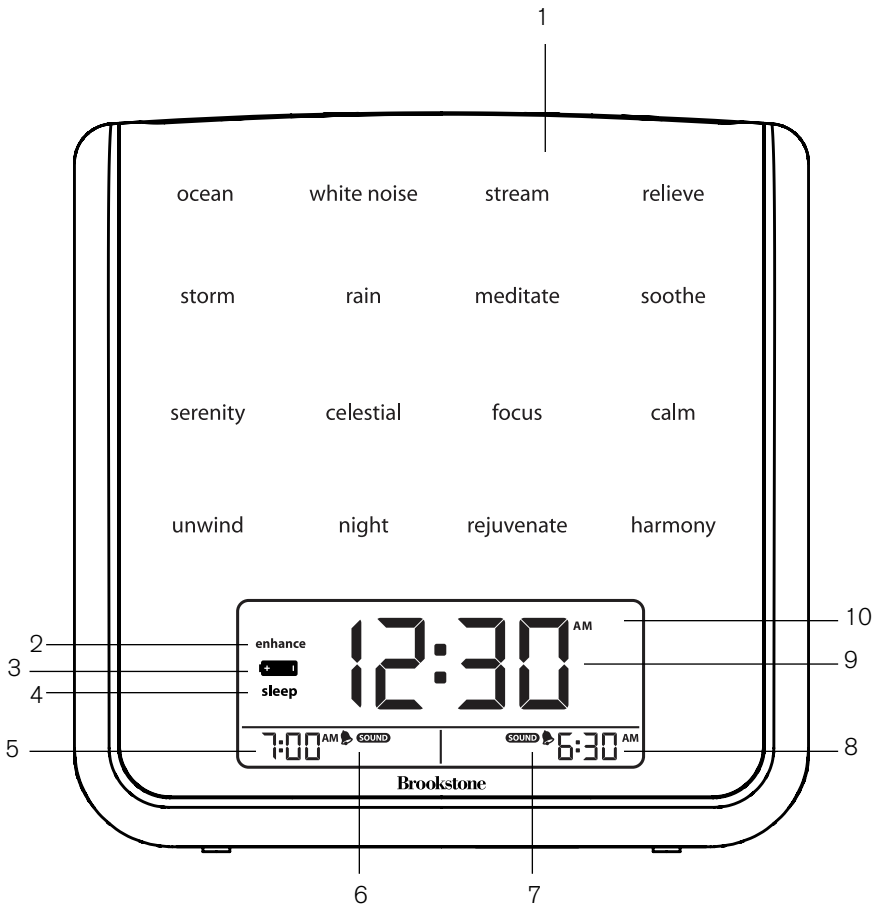
1. This equipment may not cause harmful interference.
2. This equipment must accept any interference received, including interference that may cause undesired operation.

BATTERY PRECAUTIONS

- Dispose of the old batteries properly. Do not dispose of the old batteries in a fire.
- Do not leave the batteries where a child or pet could play with or swallow them. If the batteries are swallowed, contact a physician immediately.
- The batteries may explode if mistreated. Do not attempt to disassemble the batteries.
- Use only fresh batteries of the required size and type. Do not mix old and new batteries, different types of batteries, or rechargeable batteries of different capacities.

LOCATION OF PARTS AND CONTROLS

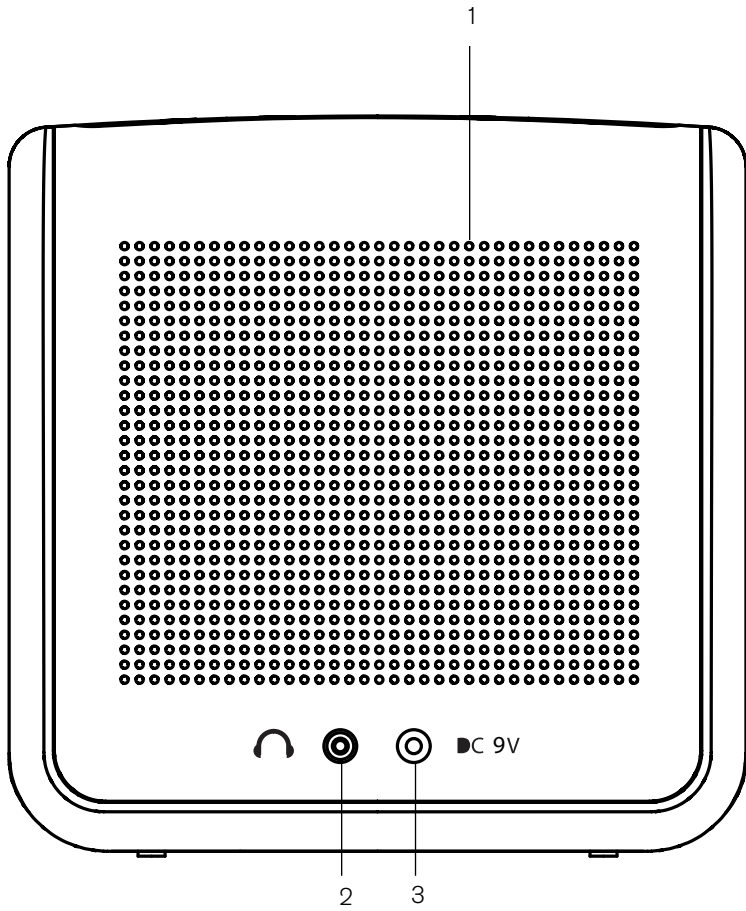
1. Sounds
2. Sleep Enhance Icon
3. Low Battery Icon
4. Sleep Timer Icon
5. Alarm 1 Time
6. Alarm 1 Wake To Icons
7. Alarm 2 Wake To Icons
8. Alarm 2 Time
9. Clock
10. LCD



FRONT

LOCATION OF PARTS AND CONTROLS

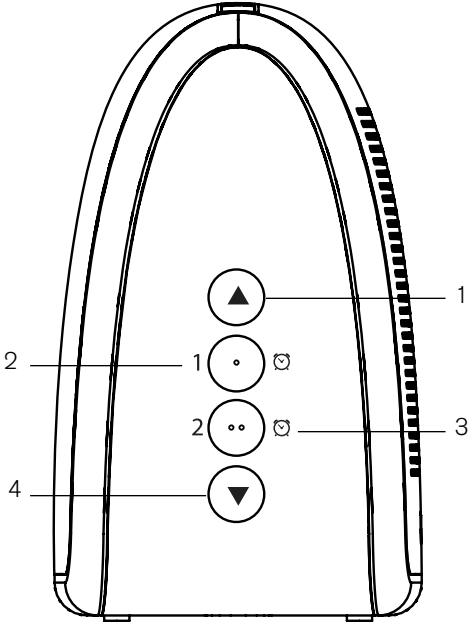
1. Speaker
2. Headphone Jack
3. DC Input



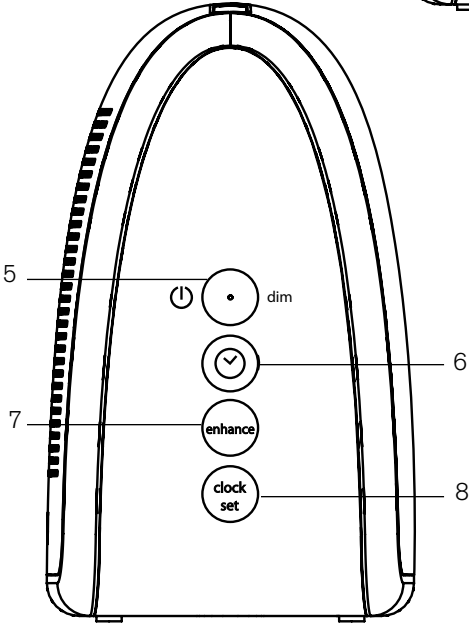
BACK

LOCATION OF PARTS AND CONTROLS

- 1. Volume Up/Clock and Alarm Set (Up)
- 2. Alarm 1 Set and On/Off
- 3. Alarm 2 Set and On/Off
- 4. Volume Down/Clock and Alarm Set (Down)
- 5. Power/Dimmer
- 6. Sleep Timer
- 7. Sleep Enhance
- 8. Clock Set



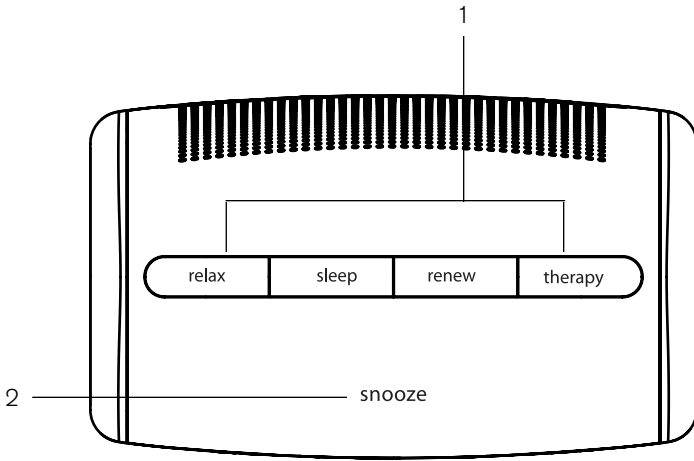
RIGHT SIDE



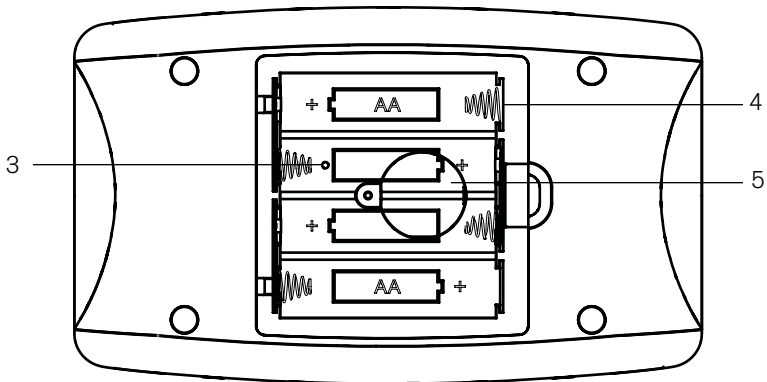
LEFT SIDE

LOCATION OF PARTS AND CONTROLS

1. Sound Categories
2. Snooze (Touch Sensor)
3. Reset Pinhole
4. AA Battery Compartment
5. Coin Cell Battery Compartment



TOP



BOTTOM

SYSTEM OPERATION

CONNECTING THE AC ADAPTER


1. Connect the included AC adapter to the DC 9V jack located on the back of the unit and plug the AC adapter into an electrical outlet.
2. When plugged in, the unit will not draw any power from the batteries installed in the battery compartment.

Note: If a power outage occurs, the unit will automatically switch to battery power.

INSERTING BATTERIES FOR BACKUP


BUTTON CELL

1. Open the battery door located on the bottom of the unit.
2. Loosen the screw and remove the Coin Cell Battery Compartment Cover.
3. Place the CR2032 coin cell battery (included) into the compartment positive side up.
4. Replace the Coin Cell Battery Cover and tighten the screw to secure.



Note: When the coin cell battery power is low, the battery icon  will flash.

AA BATTERIES

1. Insert 4 AA alkaline batteries (not included) according to polarity indicators inside the compartment.
2. Replace the battery door.

Note: When the AA battery power is low, the battery icon  will illuminate steady.

POWERING THE UNIT ON


1. Press  to power the unit on. The last played sound will play.
2. You may also press a Sound Category button to power the unit on. The first sound in that sound category will play.
3. Press  again to power off.

SETTING THE TIME

1. To set the time, press and hold the Clock Set button for 2 seconds. The time will flash on the LCD display.
2. Press the Up/Down buttons to scroll to the desired time— hold down the Up/Down buttons to accelerate scrolling.
3. Press the Clock Set button to save the time.
4. If the Clock Set button is not pressed after setting the time, the time will be saved after five seconds.


SETTING AND ACTIVATING ALARM 1

1. Press and hold the ALARM 1 SET button for two seconds. The unit will go into Alarm 1 Set mode. The Alarm 1 time will flash.
2. Press the Up/Down buttons to scroll to the desired alarm time— hold down the Up/Down buttons to accelerate scrolling.
3. Press the ALARM 1 SET button to save Alarm 1 time and choose the Alarm 1 Wake To sound.

4. Press the Up/Down buttons to scroll to the desired Wake To sound, Chimes  or Sound Category **SOUND**.
5. If sound category is chosen, the alarm sound will be the last played sound before the alarm time is reached.
6. Press the ALARM 1 SET button to save the Alarm 1 time and Wake To sound.
7. If ALARM 1 SET is not pressed after setting the alarm, the alarm information will be saved and the clock will display after five seconds.
8. Activate ALARM 1 by pressing the ALARM 1 button. When the alarm is activated the Alarm 1 information will appear on the display.

Note: The alarm sound incrementally increases in volume, reaching its loudest setting in 30 seconds.

SETTING AND ACTIVATING ALARM 2

1. Press and hold the ALARM 2 SET button for two seconds. The unit will go into Alarm 2 Set mode. The Alarm 2 time will flash.
2. Press the Up/Down buttons to scroll to the desired alarm time— hold down the Up/Down buttons to accelerate scrolling.
3. Press the ALARM 2 SET button to save Alarm 2 time and choose the Alarm 2 Wake To sound.
4. Press the Up/Down buttons to scroll to the desired Wake To sound, Chimes  or Sound Category **SOUND**.
5. If sound category is chosen, the alarm sound will be the last played sound before the alarm time is reached.
6. Press the ALARM 2 SET button to save the Alarm 2 time and Wake To sound.
7. If ALARM 2 SET is not pressed after setting the alarm, the alarm information will be saved and the clock will display after five seconds.
8. Activate ALARM 2 by pressing the ALARM 2 button. When the alarm is activated the Alarm 2 information will appear on the display.

Note: The alarm sound incrementally increases in volume, reaching its loudest setting in 30 seconds.

DEACTIVATING ALARM 1 AND ALARM 2

1. Press the ALARM 1 and/or ALARM 2 button to deactivate the alarm. The alarm information will no longer appear on the display.
2. Press the ALARM 1 or ALARM 2 button to shut off and deactivate the alarm when the alarm sounds.
3. Press the Power button to shut off the alarm but leave it activated for the next day when the alarm sounds.
4. The Chimes will sound for 20 minutes if the alarm is not turned off or the SNOOZE button isn't pressed.
5. The Sound Category will sound for 60 minutes if the alarm is not turned off or the SNOOZE button isn't pressed. The alarm will then automatically reset for the following day.

USING SNOOZE

1. When the alarm is sounding, touch SNOOZE area to activate Snooze.
2. The alarm will sound again in 10 minutes. You may repeat this action six times.
3. After the 6th time, the alarm will continue to sound for 20 minutes (if Wake To is Chimes) or 60 minutes (if Wake To is Sound Category) if the alarm is not manually turned off. The alarm will then automatically reset for the following day.
4. During a Snooze, the Wake To icon will blink.

SELECTING SOUNDS

This unit advances the state of sound therapy by incorporating scientifically engineered sound programs developed by Dr. Jeffrey Thompson. In his years of practice at the Center for Neuroacoustic Research, Dr. Thompson has helped millions of people sleep better, relax easier and think more effectively.

Dr. Thompson has taken that research and developed seven therapy sounds—SERENITY, UNWIND, CELESTIAL, NIGHT, MEDITATE, FOCUS and REJUVENATE—exclusively for the Tranquil Moments® Sound Therapy System.

This unit also incorporates five authentic digital recordings of our most popular nature sounds—OCEAN, STORM, WHITE NOISE, RAIN and STREAM—that were recorded in the wild by one of the world's foremost nature recorders.

Therapy includes four calming sounds—RELIEVE, SOOTHE, CALM, HARMONY, designed to help mask ringing in the ears.

These 16 sounds are further described below and are classified in four SOUND CATEGORIES—Relax, Sleep, Renew and Therapy.

RELAX

OCEAN: The ocean surf provides a calm rhythm that helps create a relaxing oceanside environment.

STORM: Relax to the exhilarating yet soothing sound of distant thunder as gentle rain falls upon a remote lake.

SERENITY: The calming and delicately slowed sounds of the ancient Indian tamboura and a gentle, rippling stream activate ALPHA-brainwave patterns to promote a healthy, enjoyable state of relaxation.

UNWIND: A soothing array of musical instruments and slowed natural human body sounds stimulate ALPHA brainwaves for the ultimate in deep relaxation.

SLEEP

WHITE NOISE: The steady flow of a cascading waterfall is perfect as “natural white noise” for masking unwanted background sounds.

RAIN: A tranquil rainfall provides a peaceful setting for sleep. The rain sound is particularly good at masking higher-toned background noise.

CELESTIAL: Deep pulsations from string instruments coax your mind into a DELTA-brainwave state, thereby encouraging a restful and rejuvenating sleep.

NIGHT: A slowed chorus of crickets combined with NASA-recorded sounds from Jupiter activate DELTA brainwaves and create a wonderfully calming sleep environment.

RENEW

STREAM: A rippling mountain stream helps you unwind and creates an excellent background sound for daily activities in the home or at the office.

MEDITATE: The enlightening tones of Tibetan singing bowls played at various speeds are blended with instruments and the slowed sounds of a stream and birds to activate THETA brainwaves, thereby creating an ideal meditative state.

FOCUS: Authentic NASA recordings from Earth's orbit and the smallest moon of Uranus (Miranda) are mixed with music for a unique and effective THETA-brainwave enhancing sound environment.

REJUVENATE: The appealing slowed sounds of an Austrian zither and rain stimulate THETA-brainwave activity to provide a natural, gentle and revitalizing lift.

THERAPY

Close to 50 million Americans experience a persistent ringing in the ears. Ringing in the ears is particularly bothersome when trying to sleep in a quiet room. Brookstone has worked with Dr. Jeffrey Thompson to create four THERAPY sounds that can help mask the ringing.

The following Tranquil Moments® THERAPY sounds are based on the proven principal of masking tone frequencies. Masking is the introduction of other sounds that completely or partially cover (block out) the ringing. Dr. Thompson developed these proprietary THERAPY sounds as the most advanced approach to masking tone frequencies that anyone has ever attempted with fixed pre-recorded music tracks. Each track has multiple high-range frequencies built right into the music, so they help to mask ringing while being more palatable to listen to - during the day or to sleep with at night.

RELIEVE: An echoing synthesizer melody includes masking frequencies from 1,000 - 10,000 Hz with multiple peak emphasis areas.

SOOTHE: Floating, rhythmic synthesizer music blends with peak masking frequencies from 1,000 - 10,000 Hz.

CALM: This wonderfully calming synthesizer music with a gentle stream blends in masking frequencies with peaks between 2,500 and 5,000 Hz.

HARMONY: This drifting, delicately rhythmic synthesizer music blends with major masking frequencies from 2,000 - 8,000 Hz with sharp peak emphasis areas at 7,800 Hz, 4,500 Hz, 3,000 Hz and 2,500 Hz.

BRAINWAVE ENTRAINMENT

THE SCIENTIFIC BREAKTHROUGH OF SOUND THERAPY

All of us experience different states of consciousness throughout our daily lives. Some states are frequent, such as ordinary waking consciousness, sleep and dreaming, while others are less frequent states, like when we are particularly aware or extra creative. All of these states exhibit unique patterns of brainwaves that have been mapped and measured over years by many experts, particularly Dr. Jeffrey Thompson.

By understanding the variety of brainwaves that occur during these different states, Dr. Thompson has been able to develop sounds, music and techniques that cause your brain to produce the state that you want to experience.

Safe, all-natural and clinically proven, this work has helped millions of people sleep better, relax and think more effectively.

One technique commonly used by Dr. Thompson is "entrainment." This naturally derived technique is based on the tendency of our brainwaves to adjust to our sound environment so they vibrate in harmony. Just as one tuning fork will begin to resonate if placed near another ringing tuning fork, your brain will adopt the frequency of sounds in your environment. This principle is universal and found in chemistry, pharmacology, biology, medicine, psychology, sociology, astronomy, architecture and more.

Seven sounds—CELESTIAL, NIGHT, MEDITATE, FOCUS, REJUVENATE, SERENITY and UNWIND—utilize these techniques.

Delta Waves (0.5-3.5 Hz)

DELTA waves are associated with the deepest levels of physical relaxation. DELTA is the rhythm of dreamless sleep and its presence usually corresponds with physical rejuvenation and healing. CELESTIAL and NIGHT utilize DELTA entrainment to induce sleep.

Theta Waves (3.5-7.0 Hz)

THETA waves reflect a state of mind that is attuned to intense creativity, visualization, imagination and problem-solving in a non-sleep state and emotional healing in the sleep state. THETA waves are produced during deep meditation, dreaming and daydreaming. Rapid eye movement (REM) is common in this state. MEDITATE, FOCUS and REJUVENATE utilize THETA entrainment to stimulate mental renewal.

Alpha Waves (7.0-13.0 Hz)

ALPHA waves indicate an alert state with a quiet mind, like a person who has completed a task and sits down to rest. In this state, attention may be focused outward for problem-solving or inward to achieve an alert meditative state, like pondering. Increased ALPHA waves are often present in the brainwaves of people who practice meditation, yoga and Tai Chi. SERENITY and UNWIND utilize ALPHA entrainment to promote stress reduction or an alert state of relaxation.


PLAYING SOUNDS

To play any sound, press the respective SOUND CATEGORY button and toggle through that SOUND CATEGORY until you reach your desired sound. A backlight illuminates each sound as it is selected.

ADJUSTING VOLUME

1. Press VOLUME ▲ to increase volume.
2. Press VOLUME ▼ to decrease volume.

USING THE SLEEP TIMER

With the unit powered on, press  repeatedly to select the desired length of time you want your sound to be played—30- 60- or 90-minutes will appear on the LCD display.

Note:

- If the timer is being used, the sound will gradually fade away and shut off during the last 10 minutes of play time.
- The sound will play continually if you do not use the timer.



USING SLEEP ENHANCEMENT®

Sleep Center research has proven that a gradual slowing of sounds helps promote better sleep and relaxation.

1. When activated, the playback speed of your unit's 16 sounds gradually slows down over a 30-minute period to gently lull you to sleep.
2. Once the playback speed reaches its slowest point (close to one half of normal speed) at the 30-minute mark, the playback speed will remain at this level until the unit automatically turns itself off.
3. Choose a sound to play, then press ENHANCE. Sleep enhance will appear on the LCD display.

Note: To turn the Sleep Enhancement feature off, press ENHANCE.

ADJUSTING BRIGHTNESS OF THE SOUND CATEGORY AND LCD BACKLIGHT

1. When using AC power, press and hold  for 2 seconds. Display brightness will automatically cycle through five levels of intensity (High, Medium, Low, Dim and Off) every 2 seconds.
2. Release  to set brightness at desired level.

Note: When using AC power, if the backlight brightness level is set to Off, pressing any button will activate the backlight for 5 seconds. After 5 seconds has passed, the brightness level returns to Off. If the backlight brightness level is set to Off when the alarm is sounding or snoozing, the backlight will go to the low brightness setting for the duration of the alarm or snooze.

Note: When using battery power, the backlight is automatically set to Off, pressing any button will activate the backlight for 5 seconds. After 5 seconds has passed, the brightness level returns to Off. When the alarm is sounding or snoozing, the backlight will activate for the duration of the alarm or snooze.

CONNECTING HEADPHONES

The headphone jack accepts a 1/8" (3.5 mm) monaural or stereo type plug. Sound from the internal speakers will turn off when this jack is in use.

Note: Headphones are not included.

RESETTING THE UNIT

Should you experience problems with the proper function of your unit, you may need to reset the unit.

To reset the unit, unplug the unit from the electrical outlet (if plugged in), remove the alkaline batteries from the battery compartment (if installed), and insert the tip of a paperclip into the RESET PINHOLE. The unit will revert to default settings.

SPECIFICATIONS

Power Supply	AC 100V - 240V 50/60Hz (Input) DC 9V (Output)
Battery	1 DC 3V (CR2032) For Backup 4 AA
Audio Output.....	3" Full Range Speaker

ONE (1) YEAR LIMITED WARRANTY

Brookstone® warrants this product against defects in materials and/or workmanship under normal use for a period of ONE (1) YEAR from the date of purchase by the original purchaser ("Warranty Period"). If a defect arises and a valid claim is received within the Warranty Period, at its option, Brookstone will either 1) repair the defect at no charge, using new or refurbished replacement parts, or 2) replace the product with a new product that is at least functionally equivalent to the original product, or 3) provide a store credit in the amount of the purchase price of the original product. A replacement product or part, including a user-installable part installed in accordance with instructions provided by Brookstone, assumes the remaining warranty of the original product. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Brookstone's property. When a store credit is given, the original product must be returned to Brookstone and becomes Brookstone's property.

Obtaining Service: To obtain warranty service, call Brookstone Limited Warranty Service at 1-800-292-9819. Please be prepared to describe the product that needs service and the nature of the problem. A purchase receipt is required. All repairs and replacements must be authorized in advance. Service options, parts availability and response times will vary. You are responsible for delivery and the cost of delivery of the product or any parts to the authorized service center for replacement, per our instructions.

Limits and Exclusions: Coverage under this Limited Warranty is limited to the United States of America, including the District of Columbia and the U.S. Territories of Guam, Puerto Rico, and the U.S. Virgin Islands. This Limited Warranty applies only to products manufactured for Brookstone that can be identified by the "Brookstone" trademark, trade name, or logo affixed to them or their packaging. The Limited Warranty does not apply to any non-Brookstone products. Manufacturers or suppliers other than Brookstone may provide their own warranties to the purchaser, but Brookstone, in so far as permitted by law, provides these products "as is." This warranty does not apply to: a) damage caused by failure to follow instructions relating to product's use or the installation of components; b) damage caused by accident, abuse, misuse, fire, floods, earthquake or other external causes; c) damage caused by service performed by anyone who is not a representative of Brookstone; d) accessories used in conjunction with a covered product; e) a product or part that has been modified to alter functionality or capability; f) items intended to be periodically replaced by the purchaser during the normal life of the product including, without limitation, batteries or light bulbs; g) any product sold "as is" including, without limitation, floor demonstration models and refurbished items; or h) a product that is used commercially or for a commercial purpose.

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