Babies aren't born knowing the difference between night and day, and it can take several months before they adapt to the 24-hour cycle and develop a sleep routine. Mirari® Glow to Sleep™ is the perfect tool to help calm children by offering soothing lights and sounds to create a peaceful environment.
IMPORTANT SAFETY INSTRUCTIONS

• Read these instructions and keep them for future use.
• Observe all warnings and follow instructions.
• Do not tamper with the cord for any reason.
• Only use this product as it was intended.
• Do not use near water.
• Do not use near any heat source or apparatus that produces heat.
• Clean only with a dry cloth.
• Only use cord as intended.
• Do not leave unit plugged in charging during lightning storms or when left unused for long periods of time.
• Do not attempt to service the unit yourself. All servicing should be referred to qualified personnel, and done so under the following conditions:
  • When power supply or cord has been damaged.
  • If liquid has been spilled, or objects have fallen into the unit.
  • If the unit is exposed to rain or water.
  • If the product does not operate normally when following the instructions.
  • If the unit has been dropped or damaged in any way.
  • When the product exhibits a distinct change in performance.
• In the event that a replacement part is needed, ensure the service technician uses parts specified by the manufacturer to avoid fire, electric shock or other hazards.

Note: 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 separation between the equipment and receiver.
  • Connect the equipment into 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.

Please note that changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.
**Set Up**

- Always set Glow to Sleep™ on a flat, stable surface, out of the reach of children.
- Plug the included mini USB cord into the back of the unit, and then plug it into an outlet using your own USB wall/power adapter. Please ensure the cord is not a hazard.
- If the unit is unplugged, the backup battery will work (when fully charged) for approximately 2 to 4 hours.
- When the battery is getting low, the red light on the back of the unit will blink. When charging, you will see a red light. When the unit is fully charged, the red light will turn off.
- To turn on the unit, press the power button  on the far left, at the back of the unit. You will hear an audio alert confirming power is on.
- There are three sound modes: Bluetooth® (default), Sound Effects and SD Card. Use the mode button  on the far right to switch modes. When you press it, you will hear an audio alert telling you which mode it is in.
- The lights are on as default. If you wish to turn the lights off and only use sound, press and hold down the play/pause button  until the lights turn off.
Sound Effects Mode

- Glow to Sleep includes 10 different sounds for you to choose from once you are in Sound Effects mode (to get to this mode, press the mode button \[M\] until the audio alert says “Sound Effects”).
- Press the Play button \[\text{\text{\text{\text{\text{}}}}}\] to start the sounds.
- To change the sound, press the forward or back buttons \[\text{\text{\text{\text{\text{}}}}} \text{\text{\text{\text{\text{}}}}}\]. The sounds are in this order: Babbling Brook, Car Ride, Heartbeat, Lullaby, Soft Rain, Rainforest, Rumbling Train, Ocean Waves, White Noise and Shushing.
- Once you choose a sound, that particular sound will play continually until you pause it or turn unit off.
- To adjust the volume, you will use the forward and back buttons \[\text{\text{\text{\text{\text{}}}}} \text{\text{\text{\text{\text{}}}}}\], but this time hold them down. Hold down the forward arrow button \[\text{\text{\text{\text{\text{}}}}}\] to raise the volume (the unit will beep when it reaches maximum volume), and hold down the backward arrow button \[\text{\text{\text{\text{\text{}}}}}\] to reduce the volume. Simply release the button when you have reached the desired volume.

Mini SD Memory Card Mode

- You may use your own SD card with Glow to Sleep to play your own recorded sounds, songs, stories, etc. Make sure your unit is in SD Card mode (to get to this mode, press \[M\] until the audio alert says “SD Card”).
- Insert your SD Card.
- Press the Play button \[\text{\text{\text{\text{\text{}}}}}\] to start playing.
- The audio on your SD Card will play through to the end, so keep this in mind when filling your SD Card. The audio will not loop, or play over and over continually. It will play from beginning to end once.
- To adjust the volume, you will use the forward and back buttons \[\text{\text{\text{\text{\text{}}}}} \text{\text{\text{\text{\text{}}}}}\]. Hold down the forward arrow button \[\text{\text{\text{\text{\text{}}}}}\] to raise the volume (the unit will beep when it reaches maximum volume), and hold down the backward arrow \[\text{\text{\text{\text{\text{}}}}}\] button to reduce the volume. Simply release the button when you have reached the desired volume.
Bluetooth® Mode (default)

• You may use Bluetooth® with Glow to Sleep to play your own recorded sounds, songs, stories, etc. Make sure your unit is in Bluetooth mode (to get to this mode, press \[M\] until the audio alert says “Bluetooth.” Bluetooth is also the default mode when turning on your unit).

• Any device with Bluetooth can be used with the unit (e.g. smartphone, tablet, computer). Simply pair your device with the unit by going into your device settings. When the unit is searching for a device to connect to, the red light on the back will blink. Once the unit is paired, you will hear an alert confirming the connection.

• The unit is basically now acting as a speaker for your “playlist.” The audio will play looped, repeated, etc., however you set it up on your device.

• You can control volume and song selection from your device, or from the Glow to Sleep unit using the buttons on back:
  • To change songs/sounds, tap the forward or back buttons \[ <<< | >>> \].
  • To adjust the volume, you will use the forward and back buttons, but this time hold them down. Hold down the forward arrow button \[ >>> \] to raise the volume (the unit will beep when it reaches maximum volume), and hold down the backward arrow button \[ <<< \] to reduce the volume. Simply release the button when you have reached the desired volume.

• It is important to keep in mind that because the unit is acting as a speaker for your device, any audio alerts (phone calls, texts, etc.) can come through to the unit. We recommend setting your device in Do Not Disturb mode to avoid having your child’s soothing sounds disrupted.
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