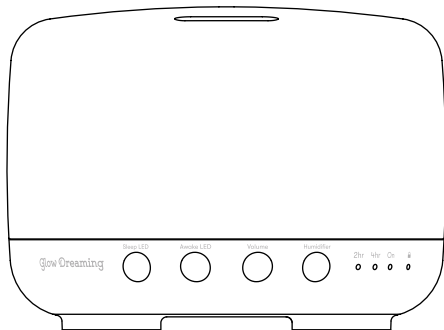
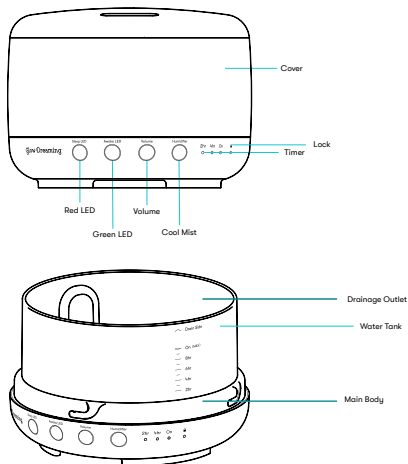


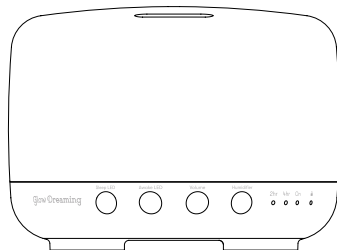
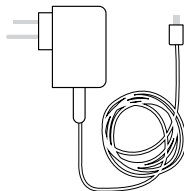
Glow Dreaming

# Glow Sleep Easy User Manual



The Glow Sleep Easy is the multi-award-winning smart sleep device that combines Red LED Light Therapy, Pink Noise and an Ultrasonic Humidifier to enrich your sleep routine, make settling easier and quicker and reduce night waking. The Glow Sleep Easy Green LED Light helps resolve early waking by letting your little one know when it's time to start the day. You can also download our Glow Sleep Genie App if you would like some real time assistance with scheduling your day and answering your sleep questions. The Glow Sleep Easy has been designed with safety in mind and to support your little one at every stage of their life.



**Product component list (supplied in loose)****1x Glow Sleep Easy unit****1x Power Cord****1x Glow User Manual**

**IMPORTANT:  
RETAIN FOR FUTURE REFERENCE, READ CAREFULLY**

**⚠ WARNING ⚠**

**STRANGULATION HAZARD:  
CHILDREN HAVE STRANGLED IN CORDS. KEEP THIS CORD OUT  
OF THE REACH OF CHILDREN (MORE THAN 3 FT (0.9 M) AWAY)  
NEVER USE EXTENSION CORDS WITH AC ADAPTERS.**

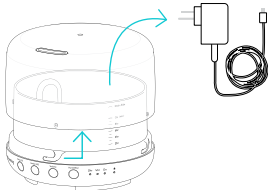


**WARNING** This Glow Sleep Easy is compliant with all relevant standards regarding electromagnetic fields and is, when handled as described in the User's Guide, safe to use. Therefore, always read the instructions in this User's Guide carefully before using the device. Adult assembly is required. Keep small parts away from children when assembling.

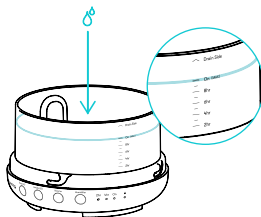
- This product is not a toy. Do not allow children to play with it.
- This Glow Sleep Easy is not a substitute for responsible adult supervision.
- Keep this User's Guide for future reference.
- Keep the cords out of reach of children.
- Do not cover the Glow Sleep Easy with a towel or blanket.
- Test this Glow Sleep Easy and all its functions so that you are familiar with it prior to actual use.
- Do not use the Glow Sleep Easy in damp areas or close to water.
- Do not install the Glow Sleep Easy in extreme cold or heat, direct sunlight, or close to a heat source.
- Only use the power cord provided. Do not use other power cords as this may damage the device.
- Do not touch the plug contacts with sharp or metal objects.
- Connect the power adapters to easily accessible electrical sockets.
- Unplug the appliance during filling and cleaning.
- Do not permit the area around the humidifier to become damp or wet. If dampness occurs, turn the output of the humidifier down. If the humidifier output volume cannot be turned down, use the humidifier intermittently. Do not allow absorbent materials, such as carpeting, curtains, drapes, or tablecloths, to become damp.

## Quick Set up

1.



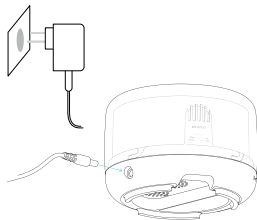
2.



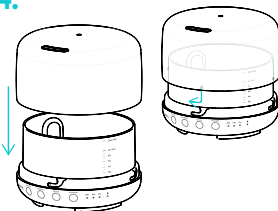
1. Remove Glow Sleep Easy from box, open lid.  
Remove Plug.

2. Fill humidifier with cold water.

3.



4.

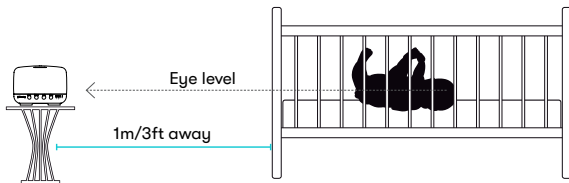


3. Turn off wall power switch. Connect plug to Glow Sleep Easy, then to the wall socket.  
Turn on wall power.

4. Fit lid back on unit.

## Quick Set up

### 5.6.7.

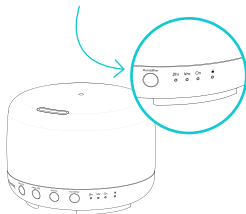


5. Your Glow Sleep Easy should be positioned on a side table or stool, eye level.

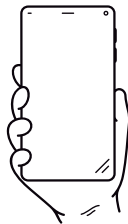
6. Position 1m or 3ft away from where your child is asleep.

7. They should be able to see it easily when they're lying down.

### 8.



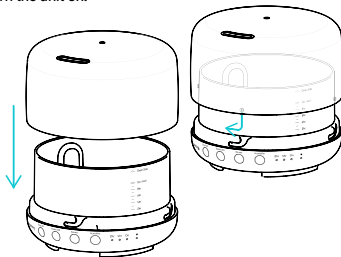
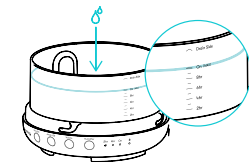
Download our App to  
control your Glow Sleep  
Easy remotely and  
access special features



8. Press buttons to turn on or download our free app to control remotely.

## Getting Started - General Operation

1. Unwrap all components. Remove power cable and any filler from inside the water tub.
2. Stand the base of the Glow on a flat, stable, hard surface
3. If using the humidifier, add water, taking care not to get any water in the air return or power outlet. Fill to your desired time-level but do not fill past Max line.
4. Connect the AC adaptor to the DC socket on the rear of the unit. Then plug the power cord into your wall socket with the power turned off, and lastly turn on the power at the wall.
5. Seek medical advice before using any aromatherapy. If using Glow Dreaming oils, add water to the tank (fill up to max line depending on how many hours its required to run) and essential oil according to your child's age group, as outlined in the manual. Please do not exceed the recommended dosage.
6. Fit the lid over the base. There is a locking feature that requires a gentle push and twist. An audible click will be heard when lid is shut. Once locked in place the lid cannot be removed unless twisted. Always fit the lid before you turn the unit on.



Download our App to control your  
Glow Sleep Easy remotely and  
access special features.

## Getting Started - General Operation

Button Press	Sleep LED (Red Light)	Awake LED (Green Light)	Volume (Pink Noise)
0	Off	Off	Off
1	●●●	●●●	●●●
2	●●●	●●●	●●●
3	●●●	●●●	●●●

2hr 4hr On  
○ ○ ○

2hr 4hr On  
○ ○ ●

2hr 4hr On  
○ ○ ●

2hr 4hr On  
○ ○ ●

Switching between defaults to level 1

### Humidifier + Duration

Timer controls all functions

Off	2hr	4hr	On
2hr	2hr	4hr	On
4hr	2hr	4hr	On
On	2hr	4hr	On

○ ○ ○

● ○ ○

○ ● ○

○ ○ ●

Once the reservoir is empty, only the humidifier will turn off, all other functions will remain on.



## Getting Started - General Operation

7. Press the Sleep LED button to turn the Red LED Light on to the dimmest setting. Press again to change the brightness: there are 3 brightness settings. To turn the Red Light off, simply hold the button down. Switching off the Sleep LED button will not affect any other settings.
8. Press the Awake LED button to turn the Green LED Light on to the dimmest setting. Press again to change the brightness: there are 3 brightness settings. To turn the Green Light off, simply hold the button down. Switching off the Awake LED button will not affect any other settings.
9. Press the Volume button to turn on the Pink Noise to the softest setting. Press again to change the volume: there are 3 volume settings. To turn the Pink Noise off, simply hold the button down. Switching off the Volume button will not affect any other settings.
10. Press the Humidifier button to turn on the Cool Mist to the 2 hour timer. Press the button again to extend the timer to 4 hours, and press a third time to let the humidifier run until the water tank is nearly empty (no timer).
  - a. When using the 2 or 4 hour timer, the entire unit will turn off after the timer is finished.
  - b. When using the On setting, only the humidifier will turn off: the light and/or noise will remain on until you turn them off yourself.
11. To turn on the Button Lock, hold the Humidifier button down until the Lock Light turns on. Hold the Humidifier button down again to release the Button Lock.
  - a. If the Button Lock is activated, you can use our App to control your Glow remotely.

If you don't use the unit regularly, empty the water out of the tank, dry it and store somewhere safe and dry. Wipe the water tank and lid after each use and always refill your water tank with fresh water before each use.

## Getting Started - General Operation

### Notes:

When the humidifier is set to 'On' with a full tank of water (on max line), it will run for 10-12 hours. The quantity and intensity of mist will vary over time. This is absolutely normal and should not be considered a fault.

Factors that may affect the way the unit functions include water type, humidity, temperature and air currents. Do not over fill the tank past full as this will impact humidification. The unit requires that minimum space top operate effectively.

Use only 100% natural essential oils in this product. Oils that contain additional chemicals, spices or other impurities will cause the unit to malfunction. Before changing to a different essential oil, always clean the unit as recommended in the maintenance instructions. If the Lock light is on, then the Button Lock has been activated: hold the Humidifier down for 2-3 seconds to deactivate the Button Lock.

## Safety

The Glow Sleep Easy has been designed to be safe for your family and can be used from birth and during pregnancy.

### **Protect your Glow Sleep Easy in the following ways:**

Do not attempt to disassemble the product or carry out your own repairs. If the product is damaged or not functioning correctly, please Contact Us.

Do not cut, twist or stretch the power cord. Do not place heavy objects on the power cord. Keep the cord away from high temperatures and never attempt to repair a cord that isn't working.

If the adapter cord or any socket appears damaged or loose, do not use the product and please Contact Us

If you notice an unusual smell or noise, please stop using the product. Clean the product thoroughly as per the Maintenance instructions and Contact Us if the issue persists.

Never place the adapter in water or allow water to enter the power outlet or air return.

Empty out and wipe the water tank and lid after each use and always refill your water tank with fresh water before each use.

Essential oils may cause staining on the unit, this is not considered unsafe or damage.

## Safety

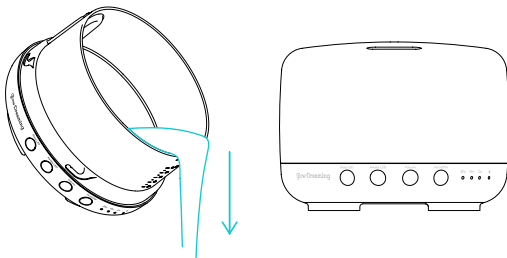
### Accidental spillage:

If the unit is accidentally knocked over while in use:

Turn off the power at the wall and remove the plug from the Glow power outlet.

Take off the lid and carefully pour out any remaining water.

Shake the unit gently to drain any water inside the unit base, then stand the unit upside down. And allow to dry for at least 24 hours.



If essential oil is accidentally spilled, use a damp cloth to wipe up the spilled oil straight away. Soak and wash any clothing affected by the spill. Use baking soda to absorb any odours from carpets.

## Maintenance

To get the best from your Glow Sleep Easy, we recommend you wipe out the water tank with a clean, dry microfiber cloth after each use of the Humidifier. Always empty the water out after each use and refill with clean, fresh water and fresh essential oil for each use.

**Whether or not you use the humidifier regularly, we recommend cleaning the Glow every 3 days:**

1. Turn off the power at the wall and remove the plug from the base of the Glow.
2. Remove the lid and carefully pour out any remaining water from the side marked Drain Side.
3. Fill the water tank with 1 tablespoon white vinegar and 200ml warm water (to 70°C/ 158°F)
4. Leave for 5 minutes, then drain the water tank.
5. Wipe out the tank, outer lid, inner lid and power socket with a soft, dry microfiber cloth to remove any water and dust.
6. Check the speaker on the underside of the unit to ensure there is no dust build up: gently blow on the speaker to dislodge dust.
7. Do not use acid-based detergents, solvents or abrasives: these will damage the unit and may cause it to emit harmful gases.

## Maintenance

### Remove Inner Lid.

1. Grasp the lip of the mist release and tug down to release the inner lid – you don't need to twist the inner lid.
2. Wipe clean with a soft, dry microfiber cloth.
3. Replace inside the outer lid by fitting the inner lid until you hear a click (there is no need to twist the inner lid).

## Best Practice

### To ensure your Glow Sleep Easy functions safely:

Do not fill above the maximum water line.

Plug the power cord into the Glow, then into the wall socket with the power turned off, then lastly turn on the power at the wall.

Plug the Glow directly into the wall socket, it's not recommended to use a power board or extension cable.

Clean regularly to prevent malfunction (see Maintenance).

Always unplug from the power supply before maintenance.

Always empty the water out after each use and refill with clean, fresh water and fresh essential oil for each use.

## Best Practice

Always empty water via the side marked Drain Side.

Essential oils can stain and so spills should be wiped up promptly.

Do not aim the cool mist directly at soft furnishings or walls.

Do not use in direct sunlight, near a heat source or in the draft of a cooling system.

Always keep on a hard, stable, flat surface: do not use on carpet, fabric or rattan.

Do not place on top of electric appliances such as TVs or audio equipment.

Do not tip the unit: water may enter the mechanism and cause irreparable damage.

Do not use for more than 12 hours at any one time: always turn off your Glow between uses.

Allow at least 60 minutes between uses to avoid damaging the unit.

Do not use mineral or sparkling water in your Glow.

Do not move the unit while in use.

Do not touch the unit with wet hands.

Keep out of reach of children and pets. Do not allow children to operate or play with the unit.

Ensure the power cord doesn't cause any obstruction or trip hazard.

If you see smoke or sparks, smell burning or see scorch marks, unplug the unit immediately and Contact Us.

## Troubleshooting

Symptom	Possible cause	Solution
Glow will not turn on	1. Power cord incorrectly connected. 2. Dust in the power outlet.	<ul style="list-style-type: none"> <li>Remove power cord completely.</li> <li>Blow gently on power outlet and wall socket to dislodge dust.</li> <li>Reconnect power and try again.</li> </ul>
Timer will not turn on	Not enough water in the tank; the timer is connected to the humidifier.	Add 200ml-450ml water to the tank.
No cool mist (or very little)	1. Water level is too low. 2. Water level is too high. 3. Inner lid is askew. 4. Dust in the air intake.	<ul style="list-style-type: none"> <li>Clean unit as per Maintenance instructions.</li> <li>Refit inner lid.</li> <li>Add fresh water to tank below max line and try again.</li> </ul>
Water leakage	Inner lid is askew.	Remove and reinstall inner and outer lids.
Buttons not responding	Parent Lock is activated via the App.	<p>The Lock Light should be activated on the unit.</p> <p>Open the app on your phone to turn off the parent lock, or hold the Humidifier button down for 2-3 seconds, until the Lock Light turns off.</p>

## Contact Us

Contact Us if you need any help with your Glow Sleep Easy: [customercare@glowdreaming.com](mailto:customercare@glowdreaming.com)

We always appreciate a short video showing us the issue you are having with your Glow – please capture:

- The unit is plugged in at the wall
- The power at the wall socket is turned on
- The power cord is plugged in at the back of the Glow unit
- The issue you are experiencing

If there is any issue with the humidifier/timer please also show in your video that there is water in the water tank.



## Specifications

Size:	145mm wide x 145mm deep x 107mm high
Unit weight:	No361g (excl. Power supply, label and water)
Power supply:	Input: 100-240V ~50/60Hz Output: 24V 650mA
Ultrasonic frequency:	1.7MHz + /- 20%
Bluetooth operation frequency:	2402 MHz ~ 2480 MHz
Water capacity:	400ml to On (MAX) fill line. 587.8mL to Reservoir brim.
Main material:	PP = Polypropylene
LED Colour:	Red and green
Brightness:	3 levels
Volume:	3 levels. Max 70Db
Button quantity:	4 pcs
Timer:	2hr, 4hr, On (will run until water tank is mostly empty)
Max EIRP:	-1.3dBm
Operation temperature:	0 ~ 40 degree C; Humidity 30% ~90%
Storage temperature:	-10 ~ 60 degree C; Humidity 20% ~ 90%

## Declaration of Conformity (RED)

Hereby, we, Glow Dreaming Holdings Pty Ltd . declares that the radio equipment GD03 is in compliance with Radio Equipment Directive (RED) 2014/53/EU. The relevant harmonized test standards are listed:

- RF: ETSI EN 300 328 V2.2.2 (2019-07)
- EMC: ETSI EN 301489-1 V2.2.3(2019-11), ETSI EN 301489-17 V3.2.4 (2020-09), EN 55032:2015+A1:2020, EN 55035:2017+A1:2020, EN IEC 55014-1:2021, EN IEC 55014-2:2021,
- EN IEC 55015:2019+A11:2020, EN 61547:2009, EN IEC 61000-3- 2:2019+A1:2021, EN 61000-3-3:2013+A2:2021
- EMF: EN 62479:2010; EN 50663:2017
- LVD: EN IEC 62368-1:2020+A11:2020

This product can be used in the European market without restriction, meet the requirements of article 10(2) and 10(10).

Manufacturer: Glow Dreaming Holdings Pty Ltd

Address: Suite 113, 377 New South Head Road, Double Bay, NSW, Australia, 2028

## Declaration of Conformity (UK)

Hereby, We, Glow Dreaming Holdings Pty Ltd. declares that this radio equipment GDO3 is in compliance with Radio Equipment Regulations 2017 (SI 2017/1206)

The full text of the UK declaration of conformity is available at [www.glowdreaming.co.uk](http://www.glowdreaming.co.uk)

Manufacturer: Glow Dreaming Holdings Pty Ltd

Address: Suite 113, 377 New South Head Road, Double Bay, NSW, Australia, 2028

Importer: Glow Dreaming Holdings Pty Ltd

Address: Liberty 196, Rhosili Road, Northampton, NN4 7JE, UK

## Warranty

This product has been produced with the greatest care for normal, household use. Following directions carefully will ensure dependable operation. If you experience unsatisfactory operation or are dissatisfied with your Glow Sleep Easy (Barcode 9360046000008) please contact our Customer Care team via [customercore@glowdreaming.com](mailto:customercore@glowdreaming.com). Modification to the product by the consumer or failure to follow the manufacturer's operating instructions will void the warranty. If repair is required under the warranty period, the product should be returned with proof of purchase. The purchaser assumes responsibility for the proper care and use of the product in accordance with the printed Operating Manual. The purchaser or user must make his or her judgment as to when to use the product and the length of use. Keep the Operating Manual available as it is your guide to safe, efficient operation. You are entitled to a replacement of the faulty unit or refund for a major failure. For warranty claims please Contact Us. If you experience an issue outside the warranty period, you are invited to Contact Us and we will support you to the best of our ability.

### Warranty

- This product is guaranteed for 12 months after the date of purchase. Please retain your original receipt as proof of purchase.
- If you receive this Glow Sleep Easy as a gift, please Contact Us to register for your warranty as soon as possible.
- We will be unable to support any warranty claims if we are unable to confirm the purchase information and eligibility.
- The warranty is available to the first user of the product only and is non-transferrable.
- Any fault or damage that occurs during normal usage as described in this manual is covered by this warranty.
- All warranty claims are subject to proper use and care in accordance with the product manual. This includes a proper cleaning regimen to maintain the device.
- The warranty will not apply in the event of neglect, intentional or accidental damage, or normal wear and tear.
- If there is evidence of tampering, willful or accidental damage, misuse, or incorrect product use, your warranty will be voided.
- If you experience a warranty issue within the warranty period, please Contact Us for support.
- If we are unable to resolve the issue for you, we will replace eligible items within the warranty period.
- You will be asked to supply a video of the issue you are experiencing so that we can confirm the issue.
- This Warranty is not transferable.
- The warranty does not extend to the elimination of externally generated static, noise, or loss of range or audio/video quality due to external factors, to costs incurred for the installation, removal, or reinstallation of the product, or to damage to digital media devices or memory.
- The warranty does not apply to any product or part thereof which, in the opinion of the company, has suffered or been damaged through alteration, improper installation, mishandling, misuse, neglect, accident or exposure to moisture.
- This warranty does not apply to damage caused by an AC adapter not provided with the product or by removal or defacement of factory serial number/ barcode labels.



FCC ID: 2BCQKGD03



XXXXXXXXXXXX

Glow Sleep Easy

GD03

[www.glowdreaming.co.uk](http://www.glowdreaming.co.uk)

For indoor use only. The light source contained in this luminaire shall only be replaced by the manufacturer or their service agent or a similar qualified person.

**CAUTION:** Changes or Modifications not expressly approved by the party responsible could void the user's authority to operate this device.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

