**Package Includes:**
- Shake-N-Wake Alarm Clock
- Wrist Band
- Instruction Sheet

**Battery Installation:**
- Slide down the battery cover
- Follow the polarity instructions to insert 1 x AAA battery (not included).
- Slide on the battery cover; The Shake-n-Wake will be in the normal time mode.

Please make sure the unit is in TIME mode before setting STOP WATCH, TIME or ALRAM. If you are unsure that it is TIME mode, remove the battery, wait a few minutes and then re-install the battery.

**Time and Date Set**
- In normal time mode press **Mode** three times to enter the time setting mode.
- The days of the week will appear at the top of the screen and **TU** and the second numbers will begin to flash.
- Press **Adjust** to return the second numbers to **00**
- Press **Time Set** again and the minute numbers start flashing. Press **Adjust** to set the minute time.
- Press **Time Set** again and the hour numbers start flashing. Press **Adjust** to set the hour time.
- Press **Time Set** again and the day/date screen appears with the day of the month flashing. Press adjust to the correct day of the month.
- Press **Time Set** again and the month number starts flashing. Press **Adjust** to set to the correct month.
- Press **Time Set** again and day of the week symbols begins flashing. Press **Adjust** to set to the correct day of the week.
- Once the time and date are set, press **Mode** to return to normal time mode.
Alarm Clock set
• In normal time mode press Mode twice to enter the alarm setting mode. MO and the hour numbers will flash.
• Press Adjust to alter the hour of the alarm.
• Once correct press Time Set and the minute numbers will start flashing.
• Press Adjust to alter the minutes.
• When the desired time is set press Mode to return to normal time.
• In the normal time mode press Time Set and Adjust together to turn on the alarm and the Alarm On symbol will appear, press the two buttons again to turn the alarm off.
• Press Reset to view the alarm time.
• When the alarm goes off you can press Start/Stop for a 5 minute snooze.

Note: The Alarm cannot be set by individual day of the week. Although when setting the alarm the day of the week will flash, this function should be ignored. Your pre-set alarm time will go on everyday as selected.

On-The-Hour Alarm
• Whilst pressing Time Set also press Mode and you will see the full days of the week text appear. The on-the-hour alarm is now set.
With Time Set still pressing pressed Mode again to turn the on-the-hour alarm off and the days of the week will disappear.

Stopwatch
• In normal time press Mode once to enter stopwatch mode.
The days of the week appear at the top of the screen and SU, FR and SA start flashing
• Press Start/Stop once to start timing. SU and SA continue flashing
• Press Start/Stop to stop timing.
• Press Reset to clear the time and return to 00:00.
• Press Mode a second time to return to normal time mode.

BATTERY ADVICE:
1) Requires 1 x "AAA" (LR03) batteries. Not included.
2) Batteries should only be replaced by an adult.
3) Do not mix old and new batteries.
4) Do not mix alkaline, standard (carbon-zinc) or rechargeable (nickel-cadmium) batteries.
5) Do not re-charge non-rechargeable batteries.
6) Rechargeable batteries are only to be charged under adult supervision.
7) Rechargeable batteries are to be removed from the product before being charged.
8) Ensure batteries are inserted with the correct polarity.
9) Exhausted batteries should always be removed.
10) The terminals should not be short circuited.

Do not dispose of batteries in household waste or fires as batteries may explode. Dispose of spent batteries safely at your local authority or approved waste site.

Model No.
P1-107