

# frida baby<sup>®</sup>

## 3-IN-1 SOUND MACHINE

+ WHEN-TO-WAKE CLOCK + NIGHTLIGHT

### USER MANUAL



# MAKE BEDTIME A SHORT STORY

Getting their snooze schedule in sync with yours can be a nightmare. This all-in-one sleep system helps baby wind-down with a sound machine and nightlight. When they're ready to own their morning routine, the sleep trainer uses colors to cue bedtime and go time. It's a dreamy solution for the whole fam.

*Keep this guide for future reference.*

## Contents



3 in 1  
Sound Machine



USB  
power cable

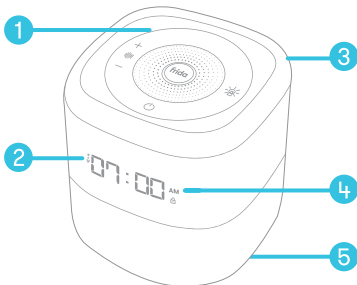


USB  
power adapter



User Manual

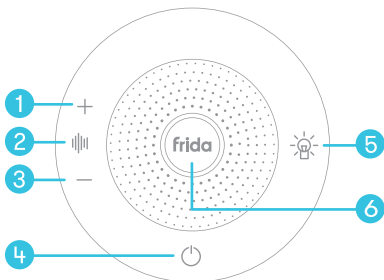
## Specifications + Features:



- 1 Top Control Panel
- 2 Status Light  
(for When-to-Wake)
- 3 When-to-Wake Light
- 4 Clock Display
- 5 Bottom Control Panel

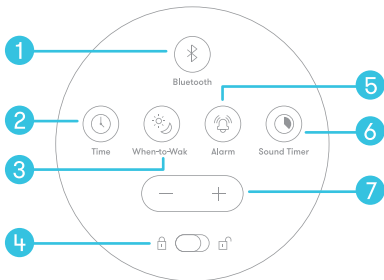
## Control Panels:

### TOP



- 1 Volume Up
- 2 Sound Button
- 3 Volume Down
- 4 Power
- 5 When-to-Wake Color Button
- 6 Nightlight Button

### BOTTOM



- 1 Bluetooth® Wireless Technology
- 2 Time
- 3 When-to-Wake
- 4 Toddler Lock
- 5 Alarm
- 6 Sound Timer
- 7 Control Buttons (set time)

## Quickstart Guide: Bottom Controls



### Connect to *Bluetooth*® Wireless Technology

Press and hold for 2 seconds to initiate pairing

- Open your device settings and select “Frida 3-in-1 Sound Machine”



### Set Clock Time

Press 2 seconds to enter time mode

- Use +/- to adjust hour
- Use +/- to adjust min
- Press again to set min mode
- Press and hold 2 seconds to exit



### Set When-to-Wake

Press 2 seconds to enter When-to-Wake mode

- Use +/- to adjust hour
- Use +/- to adjust min
- Press again to set min
- Press and hold 2 seconds to exit

**NOTE:** Once set, press once to enable/disable this function (icon turns on/off)



### Set Alarm

Press 2 seconds to enter Alarm mode

- Use +/- to adjust hour
- Use +/- to adjust min
- Press again to set min
- Press and hold 2 seconds to exit

**NOTE:** Once set, press once to enable/disable this function (icon turns on/off)









### Set Sound Timer

Press and hold for 2 seconds to enter set sound timer mode

- Press again to cycle through 15/30/60 min. and 0 min.
- Press and hold 2 seconds to exit

## Quickstart Guide: Top Controls

	<b>Blackout Mode</b> <ul style="list-style-type: none"><li>• Press button to turn off clock display</li><li>• Press and hold for 1 second to turn off all lights</li></ul>		
	<b>Nightlight</b> <ul style="list-style-type: none"><li>• Touch button to activate night light</li><li>• Touch and hold to adjust brightness</li></ul>		
	<b>Status Color</b> <ul style="list-style-type: none"><li>• Press button to change status light color</li><li>• Press and hold for 2 seconds to turn off</li></ul>		
	<b>Play Sound</b> <ul style="list-style-type: none"><li>• Press button to cycle through sounds</li><li>• Press and hold for 2 seconds to exit</li></ul>		
	<b>Sound Volume</b> <ul style="list-style-type: none"><li>• Press + to increase</li></ul>		<b>Sound Volume</b> <ul style="list-style-type: none"><li>• Press - to decrease</li></ul>

## Connect to *Bluetooth*<sup>®</sup> Wireless Technology

Press and hold the *Bluetooth*<sup>®</sup> technology button for 2 seconds to initiate “pairing” mode. A “pairing ready” chime will play.

On your device, open your settings and select “Frida 3-in-1 Sound Machine” when it appears. A “device paired” chime will play when the device connects.

**NOTE:** To clear all devices from the clock’s memory, press and hold the *Bluetooth*<sup>®</sup> technology button for 10 seconds.

## Set Clock Time

**NOTE:** If you connect to a *Bluetooth*<sup>®</sup>-enabled device like your phone, the clock's time will be set automatically.

If you want to set your clock manually, press and hold the time button for 2 seconds to enter "set hour" mode. The "hour" display will begin to flash. Press + or - to select the correct hour. To change to AM or PM, advance the hour past 12.

Press the time button again to enter "set minute" mode. The "minute" display will begin to flash. Press + or - to select the correct minute.

**TIP:** A short press will send the cursor back to the "hour" selector.

Press and hold the time button for 2 seconds to exit this mode.

## Set When-to-Wake

Set SLEEP and WAKE times for the When-to-Wake function:

15 minutes before SLEEP, the status light will glow YELLOW.

At sleep time, the status light will turn ROSE color until morning.

15 minutes before WAKE, the status light will glow YELLOW.

At wake time, the status light will turn GREEN for 1 hour.

**NOTE:** Setting the When-to-Wake time will not set the audio alarm feature. The alarm must be set separately.

### 1. Set SLEEP time

Press and Hold When-to-Wake button for 2 seconds. A moon icon will flash on the display to indicate that SLEEP time is being set.

The "hour" display will begin to flash. Press + or - to select the correct hour. To change to AM or PM, advance the hour past 12.

Press the button again to enter "set minute" mode. The "minute" display will begin to flash. Press + or - to select the correct minute.

## 2. Set WAKE time ☀

After setting SLEEP time above, press the When-to-Wake button again to enter “set hour” mode. A sun icon will flash on the display to indicate that WAKE time is being set.

Use + or - to select the correct hour, then press the When-to-Wake button again to set the correct minute.

Press and hold the button for 2 seconds to exit "When-to-Wake" mode.

## 3. Press the When-to-Wake button once to enable/disable the alarm.

## Set Alarm (audio only)

Press and hold the alarm button for 2 seconds to enter "set hour" mode. The "hour" display will begin to flash. Press + or - to select the correct hour.

To change to AM or PM, advance the hour past 12. Press the alarm button again to enter “set minute” mode. The “minute” display will begin to flash. Press + or - to select the correct minute.

Press and hold for 2 seconds to exit "set alarm" mode.

**TIP:** A short press will send the cursor back to the “set hour” selector.

Press the alarm button once to enable / disable the alarm.

## Sound Timer

Press and hold for 2 seconds to set sound timer mode.

Press once to cycle through 15, 30, 60 and 0 timer mode.

Press and hold for 2 seconds on desired setting to set and exit sound timer.

**NOTE:** Once the timer is set, your phone will be disconnected and the unit will start to play one of the 7 pre-recorded sounds.

## Set Toddler Lock

Toggle the toddler lock to prevent accidental changes to settings.

**NOTE:** This toddler lock will only lock the bottom buttons.

## Complete Unit Reset

Hold down the power button for 12 seconds for a complete factory reset.

## To Stop the Alarm

When the alarm sounds, press the power button to stop the alarm.

## Blackout Mode:

**NOTE:** Blackout mode is designed to allow the user to turn off all of the lights while sleeping, if desired. Alarms and sounds will still run when in blackout mode.

Press the power button to turn the clock's display on or off.

Press and hold for 1 second to turn off the display and all lights.

Press again to turn the lights and display back on.

**NOTE:** If When-to-wake mode is on, the sleep indication lights will remain on unless the mode is turned off.

## Activate Night Light

Touch the center button on top of the device to activate the nightlight and cycle through the 3 brightness levels and the power off setting.

OR

Touch and hold to gradually increase the brightness.

Let go of the button when at desired brightness level.

## Change Ambience Light

Press the light button to cycle through the color of the ambience light.

Press and hold for 2 seconds to turn off the ambience light.



## Play Sound

Press the sound button to activate the first preset sound.

Press again to cycle through the built in sound options.

Press and hold the button for 2 seconds to turn off the sound.

**TIP:** Use the + and - buttons on the top of the unit to control audio volume.

## Operating Instructions:

### Power and battery:

Plug the clock's power cable into an electrical outlet.

### To replace the coin cell battery:

Install a CR2032 coin cell battery button cell backup battery.

#### Step 1:

Open the battery compartment using a Philips-head screwdriver.



#### Step 2:

Slide out the tray by pulling the finger indent.



#### Step 3:

Insert the button cell into the tray with the + side up.



**Step 4:**

Push the tray back in and secure the compartment screw.

**NOTE:** The backup battery retains your settings in case of a power outage or cord disconnection. The clock's functions won't work on battery power.

**Technical Data:**

**Product Name:** 3 in 1 Sound Machine

**Model #:** 100001463

**Power Voltage:** DC 5V/2A

**Dimensions:** 110x105x105mm

**Contains:** Removable CR2032 coin cell battery

**Conforms to** UL 62368-1

**Certified to** CSA Std 22.2 No. 62368-1

**IMPORTANT SAFEGUARDS:****WARNINGS:****READ AND SAVE THESE INSTRUCTIONS.**

For safety, keep the sound machine at least 3 feet from children while in use. Keep out of reach of children when not in use. Do not allow children to play with the cord. Sound machine contains small parts which can become hazardous if ingested. This product contains a coin battery. Dispose of used batteries immediately. Keep new and used batteries away from children. If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.

Do not use it in a bathroom or close to water. Unplug before cleaning.  
If the sound machine is damaged, discontinue use immediately.  
Do not attempt to open the housing or service the 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 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.

Changes or modifications not expressly approved by Frida could void the user's authority to operate the equipment.



**Intertek**  
5022529



## **3-in-1 Sound Machine Questions?**

[frida.com/help](https://frida.com/help)

### **Manufactured for:**

Fridababy LLC  
82 NE 26th St  
Miami, FL 33137 USA

### **Country of Origin - Made in China**

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