

ABOUT THE GLOBAL VIBRALITE WATCHES: The "VibraLITE 3" vibrating alarm watch can be used as a wake up silent alarm so not to disturb your sleeping partner. You can use the Alarm 1 for original wake up time, Alarm 2 for your 1st snooze features and "Auto Repeat" Countdown Timer as a second snooze feature.

Example:

Set Alarm 1 for 8:00AM

Set Alarm 2 for 8:10AM

Set Countdown timer for 23.59:59

The first time you use the Alarm you will have to start the Countdown Timer at 8:20AM and it will automatically reset itself.

REPEATABLE COUNTDOWN TIMER

Note that all settings for Countdown must be made while the watch is in the **COUNTDOWN TIMER Mode (TR)**

Repeating same amount of time as often as you want. Set the Countdown Timer for amount of time needed between reminders.

Example: every 4 Hours. Set the countdown for 4 hours. It will automatically repeat the 4 hours countdown each time it reaches zero. No resetting required. If you wish a different interval of time, you simply reset for that time frame.

To Stop Repeatable Countdown (example: during sleep) If alarm is still activated (vibrating or audible), push **START/STOP** button twice. (The first push will stop the alarm, the second push will stop the countdown.) If alarm has already stopped, push **START/STOP** button once.

To Activate Repeatable Countdown (for the time you have preset) after you have stopped it, push the **START/STOP** button once.(example: after sleep)

TWO ALARM SETTINGS Note that setting or deactivation of Alarm One must be done when in the watch is in the **Alarm One Mode (A1);**

Alarm Two must be done when in Alarm Two Mode (A2)

Two different times can be set for alarm activation during any 24-hour period. Set Alarm One (A1) for time desired and Set Alarm Two (A2) for another time desired. Pre programmed times will remain set and will be activated daily when your Alarm Setting is in the on position.

To stop Alarm from being Activated (example for days not required)

Push the **START/STOP** button until the appropriate "icon" (Alm 1 or Alm 2) does not show. Alarm is then in the **Off** position.

HOURLY ALERT SETTING Note that setting of Hourly Alert must be done when the watch is in either the **Alarm One (A1)** or **Alarm Two (A2)** Mode.

A Short, Single Beep or Vibration Reminder, every hour on the hour is given when your Hourly Alert is **ON** (Icon will show when **ON**). Hourly Alert can be turned off for **Sleep** or whenever it is not required.

Examples of Use & Settings:

7 a.m, Noon & 7 p.m. Set Countdown timer for 12 hours (at either 7a.m or 7 p.m) Set one Alarm for 12p.m. (Noon) Set one Alarm for 4 p.m. (The other alarm could be used for a daily reminder) OR Set one Alarm for 7 a.m and one Alarm for 7 p.m. Set Countdown Timer for 24 hours at noon (maximum set time is actually for 23 hours, 59 min.,59 sec.) 8 a.m, Noon, 4 p.m, 7 a.m. & Noon Set Countdown Timer for 4 hours Set One Alarm for 8 a.m. as reminder and to start Countdown Timer Turn Off Countdown Timer at 4 p.m (The other alarm could be used for a daily reminder}

N.B. Hourly Alert can be used in combination with any other Alarm settings to provide additional reminders.