

## Ario Lamp Instructions, Standalone Use v10-29-19

### Introduction

The Ario lamp is designed to support your circadian rhythm, to help bring your body clock into sync with your waking schedule and keep it there. An in-sync circadian rhythm can bring you more energy and a better mood all day long, better sleep, and improved health.

The features of the lamp are designed to make this easy. You access these features via the buttons on the lamp. Please note that the Ario phone app is no longer supported.

### Setting up the lamp

Assemble the lamp by following [these instructions](#). Follow link or go to Arioliving.com Contact Us, bottom of page.

### Placing your lamp

The three best places for an Ario are:

- Your living room or wherever you spend the most time in the evening. You will notice how relaxing the light is with your very first use.
- In your bedroom, placing an Ario allows you to experience the benefits of a summer morning like awakening all year long. (Please also see "*waking up with the Ario*").
- In your workspace, having Ario lighting can improve concentration and make work tasks easier and more pleasant.

### Waking up with the Ario

Set a wakeup time and Ario will create a simulated sunrise that occurs over a one hour period. This is especially effective during the Winter months when the day is shorter than twelve hours long.

Several studies have shown that this kind of awakening is as effective in alleviating seasonal affective disorder (SAD) as hours in front of bright light therapy lamps. Even if not diagnosed with SAD, simulated dawn awakening can improve mood and serve as a circadian synchronizer.

### **Sleep hygiene and bedtime reminder**

Best sleep hygiene and circadian synchrony results from a consistent bedtime as well as wake up schedule. The Ario bedtime reminder, once set, gently pulses the lamp at the time you specify to remind you it is time for bed.

### **Mood and adjusting your Ario throughout the day**

You can easily adjust the color or brightness of your Ario using the buttons on the lamp. Generally speaking, cooler (more blue-white) and brighter light makes us alert, able to concentrate, and brightens our mood. The Ario during the day can supplement and work with natural or other lights in the room. During the darker months or on a cloudy day, Ario can help cheer you up. We recommend using brighter colors in the evening only for brief periods (an hour or less) only as exposure to blue light at night interrupts melatonin production.

In an absence of natural light during the day, you can set the Ario lamp to a warmer tone to help you relax. In the evening, the Ario will automatically change to a warmer color also helping you relax. We suggest that other lights in the room be dimmed or off, especially overhead lights.

You can set the Ario in the evening to light in both directions with a warm color by pressing the top button on the lamp. This will provide lots of light while minimizing the impact on melatonin production.

### **Presence detector**

Your lamp is equipped with a sensor to detect your presence and turn your Ario on or off automatically. You can set the time-period when the sensor is active, for example, to ignore motion during the hours you are in bed.

### **Control with Alexa, Google Home, other services**

Plug your Ario lamp power converter into a smart socket adapter. We have partnered with Gosund on a smart outlet that will allow you to have voice control of your Ario lamp via Amazon Alexa and Google Home (which we previously did not support) as well as a mobile app to schedule auto on/off. Simply enter the coupon code “TTYTBCKE6” on Amazon for a 60% discount on a [two pack of smart outlet adapters](#) (final price of \$4/outlet). Brand is Gosund. There are other suppliers of such adapters that interface with other platforms as well. The Ario lamp remembers settings when powered off and lights and behaves accordingly when power is turned back on.

## **Controlling your lamp with the buttons**

Also known as local control only or LCO, operation of the lamp can be changed using the buttons on the stem of the lamp. Note that once LCO is in place, the app will no longer control the lamp. Tapping any button will turn the lamp on if it's off.

The bottom button turns the lamp off by tapping it. It also provides access to the lamp features by accessing different control modes. The current control mode is identified by the color of the status indicator.

Different modes can be accessed by holding in the bottom button for one second then releasing it and immediately pressing again for one second. Each time the button is pressed and released the mode will change to the next mode and the status light color will change accordingly to let you know you've changed modes and the mode the lamp is now in. Tapping the bottom button quickly or simply waiting will result in the lamp returning to the base or first mode.

There are eight different modes. In each mode, the top and middle buttons control different lamp states. Tap top or middle button to activate the desired condition and the status light will briefly flash white to acknowledge the lamp received your input. The chart below shows what the different modes and buttons do with longer explanations in the following paragraphs.



Color	None	Red Orange	Red	Blue	Green	Cyan	Yellow	Magenta
Top button	Brightness up	CCT up	Enable	Enable	Enable	Set wake time	Set enable time	Sync at 9 pm
Middle button	Brightness down	CCT down	Disable	Disable	Disable	Set bedtime	Set disable time	Sync at 7 am
Mode	Base	CCT	Wake alarm on/off	Bedtime reminder on/off	Sensor on/off	Alarm and reminder times	Sensor times	Lamp time sync

**Important note regarding schedules and alarms – any schedules or alarms that you have set with the app will remain in effect until you override them by using these modes or resetting the lamp (see also special modes).**

### Mode descriptions in detail:

*Base mode* – the lamp is generally in this mode. Touching top button increases brightness and touching the middle button decreases brightness. Touching any button will turn the lamp on if it is off. Touching the bottom button will turn the lamp off if it is on.

*CCT mode* – CCT stands for “correlated color temperature” and is the mode for adjusting how warm or cool the light of the lamp is. The CCT will change automatically throughout the day though you can change it manually. When in this mode, the top button makes the light cooler, and the middle button makes the light warmer. When all the way down, only the bottom of the lamp will be illuminated. Manual changes remain in effect for one hour. This period cannot be changed.

*Wake alarm on/off* – Use the buttons as described in the chart to enable or disable the wake alarm. When enabled, the lamp will illuminate with a warm color at the time set and grow in brightness over the period of an hour. The color temperature will also become cooler during this period. At the end of the hour, the lamp will change to the normal color scheduled for that time of day. The alarm remains effective for every day of the week until disabled.

*Bedtime reminder on/off* –Use the buttons as described in the chart to enable or disable the bedtime reminder. The lamp will illuminate with a warm color and a fluctuating intensity at the time set. After one half hour, the lamp will turn off automatically. The reminder remains effective for every day of the week until disabled.

*Sensor on/off* –The sensor when enabled will turn the lamp on when it detects motion. Aim the sensor toward the part of the room in which you wish it to detect motion. Active area is about 90 degrees wide. If enabled, the sensor will be active every day starting at the time you set in sensor times mode and will deactivate at the time you set in that mode. Once the sensor is triggered, the lamp will stay on for one hour then if not retriggered during that time, will turn off automatically with one important exception. If the sensor has been triggered within one hour of the deactivate time, it will not turn off by itself and will remain on unless manually shut off. If left on, it will shut off by itself the next day during the sensor active period (provided the active period is greater than one hour).

*Alarm and reminder times* – At the time you want the wake alarm to start, put the lamp in this mode and touch tap the top button. At the time you want the bedtime reminder to occur, put the lamp in this mode and touch the middle button. The reminder will only occur if it is enabled, and if the lamp is already on. The lamp will turn off automatically one half-hour after the reminder. Note that if the sensor is on, active, and motion triggers it, the lamp may not turn off see sensor.

*Sensor times* –At the time you want the sensor to be active, put the lamp in this mode and touch tap the top button. At the time you want the sensor to stop being active, put the lamp in this mode and touch the middle button.

*Time sync* –The lamp daily schedule is of a fixed length with approximately eight hours of night operation during which the lamp illuminates from the bottom with reduced intensity amber light. During the remaining 16 hours of the day, the lamp cycles from this low light to a brighter and progressively cooler light during the middle of the day then this process reverses as the day progresses toward evening and night. You can shift this schedule by syncing the light either in the morning or the evening. We recommend that you sync the lamp at either 7 am or 9 pm as indicated in the chart. If you wish to shift the schedule later or earlier, adjust time you sync the lamp accordingly e.g. sync the evening time to 8 pm for earlier schedule or 10 pm for later. While you cannot adjust the length of the day, you can effectively change it by setting wake alarms and bedtime reminders to automatically turn the lamp on an off earlier or later within some limits. We encourage you to experiment.

## Special modes:

*WiFi or connected operation* – tap release then press and hold bottom button for 1 second. Status light will flash green then flash cyan if the Ario Cloud is present. Lamp will stay connected for 2 hours then revert to standalone operation. If the cloud is present, you can adjust the lamp or its settings with the Ario app. The same button sequence will return the lamp to standalone (no WiFi) operation.

*Lamp reset* – tap the bottom button six times rapidly and releasing fully between taps. Status light should briefly light red to acknowledge. This will make the sixteen-hour schedule described above active and disable any wake alarms or bedtime reminders. This operation cannot be undone except by putting the lamp in connected operation as above only if the Ario Cloud is present. Doing so will restore any settings previously indicated in the app.

*Pairing mode* – hold in the bottom button until the status light flashes deep blue. This can take up to 30 seconds. This mode is only useful for connecting your lamp to a local router while the Ario Cloud is present. To get the lamp out of this mode, unplug the power converter.