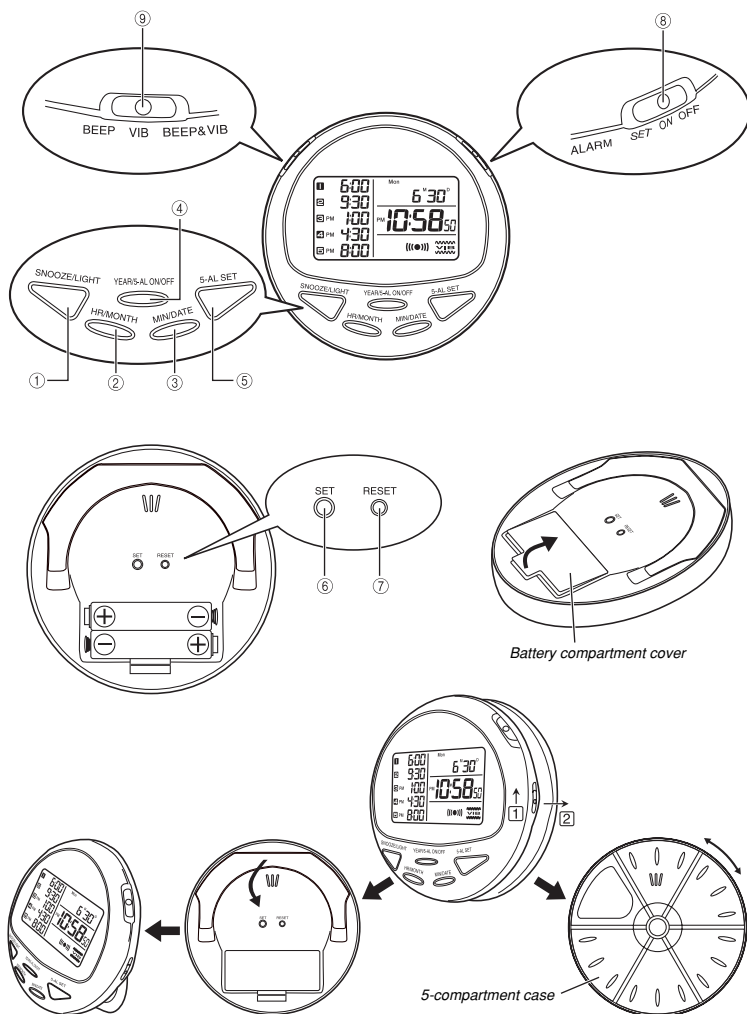
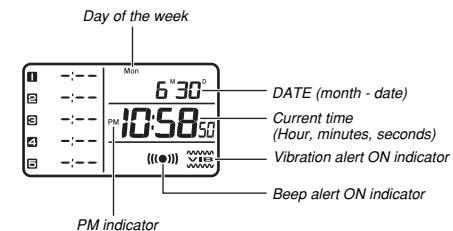


USER'S GUIDE TMR-200

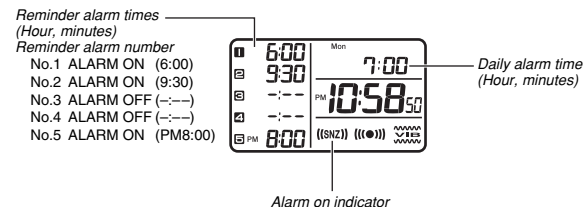


- A sticker is affixed to the glass of this clock when you purchase it. Be sure to remove the sticker before using the clock.
- Depending on the clock model, the configuration of your clock may differ somewhat from that shown in the illustration.

ALARM OFF



ALARM ON

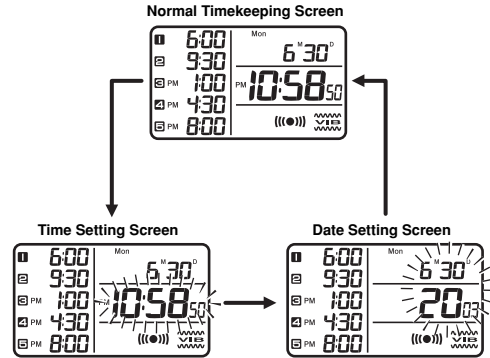


GENERAL GUIDE

- ① **SNOOZE/LIGHT button**
 - Press to illuminate the display for a few seconds.
 - Press to stop the alarm.
- ② **HR/MONTH button**
 - Press to advance the hour or month digits during time/date setting.
- ③ **MIN/DATE button**
 - Press to advance the minute or date digits during time/date setting.
- ④ **YEAR/5-AL ON/OFF button**
 - Press to advance the year digits during date setting.
 - Press to turn a reminder alarm on or off.
- ⑤ **5-AL. SET button**
 - Use this button to start a reminder alarm time setting operation.
- ⑥ **SET button**
 - Press to cycle through setting screens.
- ⑦ **RESET button**
 - Press this button to reset the clock after changing batteries.
- ⑧ **Alarm Mode selector**
 - SET: Alarm time setting
 - ON: Alarm on
 - OFF: Alarm off
- ⑨ **Alert Mode Selector**
 - BEEP: Beep alert
 - VIB: Vibration alert
 - BEEP & VIB: Both beep and vibration alert

TO SET THE TIME

1. Press the **SET** button (ⓐ) to cycle through the setting screens as shown below.



2. Select the setting you want to change, and then use the **HR/MONTH** button (ⓑ), **MIN/DATE** button (ⓒ), and **YEAR/5-AL ON/OFF** button (ⓓ) to change it.
- Holding down any button changes its setting at high speed.
 - You can set the year in the range of 2000 to 2039. The day of the week is set automatically in accordance with the date setting.
 - Pressing **HR** (ⓑ) or **MIN** (ⓒ) while the Time Setting Screen is on the display causes the seconds count to be reset to 00.
3. After configuring the settings you want, use the **SET** button (ⓐ) to display the Normal Timekeeping Screen.
- The clock automatically returns to the Normal Timekeeping Screen if you leave a setting screen on the display for about three minutes without performing any operation.

USING THE ALARM

• This clock has a Daily Alarm and a 5 Reminder Alarms. The following table summarizes the features of each alarm type.

Alarm Type	SNOOZE Alarm	Alert Duration
Daily Alarm	Yes	1 minute (repeats 7 times every five minutes)
5 Reminder Alarms	No	30 seconds

- For the alarm alert, you can set up the clock to use an audible beeper or a silent vibrator, or the beeper and vibrator in combination.
- When an alarm is set and turned on, it performs the specified alert operation each day at the specified time. Pressing any clock button stops an ongoing alert operation.
- Note that the Daily Alarm is a snooze alarm. This means that the alert operation is repeated about five minutes after you stop it. To completely stop the Daily Alarm so it does not sound again, slide the **Alarm Mode selector** (Ⓔ) to OFF.

To set the Daily Alarm time

- Slide the **Alarm Mode selector** (Ⓔ) to SET. This causes the current daily alarm time setting to flash on the display.
- Press **HR** (ⓑ) to increase the hour setting and **MIN** (ⓒ) to increase the minute setting. Holding down either button changes its setting at high speed.
- After you set the alarm time, slide the **Alarm Mode selector** (Ⓔ) to OFF or ON.
 - An alarm does not sound if its alarm time is reached while an alarm setting screen is on the display.

To turn the Daily Alarm on and off

Slide the **Alarm Mode selector** (Ⓔ) to ON to turn the Daily Alarm on, or OFF to turn it off.

- Turning on the Daily Alarm causes the **[[SNZ]]** indicator to appear at the bottom of the display. Also, the Daily Alarm time setting appears in the upper part of the display in place of the current date. While the Daily Alarm is turned on, you can view the current month and day by holding down the **HR/MONTH** button (ⓑ), **MIN/DATE** button (ⓒ), or **YEAR/5-AL ON/OFF** button (ⓓ).

To set the 5 Reminder Alarms

- Press the **5-AL.SET** button (ⓔ) until the setting of Reminder Alarm (ⓑ) starts to flash.
 - This causes the setting of Reminder Alarm (ⓑ) to flash.
- Press **HR** (ⓑ) to increase the hour setting and **MIN** (ⓒ) to increase the minute settings. Holding down either button changes its setting at high speed.
- Press the **5-AL.SET** button (ⓔ) to move the flashing to the next Reminder Alarm (ⓓ).
 - This causes the setting of the next Reminder Alarm to flash.
- Repeat steps 2 and 3 to set the other Reminder Alarm times.
- When Reminder Alarm (ⓓ) is flashing, press the **5-AL.SET** button (ⓔ) to return to the Normal Timekeeping Screen.

To turn the 5 Reminder Alarms On and Off

- Press the **5-AL.SET** button (ⓔ) until the setting of Reminder Alarm (ⓑ) starts to flash.
 - This causes the setting of Reminder Alarm (ⓑ) to flash.
- Press the **5-AL.SET** button (ⓔ) to move the flashing to the Reminder Alarm you want to turn on or off.
- Press the **5-AL ON/OFF** button (ⓕ) to toggle the flashing alarm on (current alarm time setting displayed) and off (--- displayed).
- When Reminder Alarm (ⓓ) is flashing, press the **5-AL.SET** button (ⓔ) to return to the Normal Timekeeping Screen.

Selecting the Alert Mode

• Use the **Alert Mode selector** (Ⓔ) to select the alert mode you want to use for the Daily Alarm and for all of the 5 Reminder Alarms.

For this type of alert:	Select this setting:	Which is indicated by the display indicator:
Beep	BEEP	[[ⓑ]]
Vibration	VIB	ⓓⓓⓓⓓ
Beep + Vibration	BEEP&VIB	[[ⓑ]] ⓓⓓⓓⓓ

TO ILLUMINATE THE DISPLAY

Press **SNOOZE/LIGHT** button (ⓖ) to illuminate the display for about three seconds.

Important!

• Overuse of the light can shorten battery life.

BATTERY REPLACEMENT

Replace batteries whenever the display of the clock becomes dim and difficult to read.

- Open the battery compartment cover as shown in the illustration.
- Remove both old batteries.
- Load new batteries. Make sure that their positive (+) and negative (-) ends face in the correct directions. If you load batteries incorrectly, they can burst and damage the clock.
- Replace the battery compartment cover.
- Press the **RESET** button (ⓗ). Be sure to press the **RESET** button (ⓗ) after replacing batteries.

Battery precautions

- Keep batteries out of the reach of small children. If a battery is accidentally swallowed, contact your physician immediately.
- Be sure to load the batteries with their positive (+) and negative (-) ends facing correctly.
- Never mix old and new batteries, or batteries of different brands.
- Never charge the batteries that come with the clock.
- Should batteries ever leak while in the clock, wipe out the fluid with a cloth, taking care not to let any get onto your skin.
- Replace the batteries at least once a year, even if the current batteries are working properly.
- The batteries that come with the clock lose some of their power during transport and storage.