INSTRUCTIONS

To Set the Time
Always set the time before you set alarms.

1. Remove the cap from the bottle.
2. Holding the cap, press the MODE button and then press the UP button. The display will begin to blink slowly.
3. Press the UP or DOWN button to change the time. When you are close to the correct time, press the button repeatedly.

To Set the Day of the Week

1. Remove the cap from the bottle.
2. Holding the cap, press the MODE button two (2) times. The day of the week display will begin to blink slowly.
3. Press the UP button to change the day.

To Set the Alarms
Always set the time before you set alarms.
Alarms will sound on the hour. You can set as many alarms as you wish.

1. Remove the cap from the bottle.
2. Holding the cap, press the UP and the DOWN but tons at the same time until the display reads 12 PM. The display will blink slowly.
3. Advance to the hour you wish the alarm to sound by pressing the UP button repeatedly.
4. Press the CHECK button and the alarm will be set. You will see the alarm symbol in the upper left corner of the display.
5. Repeat Steps 3 & 4 for each additional alarm.

To Check the Settings
Do not remove the cap from the bottle.

Alarm Settings:
1. Press the UP and DOWN buttons at the same time and hold until the display reads 12 PM (Noon).
2. Press the UP button repeatedly. Each time you press the button, the time will advance by one hour. The alarm symbol will appear on the display at each time an alarm is set. Eight seconds after you are finished checking the alarm settings, the display will return to the last time you opened the bottle.

To Check Current Time:
1. Press the CHECK button and hold. The current time and day will show on the display.