

# MUDITA HARMONY

USER MANUAL

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### FIRST ACTIVATION

**Before switching your Mudita Harmony ON, connect it to the power supply. We recommend fully charging the device for at least 3 hours before the first use.**

# 1. INTRODUCTION

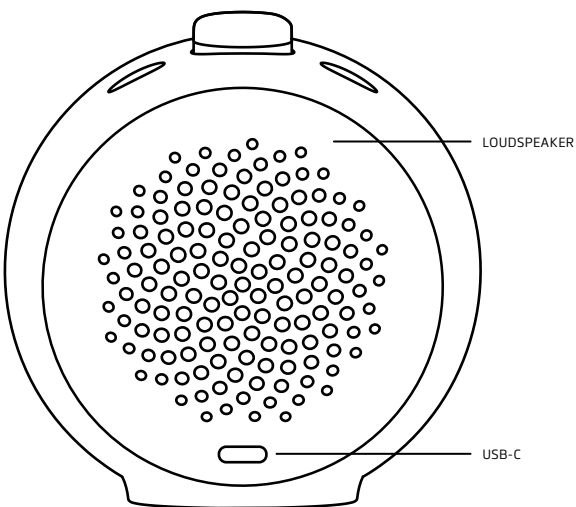
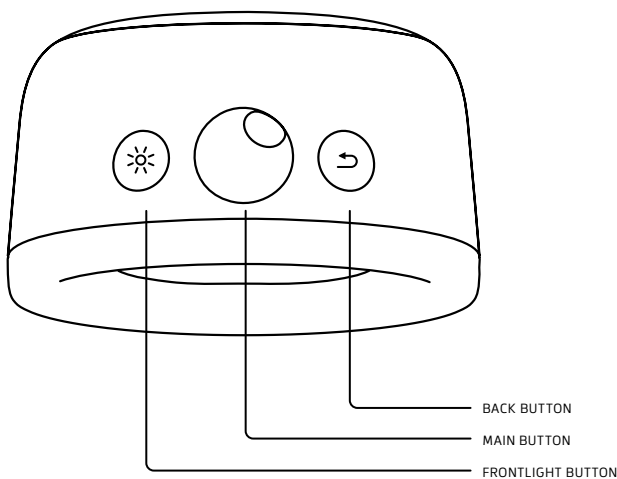
Thank you for your purchase of Mudita Harmony and making our minimalist alarm clock part of your journey to better sleep.

Mudita Harmony is an alarm clock which provides you the tools to enhance your sleep quality and bring a sense of calm. With Mudita Harmony you can make your bedroom a phone-free oasis. Mudita Harmony can help you develop healthy bedtime habits and wake up to carefully crafted sounds to experience the natural restorative power of sleep.

Research and technology have finally met with zen design in Mudita Harmony.

## 2. GETTING STARTED

### 2.1 Product description



### 2.2 Navigating the device

Use the main knob to navigate the settings of your Mudita Harmony, it has three functionalities: light click, deep press and rotation.

#### Light click

- Use a slight push and feel the gentle click sound
- The knob does NOT change position after light click
- Light click accepts the selection and moves forward around the interface

#### Deep press

- For deep press, use a bit more pressure than for light click
- The knob DOES change position after deep press - resulting in the orange band being visible or not
- Deep press activates the alarm (when the orange band is visible) and deactivates the alarm (when the orange band is NOT visible)

#### Rotate

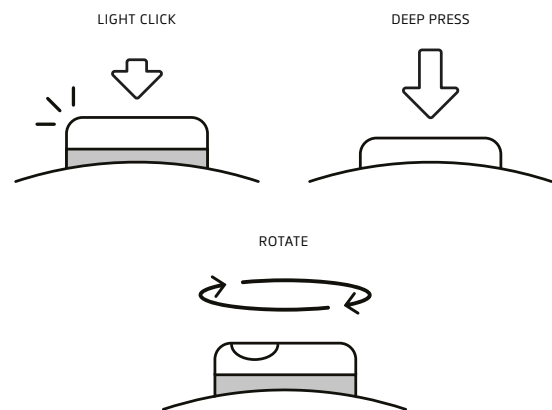
- Rotate the knob in both directions to move around the interface

#### Back button

- Press back button to return to the previous screen or step
- **When you are on the home screen, long-press the back button to check the battery status**
- When you are in any other point in the menu, long-press the back button to go back to the home screen

#### Light button

- Press the light button to turn the frontlight ON on demand



## 3. INFORMATION ABOUT THE E INK

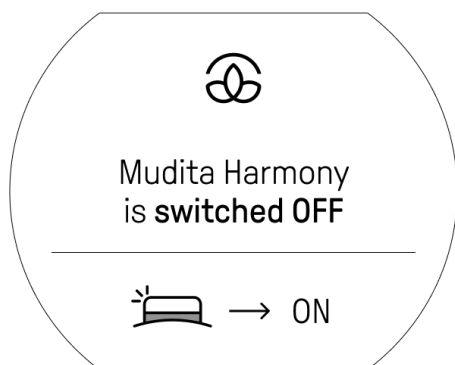
The E ink display imitates the look of ink on paper. Apart from a great analogue feel, it has many great advantages when compared to regular displays. It doesn't emit blue light, which is essential for an alarm clock. Blue light emission disrupts healthy sleep, it is advised to limit exposure to blue light before bed. That is why it is better to leave your smartphone outside your bedroom and use an alarm clock instead. Mudita Harmony uses soft back light to illuminate

the screen in the dark. E ink also conserves the battery since it doesn't need energy to maintain an image. **This is why when the device is OFF or when the battery is dead it still holds an image on the display with certain information.**

## 4. TRANSPORTATION MODE AND INITIAL CONFIGURATION

### 4.1 Transportation mode

Each Mudita Harmony is set to transportation mode to ensure safe handling during shipping. Once you receive the device, it will display information about turning the device on, even though it is switched off, since e Ink can hold an image without using energy.



To exit transportation mode, charge the device for at least 3 hours before you proceed with the initial configuration.

### 4.2 Initial configuration

#### Turning the device ON for the first time

- To turn Mudita Harmony ON, lightly click on the main button
- Wait for for the device to switch ON
- Click the light button to move forward with the configuration
- Click the back button in order to switch the device OFF again
- If you do not interact with the device for 5 seconds, it will automatically return to the previous screen and switch the device OFF

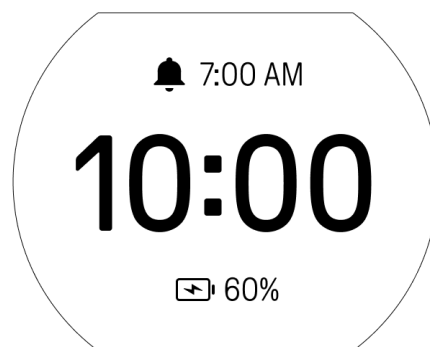
#### Selecting language and time

- Use the main button and back button to navigate around the interface - see **Navigating with the device (2.2)**
- Choose the language
- Choose time format - 12h or 24h
- Select hour, minutes, (optional AM/PM if choosing 12h format)

## 5. HOME SCREEN

### 5.1 Elements on the home screen

- Time
- Alarm status - it will appear after deep pressing the knob
- Alarm time - if the alarm is activated (orange band on the knob will be visible)
- Charging status - if the device is plugged in
- Low battery status - if the battery is low



### 5.2 Navigating the home screen

- To access menu, light click the main button
- To check the battery status, press the back button for 2 seconds
- To light up the screen, press the light button

## 6. ALARM INFORMATION

### 6.1 General information

Mudita Harmony is equipped with a fully customized alarm. We designed the alarm to gently wake you up. This is why 10 minutes (default, but customizable) before the main alarm you'll be lightly woken up by a pre-wake up tone and a warm light. The main alarm of your choice will gently wake you up, but the snooze function will enable you to stay in bed for a little longer. Check out more specific information about basic alarm navigation in simple steps below.

### 6.2 Alarm activation

Deep press the main knob to activate the alarm - the orange band must be visible for the alarm to be activated.

### 6.3 Snooze activation

While the alarm is going off, you can activate the snooze function by:

- Lightly pressing the main knob
- Rotating the main knob

## 6.4 Alarm deactivation

To switch the alarm off, deep press the main knob - the orange band will not be visible.

## 7. SETTING THE ALARM

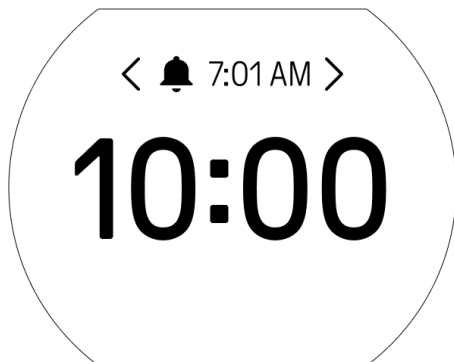
### 7.1 Full alarm set up

- Light click the main knob to go to menu
- Choose 'Alarm'
- Choose the time - accept by light click, go back by pressing the back button
- Remember, to activate the alarm deep press the main knob so that the orange band is visible



### 7.2 Quick alarm change

- While on the home screen, rotate the knob to quickly change the alarm
- Light press main knob to accept chosen alarm time
- Remember, to activate the alarm, deep press the main knob so that the orange band is visible



## 8. ALARM SETTINGS

To access alarm settings from home screen:

- Go to menu by light clicking the main knob
- Choose 'Settings'
- Then choose 'Alarm'

Use the knob to navigate the device - rotate to choose, light click to confirm and use the back button to return to the previous step.

## 8.1 Alarm melody and light

Main alarm is the core part of your Mudita Harmony, which you are able to customize.

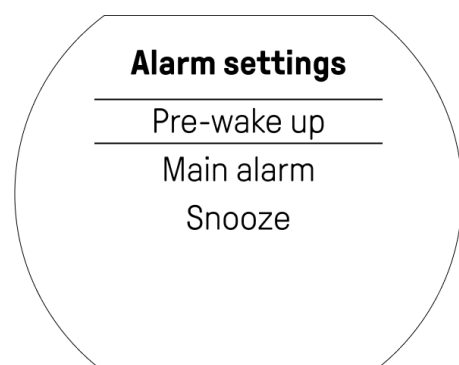
- Choose 'Main alarm'
- Choose alarm melody



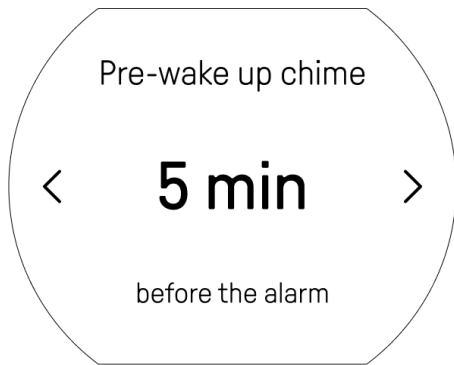
- Choose the desired alarm volume
- Choose between light being switched ON or OFF when the alarm goes off

## 8.2 Pre-wake up tone

Mudita Harmony is equipped with a pre-wake up light to gently prepare your body for waking up during the last minutes of your sleep cycle. During this time, the low light levels prepare our body for waking up and becoming alert. You can set up your Mudita Harmony to light up with a soft light before the alarm, together with a gentle sound created for the purpose of awakening your subconscious mind to gently prepare you to get up with the main alarm.



- Choose 'Pre-wake up'
- Choose if Pre-wake up chime is OFF or ON and how long before main alarm you would like it to start
- If you choose to switch the chime on, in the next step you will be asked to choose the chime tone
- Then, choose your desired chime volume
- In the final step, choose if you would like the light to be switched OFF or ON (and for how long) before the main alarm



### 8.3 Snooze chime

Snooze is an optional function added to the main alarm. Customizing snooze enables you to choose the best length but we also added snooze chime. It's a short, gentle sound that can be added in intervals during snooze. It'll prevent you from falling back into a deep sleep and therefore help you eventually wake up slowly, but effectively.

- Choose 'Snooze'
- Choose if you want snooze to be ON or OFF
- If you choose snoozes to be ON, in the next step choose snooze length
- Then, choose whether you would like to have the chimes (OFF or ON) during snooze and if, how long each interval should last
- In the next step, choose snooze chime tone
- Then, choose snooze chime volume

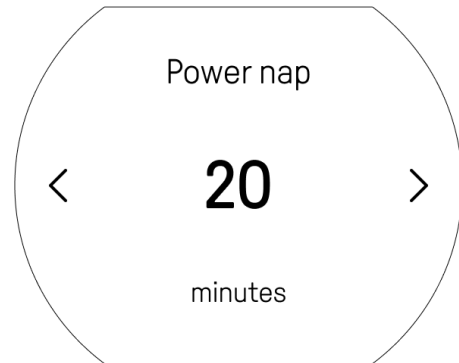
## 9. POWER NAP TIMER

Use the power nap function for a short refreshing period of light sleep, known for its restorative properties to recharge during the day. Studies by NASA in 1995 found that a 26-minute power nap boosted performance by 34% and alertness by 54%. Other studies indicate the best nap length to be between 10 to 20 minutes, but in general, they shouldn't be longer than 30 minutes. This provides restorative sleep, without drowsiness after waking.



### 9.1 Starting the Power Nap timer

- Starting at the home screen, lightly click the main button to access the main menu
- Choose 'Power nap'
- Select Power nap time.
- Timer will start after confirmation by light click



### 9.2 Turning Power nap off

- After the countdown, the power nap alarm will go off. To switch it off, light press the main knob and you will return to home screen
- If you want to turn off power nap timer before countdown ends, click back button and you'll return to power nap settings

**Please note:** The power nap alarm tone is the same as the alarm tone.

## 10. RELAXATION

Mudita Harmony will help to create your offline, bedtime routine with soothing music, nature and ambient sounds. You can use these sound compositions to relax or simply as a background accent for falling asleep. You'll be able to choose the length of the sound, and it will turn off automatically.

### 10.1 Turning Relaxation ON



- Starting at home screen, light click to access menu
- Choose 'Relaxation'
- Pick the track you want to choose
- Choose auto turn off time

## 10.2 Using Relaxation

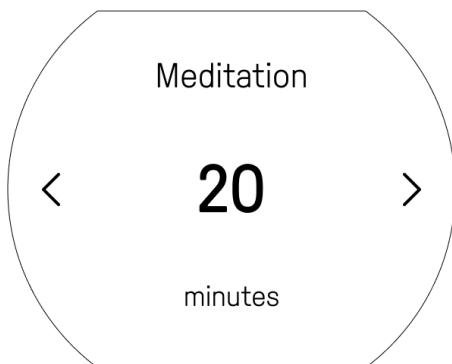
- While the relaxation is ON, turn the main knob to adjust volume
- Light press the main knob to pause relaxation and light press gain to resume

## 10.3 Turning Relaxations OFF

- If you chose auto turn off, the relaxation will switch off after countdown ends
- To leave relaxations, press back button

## 11. MEDITATION TIMER

The meditation timer is another simple, yet useful feature for meditation enthusiasts. You can select the length of the desired meditation session, number of intervals which will then start and end with a deep gong sound. You can also check the history of your meditation practices.



### 11.1 Turning meditation timer ON

- Starting at home screen, light click to access menu
- Choose 'Meditation'
- Select Meditation time
- Then, choose whether you want to have interval chimes (OFF or ON) during meditation and if, how long each interval should last

The meditation will begin with a gong sound, that will be repeated with each interval.

### 11.2 Turning meditation timer OFF

- Timer will switch off automatically after the countdown

- ends. This will be signaled by the sound of the gong
- If you want to leave the timer, click back button

## 12. BEDTIME

Consistency is key when it comes to proper sleep hygiene and good sleep quality. Making sure we wake up and go to bed at similar times every day ensures our circadian rhythm is properly regulated. The circadian rhythm is the internal biological clock which adapts our bodies to better perform tasks at specific hours. Keeping a consistent sleeping schedule allows us to wake up naturally restored and energized. When your preferred time for sleep approaches, and it's time for bed, the Bedtime reminder melody will sound, in order to remind you that it's time to start your bedtime routine. This way, you create a daily ritual around your bedtime and use it as a way to unwind and relax.

### 12.1 Turn the bedtime ON and OFF

- Light click the main knob to access the menu
- Choose 'Bedtime'
- Choose if you would like to switch it OFF or ON
- If you choose to switch it ON, in the next step choose at what time you want to be reminded about bedtime



### 12.2 Bedtime settings

- Light click the main knob to access menu
- Choose 'Settings'
- Choose 'Bedtime tone'
- In next steps, choose tone and volume

## 13. FRONTLIGHT

Mudita Harmony has a customized front light of 2700K. If you need to check the time in the middle of the night, there will be minimal disturbance to your sleeping cycles.

### 13.1 Turning frontlight ON and OFF

- Click light button to switch the frontlight ON
- Click again to switch it OFF
- Frontlight will turn OFF automatically after 10 seconds if you don't interact with the device

## 13.2 Frontlight settings

Frontlight is both dedicated to enable readability, especially at night as well as a part of Mudita Harmony's functionalities such as alarm clock or pre-wake up chime. The front light can be customized separately in each functionality's setting.

For general frontlight settings:

- Starting from home screen, lightly click the main knob to access menu
- Choose 'Settings'
- Then choose 'Frontlight'
- Choose general light intensity



- Then, choose if the light should switch ON:
  - Auto - frontlight will light up while using the device and after pressing light button
  - On demand - frontlight will switch only when you press the light button

## 14. CLOCK FACE

You are able to customize Harmony's clock face and choose your favorite main screen design and information that are displayed.

- Light click the main knob to access menu
- Choose 'Settings'
- Choose 'Clock face'
- In next steps, choose your favorite main screen layout

## 15. BATTERY

### 15.1 Battery status

- **To check the battery status, on the home screen, press back button for 2 seconds**
- When the device runs on low battery, it'll display low battery status on the home screen.
- When the device is charging, a battery icon with a percentage level will appear on the home screen.
- When the battery level reaches 100% while charging, the battery icon will disappear.
- When the device is discharged, it'll display dead battery screen and will not respond to any interaction until plugged in to charge

## 15.2 Charging the device

- To charge the battery, use a USB-C/USB-A cable and an AC/DC adapter, a wall charger (not included in the box) with a USB-C charging cable.

## 16. ADVANCED SETTINGS

Access advanced settings by:

- Starting at home screen, light click to access menu
- Choose 'Settings'

### 16.1 Time settings

- Choose 'Time'
- Choose 12h or 24h time format
- Set current hour

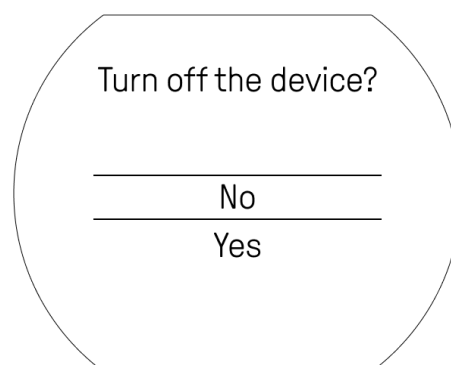
### 16.2 Language

- Choose 'Language'
- Select the desired language

## 17. TURNING THE DEVICE OFF AND ON

### 17.1 To turn the device OFF

- Access the main menu (light click on knob while displaying home screen)
- Choose 'Settings'
- Choose 'Turn off'
- Choose 'Yes' by confirming with light click on the main knob



### 17.2 To turn the device ON

- Light click the main knob
- Wait for the device to turn on

## 18. RESETTING THE DEVICE

### 18.1 Soft reset



If your device stops responding, for any reason, try a soft reset of the device:

- Long press light button and back button at the same time for up to 10 seconds
- Wait for this screen to show up
- Release the buttons as soon as it shows up and wait for the device to reload

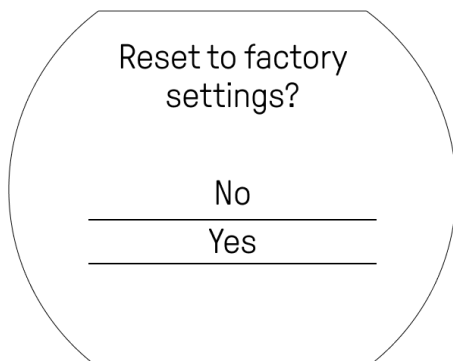


If you suspect your device might not be charged, plug the device in for at least 2 hours and check responsiveness by light pressing the main knob and performing the soft reset. If the device does not respond to the actions above, please contact our customer service at [support@mudita.com](mailto:support@mudita.com).

## 18.2 Factory reset

It enables resetting the device fully to previous factory settings. This means all your personalized alarm, sound and frontlight settings will be erased and will come back to default settings.

- Access menu (light click on knob while displaying home screen)
- Choose 'Settings'
- Choose 'Factory reset'
- Choose 'Yes' by confirming with light click on the main knob



## 19. MUDITA CENTER

Mudita Center is a desktop app that allows you to expand and update the features of Mudita Harmony. Go to [this website](#) to download this app for free on your computer.

To connect:

- Start Mudita Center desktop app
- Connect your Mudita Harmony to your computer
- The app will automatically connect the device

To update software:

- Wait for the device to connect
- Click 'Check for updates'
- If a new software is available, download new update
- Click 'Update now'
- Wait for the confirmation that the update is completed
- Click 'Close' after update
- Click 'Disconnect' and unplug the device

We recommend checking for software updates regularly via Mudita Center.

## 20. TECHNICAL SPECIFICATIONS

### 20.1 Display

- 2.84" E Ink (600x480px)
- 270 DPI; 16 levels of gray (monochrome)
- Active area dimensions: 56.4 x 45.12 mm
- Frontlight (2700 K)

### 20.2 Audio

- Max 3.5 W TDA speaker

### 20.3 Battery

- 2600 mAh

Detailed specifications can be found [on this website](#).

## 21. OTHER INFORMATION

### 21.1 Warranty

For information about the consumer warranty, please refer to Mudita's website: [www.mudita.com](http://www.mudita.com).

### 21.2 Safety and use

We recommend that you read this section very carefully before using the alarm clock. The manufacturer disclaims any liability for damage, which may result as a consequence of improper use or use contrary to the instructions contained herein.

### 21.3 Charging

This alarm clock must be used with an AC power adapter

that has been certified with a Limited Power Source output per IEC 60950-1/62368-1 rated: 5 Volts DC, maximum 1.5 Amps.

## 21.4 Battery safety

The lithium- ion battery in this device should be serviced only by the manufacturer (Mudita), and must be recycled or disposed of separately from household waste. Dispose of batteries according to your local environmental laws and guidelines.

## 21.5 Regulatory information

Regulatory and certification markings are included on this device.

## 21.6 FCC and ISED Canada Compliance

This device complies with part 15 of the FCC Rules and ISED Canada license- exempt RSS standard(s). 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.

## 21.7 Disposal

The symbol on the device, the accessories or packaging indicates that this device must not be treated as unsorted municipal waste, but must be collected separately. Dispose of the device via a collection point intended for the recycling of electrical waste and electronic equipment within the EU and in other European countries which operate separate collection systems for electrical waste and electronic equipment. By disposing of the device in the proper manner, you help to avoid possible hazards for the environment and public health, which could otherwise be caused by improper disposal of waste equipment. The recycling of materials contributes to the conservation of natural resources. The device contains a battery. Batteries may not be disposed of with the usual domestic waste. They may contain toxic heavy metals and are subject to hazardous waste regulations. For this reason, dispose of the device at a local collection point intended for the recycling of electrical waste and electronic equipment.



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