



The “VARIABLE WAKE-UP TIME WINDOW“ feature

- With the “VARIABLE WAKE-UP TIME WINDOW“ feature you can choose between either a 30 or 15 minute window.

Menu settings

➔ VARIABLE WAKE-UP TIME WINDOW

In the respective personal menus you will find the new menu item “WINDOW“, with a choice of either a 30 or 15* minute setting. This feature enables you to set different time windows for your wake-up alarm.



**...we would like to point out that previous studies have been carried out using the 30 minute wake-up time window. The chances of finding an optimal wake-up time are slightly less if only a 15 minute time window is used!*

**...the results of a small study of our own show that the benefits of axbo, which have already been confirmed in a study, are not as good if the “original” time window of 30 minutes is reduced to 15 minutes, especially in the case of a greater need for sleep (for example following lack of sleep over a longer period of time).*

Further information

- The “iSnooze“ feature also correlates with the **wake-up time window** of 30 or 15 minutes.
- During an “iSnooze“ no basic settings can be carried out. In this mode, only the current alarm (iSnooze) can be turned on or off with the shortcut buttons (Back for P1, Home for P2).

Bugfixing V234/V238

- The alarm can also generally (for all days) be deactivated/activated via the “Back”(for P1) and “Home“ (for P2) shortcut buttons in the LOW BAT / CHARGE status.

*“We hope you enjoy the new feature!“
axbo R&D Team, Vienna/Brighton 2014*

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