

RELAX

(SO-810)

FM/DAB+/IR music system



Operating manual

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1 Introduction

Thank you for purchasing RELAX. This operating manual and safety manual provide all the information required for trouble-free and safe operation of RELAX.

- Read the operating manual and the safety manual in their entirety before using RELAX.
- Keep the operating manual for future reference.
- If you pass RELAX on to a third party, please provide them with the operating manual and safety manual as well.
- Failure to follow the operating manual and safety manual can result in serious injury or damage to RELAX.
- We assume no liability for damage resulting from failure to observe the instructions in this operating manual and safety manual.

The images in this operating manual are intended to illustrate the actions necessary to operate RELAX.

Enjoy your RELAX!

1.1 Contact data

Address	sonoro audio GmbH, Nordkanalallee 94, 41464 Neuss, Germany
Phone	+49 2131 8834-141
Fax	+49 2131 7517-599
E-mail	support@sonoro.de
Internet	www.sonoro.de

1.2 Intended use

RELAX is intended for personal use only. It is not intended for commercial use. RELAX is solely intended for the following tasks:

- Playback of FM/DAB+/Internet radio and Spotify streaming service.
- Audio playback from external devices connected via AUX In or USB port.
- Audio playback from Bluetooth-enabled devices (e.g. mobile phones).
- Charging of external devices that are connected via the USB port.
- Playback of nature sound, mediation music and guided meditation.

Any other use is considered improper use and is prohibited. We assume no liability for damages resulting from improper use.

2 Getting to know your RELAX

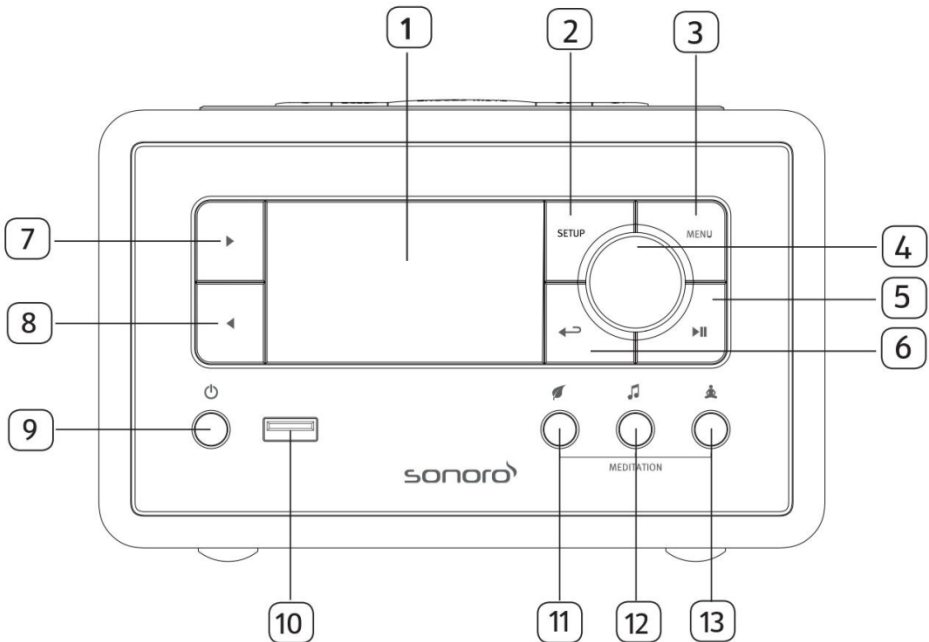
2.1 Scope of delivery

In addition to RELAX itself, the following accessories are also included in the scope of delivery:

- Remote control
- One button cell (CR2032, 3 V)
- AC adapter with universal adapter (VDE and UK)
- FM/DAB cable antenna
- FM/DAB telescopic antenna
- Quick start guide
- Operating manual
- Safety manual
- Greeting card
- sonoro audio collection flyer
- Spotify flyer
- Wellness guide
- Service address sheet
- Gloves

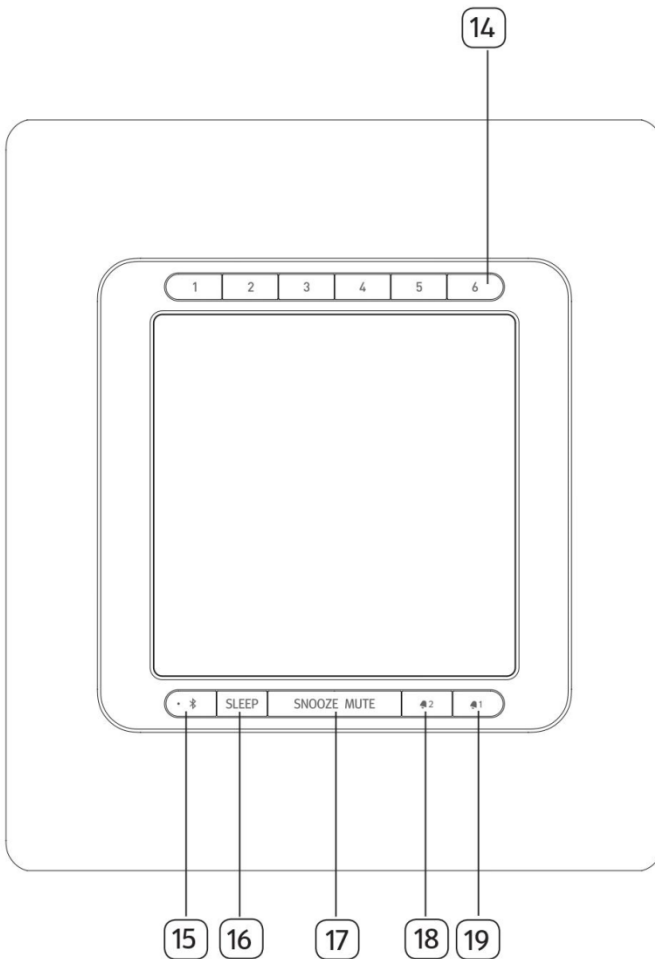
2.2 Controls and ports

Front view



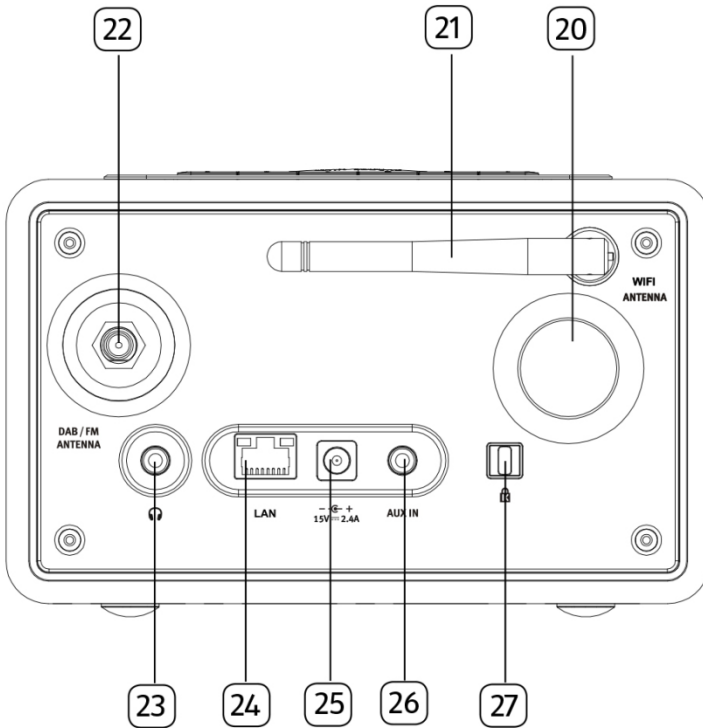
- | | |
|--|---------------------------|
| 1. Display | 7. Right button (▶) |
| 2. Setup button (SETUP) | 8. Left button (◀) |
| 3. Menu button (MENU) | 9. Standby button (⏻) |
| 4. Volume knob, navigation knob,
OK button (press the knob) | 10. USB port |
| 5. Play/pause button (▶) | 11. Nature sound (🌿) |
| 6. Back button (↶) | 12. Meditation music (🎵) |
| | 13. Guided meditation (🧘) |

Top view



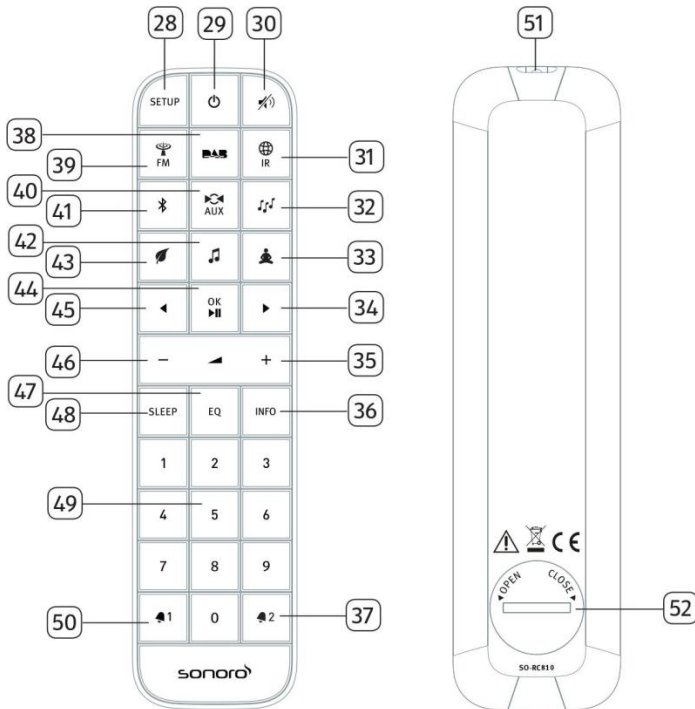
- 14. Preset station buttons (1-6)
- 15. Bluetooth (📶)
- 16. Sleep timer (SLEEP)
- 17. Snooze & Mute button (SNOOZE MUTE)
- 18. Alarm 2 button (🔔 2)
- 19. Alarm 1 button (🔔 1)

Rear view



- | | |
|-------------------------|----------------------------------|
| 20. Bass reflex opening | 24. LAN RJ-45 jack |
| 21. Wi-Fi antenna | 25. DC power input jack |
| 22. FM/DAB antenna jack | 26. Auxiliary input jack (3.5mm) |
| 23. Headphone jack (🎧) | 27. Keylock, anti-theft port |

Remote control



- | | |
|--------------------------------|-------------------------------|
| 28. Setup button (SETUP) | 36. Information button (INFO) |
| 29. Standby button (⏻) | 37. Alarm 2 button (🔔 2) |
| 30. Mute/Snooze button (🔇) | 38. DAB Radio mode (DAB) |
| 31. Internet Radio mode (🌐 IR) | 39. FM Radio mode (📻 FM) |
| 32. My Music mode (🎵) | 40. AUX In mode (AUX) |
| 33. Guided meditation mode (🧘) | 41. Bluetooth mode (📶) |
| 34. Right button (▶) | 42. Meditation music mode (🎵) |
| 35. Volume up button (+) * | 43. Nature music mode (🌿) |

- 44. Play/pause button (▶||), OK button
- 45. Left button (◀)
- 46. Volume down button (—)*
- 47. Equalizer setting button (EQ)
- 48. Sleep timer setting button (SLEEP)
- 49. Preset station buttons (1-9)
- 50. Alarm 1 button (🔔 1)
- 51. Infra-red transmitter
- 52. Battery compartment

*Navigation buttons (⊕, —)

2.3 Technical data

Specification	Value
Dimensions (WxDxH)	approx. 183 x 223 x 115 mm
Weight	approx. 2 kg
Display	2.4" TFT colour display
Frequency range, FM	87.50 MHz–108.00 MHz
DAB/DAB+	Band III, 174.928 MHz–239.200 MHz
Internet radio	More than 25,000 stations worldwide
Station presets	40 for each FM DAB + Internet Radio, 10 for Spotify
Music player support media formats	AAC, AAC+, MP3, WAV, WMA, FLAC Max. 16 bits, 2 channels, sample rate 48KHz
USB charging	Output: DC 5V \equiv 2.1A
USB playback	Compatibility system: FAT 16, FAT 32 (not compatible with NTFS or other systems)
AUX-IN	Port: 3.5mm jack Sensitivity: 300 mV
Streaming	Bluetooth Spotify DLNA UPnP
Network supported	IEEE 802.11 a/b/g/n, 2.4G & 5GHz, 10/100 Ethernet 2.412GHz-2.472GHz / 5.18GHz - 5.32GHz / 5.50GHz-5.70GHz
Max. transmitted	< 20dBm
Encrypted key	WEP, WPA, WPA2 (PSK), WPS
Multi-room function	Maximum of 5 speakers in a group (4 client and 1 server)
Bluetooth	Version 4.1 Profile : AVRCP 1.5, A2DP 1.2 2.402GHz-2.480 GHz
Max. transmitted	< 4dBm
AC adapter, power	Kingwall Electronics Ltd. Model: AS360-150-AD240 Input: 100–240V ~ 50/60Hz 1.2A Output: 15.0V \equiv 2.4A
Battery	CR2032 (remote control)
Standby Power	< 1.0W
Network Standby	< 2.0W

2.4 Marks of approval



The Bluetooth® word mark and logos are registered trademarks owned by the Bluetooth SIG, Inc. and any use of such marks by sonoro audio GmbH is under license. Other trademarks and trade names are those of their respective owners.



This product incorporates Spotify software which is subject to 3rd party licences found here: www.spotify.com/connect/third-party-licenses



UPnP™ is a trademark of the UPnP™ Forum.

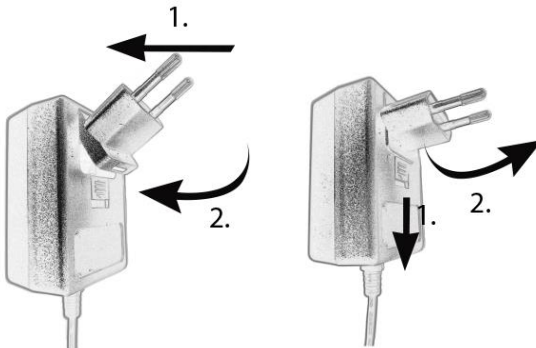
3 Getting started

3.1 Unpacking RELAX

1. Take RELAX out of the packaging and check whether RELAX or the individual parts exhibit damages. If this is the case, do not use RELAX. Should you detect any damage, contact your dealer or sonoro audio GmbH customer support immediately.
2. Check to make sure that the delivery is complete (see chapter “Scope of delivery”).
3. Place RELAX at a suitable location.
4. Remove the protective film from the display.

3.2 Connecting the power supply

1. Insert the top end of the adapter into the upper slot of the power supply.
2. Click the bottom end of the adapter in to lock it into place.
3. To remove, first pull back the tab on the power supply.
4. Pull the adapter upwards to remove it.



5. Insert the connector of the power adapter into the DC power input jack on the back of RELAX.
6. Insert the power plug into a wall socket.
RELAX is turned on.

3.3 Inserting the battery in the remote control

1. Open the battery compartment cover on the back of the remote control by turning it anticlockwise using a small coin.
2. Insert the supplied batteries (CR2032, 3 V) with the label (+) side up.
3. Replace and close the battery compartment cover by turning the cover clockwise using a small coin.

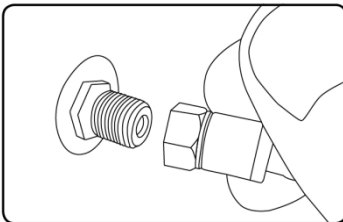


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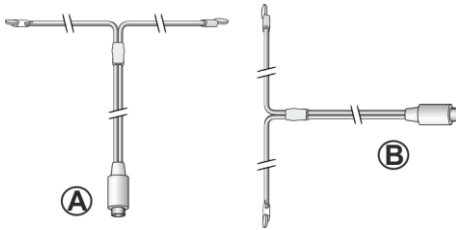
Do not block the infra-red sensor on RELAX and the infra-red transmitter on the remote control during use.

3.4 Using the antennas

1. The scope of supply contains a cable antenna and a rod antenna. For optimum radio reception, one of the two antennae must be used.
2. Screw the desired antenna located on the back of RELAX to the FM/DAB antenna connector.



- If you are using the cable antenna, unfold the cable and align the antenna so that you have the best possible reception.



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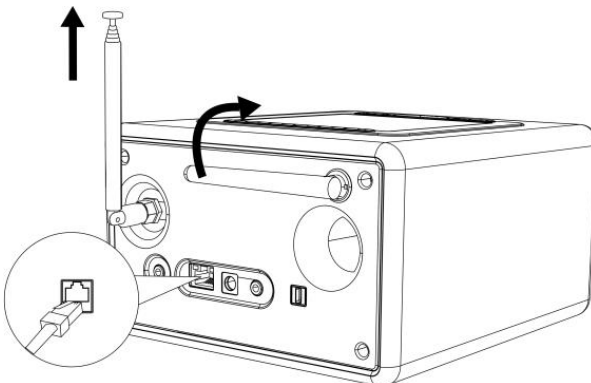
For good FM/DAB radio reception, the two ends of the cable antenna should form a 'T' (dipole) with the connection cable.

A: Recommended alignment for FM

B: Recommended alignment for DAB

For even better reception, attach the cable to a suitable house antenna.

- If you are using the rod antenna, pull the arms of the rod antenna apart and align the antenna so that you have the best possible reception.
- Lift Wi-Fi antenna upwards.
- If you want to connect RELAX to your network using an Ethernet cable, connect an Ethernet cable from LAN port on the back of RELAX to your router.



3.5 Performing initial setup

When RELAX is powered on for the first time, the “Setup Wizard” appears on the display. Follow the instructions below to configure some basic settings.

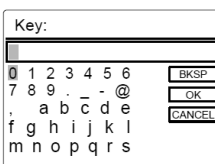
1. When the “Setup Wizard” is displayed, press + or – on the remote control (or rotate the navigation knob) to select “YES” and then press OK to start the setup.



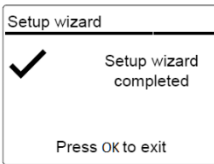
2. You are then prompted to select:
 - Language (to be used in the display)
 - Time format (12 or 24-hour)
 - Source of auto update (Update from radio, Internet or no update).

Depending on the selection you have made, follow the instructions on the display to further set up date and time, time zone, daylight saving or wireless network. Rotate the navigation knob on RELAX or press the navigation buttons on the remote control to make selections and then press OK to confirm (see chapter “Using the menus”).

When Update from Internet is selected, Wi-Fi connection must be first established. When entering the key of your wireless network, rotate the navigation knob on RELAX or press the navigation buttons on the remote control to select a character and then press OK to confirm. To delete the last entry, select [BKSP]. To cancel entering the key, select [CANCEL]. To confirm the entered key, select [OK].



3. When “Setup wizard completed” appears, press OK to exit the setting.





4. Alternatively, use the Ethernet (LAN) connection to your router (with automatic configuration) and select the [Wired] menu item in the available network.

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To run the setup wizard again, go to [System Settings] and then select [Setup Wizard] (See chapter “System Settings”).

4 Basic operation

To turn on,	Press  . Relax starts operation from the last selected playback mode.
To turn off (standby mode),	Press  . The time and date (if set) are displayed. Relax will automatically turn off without playback and operation after 15 minutes.
To select a playback mode,	Press MENU once, then ◀ or ▶ (or rotate the navigation knob) to select a playback mode and then press OK to confirm. Mode sequence: FM Radio > DAB Radio > Internet Radio > Spotify > My Music > AUX In > Bluetooth audio > Nature Sound > Meditation Music > Guided Meditation
To directly select a playback mode,	Press the direct operation mode key on the remote control or the front panel for directly switching from one operation mode to the other.
To control the volume,	Press + or – on the remote control or rotate the volume knob on Relax.

5 Using the menus




















There are three types of menus in RELAX.

- Setup menu (For specific settings in a playback mode, e.g. [Recall from Preset] in FM mode)
- System Settings (For general settings, e.g. time/date, language etc.)
- Main menu (For accessing the playback modes, sleep timer and alarms)

To access the menus,	Press SETUP. Contents of the menus may differ in different playback modes.
To select an option in the menus,	Rotate the navigation knob on RELAX or press + or – on the remote control.
To confirm a selection in the menus,	Press OK. (On RELAX, press the navigation knob)
To go back one level in the menu,	Press ←↵.



6 Display icons

Refer to the table below for the meanings of the display icons when they show on the display.

	Wi-Fi connection is established (with signal strength).
	Wi-Fi connection is disconnected.
	LAN connection is established.
	LAN connection is unplugged.
	A Bluetooth device is connected.
	Alarm 1 is activated.
	Alarm 2 is activated.
	The radio station is in the preset list.
	FM RDS information is received.
	Radio signal is being received (with signal strength).
	Repeat all playback mode is active.
	Repeat one playback mode is active.
	Shuffle playback mode is active.
	Repeat all and shuffle playback mode is active.
	Sleep timer is active.
	Stereo sound broadcast is available.
	Sound output is muted.
	A USB device is connected.
	Playback is paused.

7 FM Radio mode

7.1 Operation

<p>To access the FM Radio mode,</p>	<p>Press the  key on the remote control. Or, press MENU once, then ◀or▶ (or rotate the navigation knob) to select the FM Radio mode and then press OK to confirm.</p>
<p>To manually tune the frequency,</p>	<p>Press ◀or▶ .</p>
<p>To automatically tune to the next available station,</p>	<p>Press and hold ◀or▶ . Or, press the navigation knob to start the automatic tuning.</p>
<p>To store a radio station in the preset list,</p>	<p>A maximum of 40 radio stations can be stored.</p> <ol style="list-style-type: none"> 1. Press SETUP until the save to preset is shown then press OK to confirm. 2. Press + or – (or rotate the navigation knob) to select a preset station number and then press OK to confirm.
<p>To directly store a radio station in the preset list (1–9),</p>	<p>Tune to a station and then press and hold a preset station button (1–9) to directly store it in the preset list.</p>
<p>To recall a radio station in the preset list,</p>	<ol style="list-style-type: none"> 1. Press SETUP until the recall from preset is shown then press OK to confirm. 2. Press + or – (or rotate the navigation knob) to select a radio station in the preset list and then press OK to confirm. <p>Or, press preset station buttons (0–9) to access a stored preset station (1–40).</p>
<p>To browse the radio station information (if available),</p>	<p>Press INFO repeatedly.</p>
<p>To mute or restore the sound output,</p>	<p>Press  or SNOOZE MUTE button.</p>


7.2 Setup menu

Press SETUP in the FM mode to access the setup menu (see chapter “Using the menus”). The following options are available and the current settings (if applicable) are marked with an asterisk (*).

- [Recall from Preset]
To recall a radio station in the preset list.
- [Save to Preset]
To store a radio station in the preset list.
- [FM Auto Search]
To auto store all available radio stations in the preset list.*
* All existing preset stations will be erased.
- [FM Scan Setting]
To decide if only stations with strong signals are scanned when performing automatic tuning.
- [FM Reception Setting]
To listen radio in stereo or mono sound output.
- [System Settings]
See chapter “System Settings”.
- [Main menu]
To access other playback modes, sleep timer or alarms.

8 DAB Radio mode

8.1 Operation

<p>To access the DAB Radio mode,</p>	<p>Press the DAB key on the remote control. Or, press MENU once, then ◀ or ▶ (or rotate the navigation knob) select the DAB Radio mode and then press OK to confirm.</p>
<p>To search for DAB radio stations,</p>	<p>The first time you select the DAB mode, or if the station list is empty, RELAX will automatically perform a full scan and store all available stations in the station list.</p>
<p>To tune to a station,</p>	<p>Press ◀ or ▶ .</p>
<p>To store a radio station in the preset list,</p>	<p>A maximum of 40 radio stations can be stored.</p> <ol style="list-style-type: none"> 1. Press SETUP until the save to preset is shown then press OK to confirm. 2. Press + or – (or rotate the navigation knob) to select a preset station number and then press OK to confirm.
<p>To directly store a radio station in the preset list (1–9),</p>	<p>Tune to a station and then press and hold a preset station button (1–9) to directly store it in the preset list.</p>
<p>To recall a radio station in the preset list,</p>	<ol style="list-style-type: none"> 1. Press SETUP until the recall from preset is shown then press OK to confirm. 2. Press + or – (or rotate the navigation knob) to select a radio station in the preset list and then press OK to confirm. <p>Or, press preset station buttons (0–9) to access a stored preset station (1–40).</p>
<p>To browse the radio station information* (if available),</p>	<p>Press INFO repeatedly.</p>
<p>To mute or restore the sound output,</p>	<p>Press  or SNOOZE MUTE button.</p>

*DAB information (if available) includes: Station name, Dynamic Label Segment (DLS), Signal strength, Program type (PTY), Ensemble Name, Frequency, Signal error rate, Bit rate and audio status, Codec, and Time and date.

8.2 Setup menu

Press SETUP in the DAB mode to access the setup menu (see chapter “Using the menus”). The following options are available and the current settings (if applicable) are marked with an asterisk (*).



- [Recall from Preset]
To recall a radio station in the preset list.
- [Save to Preset]
To store a radio station in the preset list.
- [Station List]
To display all available stations.
- [Scan]
To scan and store all available stations.
- [Manual Tune]
To manually tune the frequency. The list of available digital radio ensembles is shown.
- [Prune invalid Stations]
To remove all invalid stations from the station list.
- [DRC]
Some DAB broadcasts offer dynamic range compression (DRC). Compressing the dynamic range of a radio signal can increase the volume of quiet sounds and reduce the volume of loud sounds. You can select high, low or off level. High level is recommended for noisy environment.
- [Station Order]
To define how the stations are listed when browsing the station list. Options are:
 - [Alphanumeric]: Arrange the stations in alphabetical order,
 - [Ensemble]: List groups of stations that are broadcast together on the same ensemble, and
 - [Valid]: List valid stations first, then off-air stations.

- [System Settings]
See chapter “System Settings”.
- [Main menu]
To access other playback modes, sleep timer or alarms.

9 Internet Radio mode

9.1 Operation

Wi-Fi or Ethernet Internet connection must be established first to use the Internet Radio (see chapters “Performing initial setup” and “Network”).

<p>To access the Internet Radio mode,</p>	<p>Press remote control  key. Or, press MENU once, then ◀ or ▶ (or rotate the navigation knob) to select the Internet Radio mode and then press OK to confirm. RELAX starts connecting to the previously connected network and then the last listened station.</p>
<p>To tune to a radio station or podcast,</p>	<p>See chapter “Station list”.</p>
<p>To store a radio station in the preset list,</p>	<p>A maximum of 40 radio stations can be stored.</p> <ol style="list-style-type: none"> 1. Press SETUP until the “Save to preset” is shown then press OK to confirm. 2. Press + or – (or rotate the navigation knob) to select a preset station number and then press OK to confirm.
<p>To directly store a radio station in the preset list (1–9),</p>	<p>Tune to a station and then press and hold a preset station button (1–9) to directly store it in the preset list.</p>
<p>To recall a radio station in the preset list,</p>	<ol style="list-style-type: none"> 1. Press SETUP until the recall from preset is shown then press OK to confirm. 2. Press + or – (or rotate the navigation knob) to select a radio station in the preset list and then press OK to confirm. <p>Or, press preset station buttons (0–9) to access a stored preset station (1–40).</p>
<p>To browse the station information* (if available),</p>	<p>Press INFO repeatedly.</p>
<p>To mute or restore the sound output,</p>	<p>Press  or SNOOZE MUTE button.</p>

*Station information (if available) includes: Artist and track name, Station description, Station genre and location, Signal reliability, Codec and sampling rate, Playback buffer, and Date.

9.2 Setup menu

Press SETUP in the Internet Radio mode to access the setup menu (see chapter “Using the menus”). The following options are available and the current settings (if applicable) are marked with an asterisk (*).

- [Recall from Preset]
 - To recall a radio station in the preset list.
- [Save to Preset]
 - To store a radio station in the preset list.
- [Last listened]
 - To tune to your last listened radio stations.
- [Station List]
 - To tune to any available Internet radio stations (See chapter “Station list”).
- [System Settings]
 - See chapter “System Settings”.
- [Main menu]
 - To access other playback modes, sleep timer or alarms.

9.3 Station list

The following menus and sub-menus are available in the [Station List]:

- [My Favourites]
 - To browse and tune to the Internet radio stations that you have added to “My favourites” on the web portal (See chapter “Using the web portal”).
- [Local (name of your location)]
 - To browse and tune to any radio stations available in your area. The stations are grouped into several categories.
- [Stations]
 - [Location]: To browse and tune to radio stations by location.

- [Genre]: To browse and tune to radio stations by genre.
- [Search stations]: To search for any available radio stations by entering keywords.
- [Popular stations]: To browse and tune to the most popular Internet radio stations.
- [New stations]: To browse and tune to the latest Internet radio stations.
- [Podcasts]
 - [Location]: To browse and tune to podcasts by location.
 - [Genre]: To browse and tune to podcasts by genre.
 - [Search podcasts]: To search for any available podcasts by entering keywords.

- [My Added Stations]

To browse and tune to the radio stations that you have added to “My added stations” on the web portal (See chapter “Using the web portal”).

- [Help]
 - [Get access code]: To get the access code of RELAX.
 - [FAQ]: To get help when the Internet radio does not work properly.

9.4 Using the web portal

The Frontier Silicon Internet Radio portal website allows you to organise your “My favourites” and add new Internet radio stations on a computer. To do so, you need to first register at the web portal.

1. In the Internet Radio mode, press SETUP and then go to [Station list] > [Help] > [Get access code]. Write down the access code.
2. Go to www.wifiradio-frontier.com on the web browser of your computer.
3. Register a new account with the access code.
4. Following the instructions in the web portal, use the “My favourites” and “My added stations” features to add radio stations.

The added stations in “My favourites” can be accessed through [My favourites] in the Internet Radio mode of RELAX.

The added stations in “My added stations” can be accessed through [My added stations] in the Internet Radio mode of RELAX.

10 Spotify mode

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To play back music available from “Spotify”, you need to install the “Spotify” application onto your mobile phone, set up an account and purchase the premium version (fee-charging). Also your mobile phone must be registered in the same Wi-Fi network as this RELAX.

*For the most up-to-date instructions on how to set up Spotify:
www.spotify.com/connect*

10.1 Operation

Your mobile phone with Spotify must be registered in the same Wi-Fi network as RELAX.

To access the Spotify mode,	Press MENU once, then ◀or▶ (or rotate the navigation knob) to select the Spotify mode and then press OK to confirm.
To select an item (song, album etc.) and start playback in Spotify,	Use the Spotify application on your mobile phone to browse and select a playback item.
To play back Spotify through RELAX,	Play a song on Spotify and hit '📶 DEVICES AVAILABLE'. Choose “RELAX” from the list of available devices and music will start playing out loud.
To pause or resume playback,	Press ▶ .
To skip to the previous or next playback item,	Press ◀or▶.

<p>To store a playback item in the preset list,</p>	<p>A maximum of 10 playback items can be stored.</p> <ol style="list-style-type: none"> 1. Press SETUP until the save to preset is shown then press OK to confirm. 2. Press + or – (or rotate the navigation knob) to select a preset item number and then press OK to confirm.
<p>To directly store a playback item in the preset list (1–9),</p>	<p>Select a playback item and then press and hold a preset station button (1–9) to directly store it in the preset list.</p>
<p>To recall a playback item in the preset list,</p>	<ol style="list-style-type: none"> 1. Press SETUP until the recall from preset is shown then press OK to confirm. 2. Press + or – (or rotate the navigation knob) to select a playback item in the preset list and then press OK to confirm. <p>Or, press preset station button (0–9) to directly access a preset playback item (1–10).</p>
<p>To browse the information (if available) of the playback item,</p>	<p>Press INFO repeatedly.</p>

10.2 Setup menu

Press SETUP in the Spotify mode to access the setup menu (see chapter “Using the menus”). The following options are available and the current settings (if applicable) are marked with an asterisk (*).

- [Recall from Preset]
 - To recall a playlist in the preset list.
- [Save to Preset]
 - To store a playlist in the preset list.
- [System Settings]
 - See chapter “System Settings”.
- [Main menu]
 - To access other playback modes, sleep timer or alarms.

11 My Music mode

NOTICE!

Risk of damage!


Improper handling of RELAX may cause damage.





Do not connect Relax directly to the USB port of a computer or other external storage media such as external hard disk.

i

My Music mode can play back audio files stored on a connected USB memory stick or from a media server (UPnP) sharing the same Wi-Fi network with RELAX.

11.1 Operation

To access the My Music mode,	Press the  key on the remote control. Or, press MENU once, then ◀ or ▶ (or rotate the navigation knob) to select the My Music mode and then press OK to confirm.
To play back audio files stored on a USB memory stick,	Connect the USB memory stick to the USB port of RELAX. Then press SETUP and select [USB Playback] from the setup menu (see chapter “Setup menu” on next page).
To pause or resume playback,	Press ▶▶.
To skip to the previous or next audio file,	Press ◀ or ▶.
To quickly search backward or forward within an audio file,	During playback, press and hold ◀ or ▶.

To add an audio file to “My Playlist”,	Press and hold ► or the navigation knob when the file is highlighted in the selection menu.
To select a playback mode,	<p>Press 🎵 repeatedly.</p> <ul style="list-style-type: none"> ▪  = Repeat all ▪  = Repeat one ▪  = Shuffle ▪  = Repeat all and shuffle
To browse the information (if available) of the audio file,	Press INFO repeatedly.

11.2 Setup menu

Press SETUP in the music player mode to access the setup menu (see chapter “Using the menus”). The following options are available and the current settings (if applicable) are marked with an asterisk (*).

- [Shared Media]

To search for audio files on the Wi-Fi or Ethernet network.

Once a media server has been found, a selection menu will show for selection of audio files for playback from RELAX.
- [USB Playback]

To search for audio files on the connected USB memory stick.

Once a USB memory stick has been found, a selection menu will show for selection of audio files for playback from RELAX.
- [My Playlist]

To browse and play back audio files stored in “My playlist”.
- [Repeat]

To turn on or off the repeat playback mode of the current folder/playlist.
- [Shuffle]



To turn on or off the shuffle playback mode of the current folder/playlist.

- [Clear my Playlist]
To clear entries from “My Playlist”.
- [Prune Servers]
If this setting is set to “YES”, inactive media servers will be displayed. You can then select a media server and “wake it up” (WOL “wake on LAN” function) in order to play back audio files from RELAX.
- [System Settings]
See chapter “System Settings”.
- [Main menu]
To access other playback modes, sleep timer or alarms.

12 AUX In mode

12.1 Operation

Your external player (e.g. mp3 player) must be connected to the auxiliary input jack of RELAX with an audio cable (with 3.5 mm connector, not supplied).

To access the AUX In mode,	Press remote control  key. Or, press MENU once, then ◀ or ▶ (or rotate the navigation knob) to select the AUX In mode and then press OK to confirm.
To start and control playback,	Perform all playback operations on the external player.
To mute or restore the sound output,	Press  or SNOOZE MUTE button.

12.2 Setup menu


Press SETUP in the AUX In mode to access the setup menu (see chapter “Using the menus”). The following options are available and the current settings (if applicable) are marked with an asterisk (*).


- [System Settings]
See chapter “System Settings”.
- [Main menu]
To access other playback modes, sleep timer or alarms.

13 Bluetooth mode


RELAX can connect to Bluetooth-enabled players (e.g. mobile phone) within a range of approximately 10 meters (30 feet).

13.1 Pairing




1. Press  key on RELAX or remote control. Or, press MENU once, then + or – (or rotate the navigation knob) to select the Bluetooth mode and then press OK to confirm.

The small Bluetooth icon  is blinking, indicating that RELAX is ready for pairing.

2. On your Bluetooth-enabled player, turn on the Bluetooth function and search for available Bluetooth devices.
3. Select “RELAX” in the list of available Bluetooth devices to start pairing.

The Bluetooth icon  stops blinking when pairing is complete.

13.2 Operation

To access the Bluetooth mode,	Press the  key on RELAX or remote control. Or, press MENU once, then ◀ or ▶ (or rotate the navigation knob) to select the Bluetooth mode and then press OK to confirm.
To start playback,	Select an audio file from your Bluetooth-enabled player and start playback.
To pause or resume playback,	Press  .
To skip to the previous or next audio file,	Press ◀ or ▶.
To quickly search backward or forward within an audio file,	During playback, press and hold ◀ or ▶.
To disconnect the Bluetooth connection,	<ul style="list-style-type: none"> ▪ Switch to another playback mode, or ▪ Select [BT disconnect] from the setup menu (see below), or ▪ Press and hold .

To browse the information (if available) of the audio file,	Press INFO repeatedly.
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13.3 Setup menu




Press SETUP in the Bluetooth mode to access the setup menu (see chapter “Using the menus”). The following options are available and the current settings (if applicable) are marked with an asterisk (*).

- [Bluetooth disconnect]
To disconnect the Bluetooth connection.
- [View Details]
 - [Bluetooth Info]: To get the existing Bluetooth connection status.
 - [Connected Device]: To get the existing connected Bluetooth device name.
 - [Paired Device list]: To list out paired Bluetooth devices’ names.
- [System Settings]
See chapter “System Settings”.
- [Main menu]
To access other playback modes, sleep timer or alarms.

14 Nature sound mode

14.1 Operation

A range of nature sounds integrated in your RELAX will help you relieve of stress.

To access the Nature Sound mode,	Press the  key on RELAX or remote control. Or, press MENU once, then ◀ or ▶ (or rotate the navigation knob) to select the Nature Sound mode and then press OK to confirm.
To start and control playback,	Select a track from preset station button (1–6)* to directly access the nature sound music.
To pause or resume playback,	Press  .
Nature sound contents,	* For the nature sound contents, please refer to the wellness guide.
To skip to the previous or next nature sound music,	Press ◀ or ▶.
To mute or restore the sound output,	Press  or SNOOZE MUTE button.

14.2 Setup menu




Press SETUP in the nature sound mode to access the setup menu (see chapter “Using the menus”). The following options are available and the current settings (if applicable) are marked with an asterisk (*).

- [Content Language]
 - To select music contents countries (Deutsch, English, Français).
- [System Settings]
 - See chapter “System Settings”.
- [Main menu]
 - To access other playback modes, sleep timer or alarms.

15 Meditation music mode

15.1 Operation

The meditation music on your RELAX helps you to truly let go of any stressful thoughts.

To access the Meditation Music mode,	Press the  key on RELAX or remote control. Or, press MENU once, then ◀or▶ (or rotate the navigation knob) to select the Meditation Music mode and then press OK to confirm.
To start and control playback,	Select a tracks from preset station button (1–6)* to directly access the meditation music.
To pause or resume playback,	Press  .
Meditation content language*,	* For the meditation content language, please refer to the wellness guide.
To skip to the previous or next meditation music,	Press ◀or▶ .
To mute or restore the sound output,	Press  or SNOOZE MUTE button.

15.2 Setup menu




Press SETUP in the meditation music mode to access the setup menu (see chapter “Using the menus”). The following options are available and the current settings (if applicable) are marked with an asterisk (*).

- [Content Language]
 - To select music contents countries (Deutsch, English, Français).
- [System Settings]
 - See chapter “System Settings”.
- [Main menu]
 - To access other playback modes, sleep timer or alarms.

16 Guided Meditation mode

16.1 Operation

The guided meditation music on your RELAX helps you enter true relaxation and release stress or tension you may feel.

To access the Guided Meditation mode,	Press the  key on RELAX or remote control. Or, press MENU once, then ◀ or ▶ (or rotate the navigation knob) to select the Guided Meditation mode and then press OK to confirm.
To start and control playback,	Select an album from preset station button (1–6)* to directly access the guided meditation.
To pause or resume playback,	Press  .
Guided meditation content language*,	* For the guided meditation content language, please refer to the wellness guide.
To skip to the previous or next guided meditation,	Press ◀ or ▶ .
To mute or restore the sound output,	Press  or SNOOZE MUTE button.

16.2 Setup menu

Press SETUP in the guided meditation mode to access the setup menu (see chapter “Using the menus”). The following options are available and the current settings (if applicable) are marked with an asterisk (*).

- [Contents Language]
 - To select music contents countries (Deutsch, English, Français).
- [System Settings]
 - See chapter “System Settings”.
- [Main menu]
 - To access other playback modes, sleep timer or alarms.

17 Demo music mode

17.1 Operation

Demo music can be played in standby mode to demonstrate RELAX in a shop, for example.

To access the demo music mode,	RELAX is in standby mode. Press and hold navigation knob for 3sec.
To start and control playback,	Select a music song from preset station button (1–6).
To pause or resume playback,	Press ► .
To skip to the previous or next music track,	Press ◀ or ▶.
To mute or restore the sound output,	Press 🔊/🔇 or SNOOZE MUTE button.
To exit the demo music mode,	Press ⏻.

18 Alarms

18.1 Setting alarms

You can set up two alarms.

1. Press and hold **1** or **2** to access the alarm setting mode.

Alternatively, press **SETUP** in any playback mode and then select [Main menu] and then [Alarm].

You may also access the alarm setting mode when **RELAX** is in the standby (off) mode. To do so, press and hold **1** or **2** button.

2. Select the alarm you want to set (Alarm 1 or 2) and then press **OK**.
3. The following options show how to set the alarm. Rotate the navigation knob or press the navigation buttons to perform the settings (see chapter “Using the menus”).

- [Enable]

To turn on or off and set frequency of the alarm. The following options are available:

- [Off]: To deactivate the alarm.
- [Daily]: The alarm activates everyday.
- [Once]: The alarm activates once only.
- [Weekends]: The alarm activates on Saturdays and Sundays.
- [Weekdays]: The alarm activates from Monday to Friday.

- [Time]

To set the alarm time.

- [Mode]

To select the alarm sound source. The following options are available:

- [Ringtone]
- [Internet Radio]
- [DAB Radio]
- [FM Radio]
- [Nature Sound]

- [Preset]



To select the last listened station or a preset station as the alarm sound source. This only shows when Internet Radio, DAB or FM is selected in [Mode].

To select the wake up ringone track including [Beep], [Awakening], [Bird], [Guitar], [Piano], [Xylophone]. This only shows when Ringtone is selected in [Mode].





To select the wake up nature sound track including [Birds], [Rain], [Ocean Surf], [Whales], [Wind Chimes], [Fireplace]. This only shows when Nature sound is selected in [Mode].
- [Volume]

To set the volume of the alarm sound.
- [Save]




To save the current settings.

Once [Save] is selected, the alarm settings will be stored. If an alarm is activated, the corresponding alarm icon   will show.





18.2 Turning the alarms on or off

- When RELAX is in operation mode or in the standby (off) mode, press  or  repeatedly to switch on or off the corresponding alarm.
- When an alarm is turned on, the corresponding alarm icon(/) will show.

18.3 Deactivating a sounding alarm

- Press , ,  or press down the volume knob to stop a sounding alarms.


18.4 Snooze

- To temporarily silence (default: 10 min) a sounding alarm, press Snooze MUTE or  buttons.
- Press + or – (or rotate the navigation knob) to change the snooze period (5, 10, 15 or 30 min).
- During the snooze period, the alarm icon will blink and the remaining snooze time will show.
- To cancel the snooze function, press or ,  or .

19 Sleep timer

The sleep timer sets the duration of time before RELAX turns off automatically.

1. Press SETUP in any playback mode and then select [Main menu] and then [Sleep].
Or, direct press SLEEP button on remote control to turn the sleep timer on or off.
2. Press + or – (or rotate the navigation knob) to select a sleep timer (5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115 or 120 min).
3. Press OK to confirm the selection.

When the sleep timer is active, the sleep timer icon () and the remaining time will be shown. To cancel the sleep timer, select [Sleep OFF].

20 System Settings

20.1 Accessing the system settings

- Press SETUP in any playback mode and then select [System Settings]
- Refer to the chapters below for details of each setting option. The current settings (if applicable) are marked with an asterisk (*).
- See chapter “Using the menus” for browsing and making selections in the system settings.

20.2 Equalizer

- Select one of the sound equalizer options including: [Loudness], [Jazz], [Rock], [Movie], [Classic], [Pop], [News], [My EQ] and [My EQ profiles setup].
- [My EQ Profile Setup] allows you to set your own bass and treble levels.

20.3 Network

- [Network Wizard]
To establish network connection.
- [WPS WLAN Setup]
Select this option if your wireless router supports both WPS and PBC setup methods.
- [View Settings]
To view the current network information.
- [Wlan Region]
To select a WLAN region.
- [Manual Settings]
Under the [Wireless] option, select [DHCP enable] to allocate IP address automatically or [DHCP disable] to do it manually.
- [NetRemote PIN Setup]
To set up a NetRemote PIN.
- [Network Profile]
To display a list of networks saved by RELAX.

- [Clear Network Settings]
To clear all network settings.
- [Keep Network Connected]
To keep the network connected. This allows you to wake RELAX from standby using a remote app.

20.4 Time/date

- [Set Time/Date]
To set time and date.
- [Auto update]
To select a source (Radio, Internet network or no update) for automatic time update.
If you are updating time from a source (Radio – FM/DAB), the daylight saving setting has no effect.
If you are updating time from the Internet network, set your time zone.
- [Set format]
To set 12 or 24-hour time format.
- [Set timezone]
To set a time zone.
- [Daylight savings]
To enable or disable daylight saving time.

20.5 Inactive Standby

- This option sets the duration of time before RELAX turns off automatically. Options include: Off, 2, 4, 5 and 6 hours.

20.6 Backlight

To select the brightness level of the display. The display is switching to bright or dark. The brightness level is automatically adjusted according to the ambient light sensor at the front of RELAX.

- [High Ambience]
Level 8 to 15
- [Dark Ambience]
Level 1 to 8

20.7 Language

- This option sets the menu language. Options include: English, German, Danish, Spanish, French, Italian, Dutch, Norwegian, Polish, Portuguese, Finnish, Swedish and Turkish.

20.8 Factory Reset

- This option clears all user-defined settings and replaces them with the original default settings.

20.9 Software update

- [Auto Check]

To set to periodically check for update.

- [Check now]

To check for update immediately.

If a new software is available, RELAX will ask if you want to proceed with an update.

Before software upgrade, make sure that RELAX is connected to a stable power connection. Disconnecting power during a software update may damage RELAX.

20.10 Setup Wizard

- To perform initial setup (see chapter “Performing initial setup”).

20.11 Info

- This shows the current software version, spotify version, radio ID and friendlyname.

20.12 Multi-Room

Your RELAX can be used with other compatible products as part of a multi-room system. Products under the same Wi-Fi network and synchronised in the same multi-room group can play the same content around your home. You may also create multiple groups for different areas of the home or for different users.

You can configure the multi-room groups in the system settings with the following options:

- [View Details]
To view your current multi-room status:
 - [Ungrouped]: RELAX is not part of a group.
 - [Server]: RELAX sends audio content to other group members.
 - [Client]: RELAX receives audio content from another product in the group.
- [Create New Group]
To create a new multi-room group.
- [Add to Group]
To add other compatible products to a current multi-room group.
- [List Current Clients]
To view the list of compatible products receiving audio contents from RELAX.
- [Leave Group]
To remove compatible products from a multi-room group.
- [Dissolve Group]
To dissolve a multi-room group. Each product in the group will then be operated individually.

21 Using UNDOK™ app to control RELAX

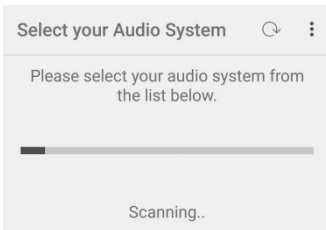
RELAX is compatible with the Frontier Silicon's UNDOK™ app. The app offers comprehensive remote control functionality for FS based audio modules with an iOS or Android smart device.

To install and use the UNDOK™ app:

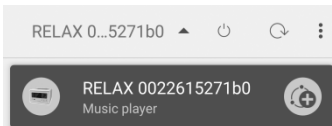
1. Download the UNDOK™ app from “App Store” or “Google play” and install it on your iOS or Android smart device.



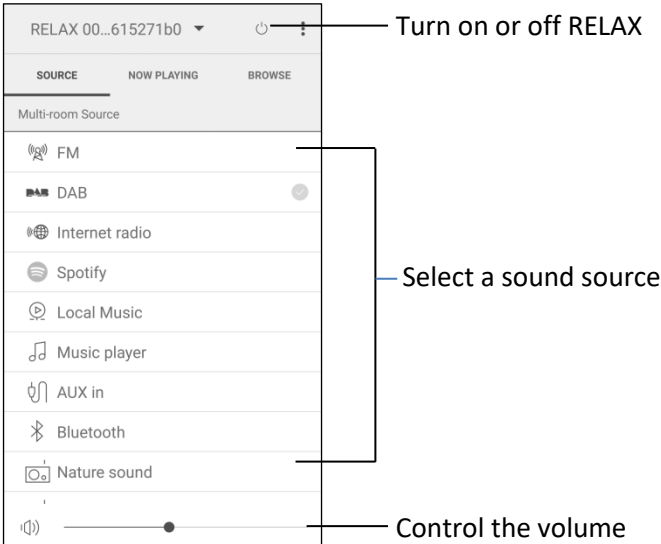
2. Connect your smart device to the same Wi-Fi network as RELAX.
3. Launch the UNDOK™ app on your smart device. The app will search for compatible audio systems. You may also tap on “Set up audio system” to start searching for audio systems.




4. Select “RELAX” from the list of available audio systems.

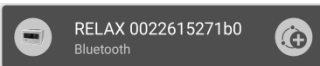


5. Control RELAX through the UNDOK™ app.

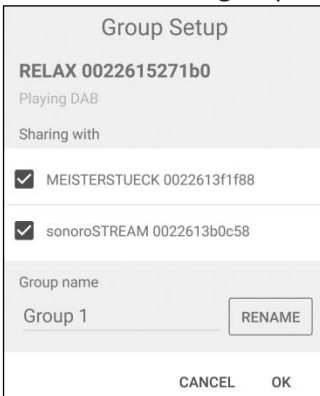


Your RELAX can be used with other compatible products as part of a multi-room system. You can use the UNDOK™ app to manage the multi-room groups. To do so:

1. Tap on the edit group icon () in the list of available audio system.



2. Add or remove RELAX to or from multi-room groups, change a group name or delete a group as required.



22 Troubleshooting

Malfunctions can occur with any electrical equipment. This is not necessarily due to a defect. As such, you should check the following table to see if you can eliminate the problem yourself.

Malfunction	Possible cause	Solution
No power	Power cable is not properly connected.	Connect the power cable properly.
No response from RELAX	There is an error in the RELAX.	Disconnect and reconnect the power plug. Then turn RELAX on again.
Remote control does not work, or only works sporadically	Distance to RELAX is too large.	Reduce the distance between the remote control and RELAX.
	Battery is empty.	Replace the battery.
No sound or poor sound	Sound is turned off.	Adjust the volume.
	Headset is plugged in.	Pull the headset out of the jack.
	RELAX is not set to the correct playback mode.	Select another playback mode.
	FM/DAB or Internet reception is poor.	Extend/adjust the FM/DAB antenna or check the Wi-Fi connection.
	There is radio interference.	Keep RELAX away from other electronic devices.
Alarm does not work.	Alarm is not activated.	Activate the alarm.
	Alarm volume is set too low.	Increase the alarm volume.
Insufficient Wi-Fi signal strength	The router is too far or blocked.	Place RELAX closer to the router or adjust the position of the Wi-Fi antenna.

Malfunction	Possible cause	Solution
Cannot connect to your Wi-Fi network	Router is not switched on or working properly.	Switch on your router or check the router conditions.
	Setup method is incorrect.	Check if your router supports WPS and uses the correct setup method (PBC or PIN).
		Configure the Wi-Fi settings again.
Internet radio station does not work sometimes.	Some stations only support a limited number of listeners.	Try again later.
	Station is not broadcasting.	Try again later.
Some Internet radio stations disappear from the station list.	The station is removed from the list when it stops broadcasting.	Check again later. If the station broadcasts again, it will be brought back to the list.
USB device does not work.	USB playback is not support.	Check the files and file system on the USB device.
	USB device is not charging.	Check the USB cable.

23 Cleaning

NOTICE!

Material damage due to improper cleaning!

Improper cleaning can result in damage to RELAX or cause certain functions to stop working.

- Never use abrasive or solvent-based cleaning agents, as these may damage the surface of RELAX.
- Never use hot or compressed air to dry RELAX.
- The edges and corners of RELAX are vulnerable to pressure. Protect these areas to prevent them from being subjected to excessive pressure.

Cleaning off fingerprints and light soiling

- Clean RELAX only from the outside with a soft, dry cloth.

Cleaning off heavy soiling

- Clean RELAX only from the outside with a slightly damp cloth and then dry RELAX with a soft, dry cloth.

24 Warranty

When submitting warranty claims, the following applies without restricting your legal rights:

- Warranty claims can only be asserted within a period of max. 2 years (1 year in North America and Australia), calculated from the date of purchase.
- sonoro audio GmbH shall, at its own discretion, repair or replace RELAX free of charge any defects caused by material or manufacturing defects within the warranty period.
- In case of a complaint, please contact our customer service department. You can find contact details under “Contact data” or at www.sonoro.de.
- No new warranty period begins following repair or replacement of RELAX. The warranty period of 2 years (1 year in North America and Australia) from date of purchase remains applicable.
- Excluded from the warranty are batteries, damage caused by improper use, normal wear and tear, as well as defects which only minimally affect the value or usability of RELAX. The warranty also expires in case of any modifications not made by our authorised service centre.

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