The Better Mornings Setup Guide

Optimal sunrise settings, a 7-day light ramp, OK-to-Wake setup, and 20 PixelCanvas design ideas — a ZoxDeal bonus for the ecozy Lumo Ultra.

Optimal Sunrise Settings

- **Start 30 minutes before your alarm:** the research-backed sweet spot for dawn simulation is 20–30 minutes of gradual brightening.
- **Max brightness matters:** set the peak to the brightest comfortable level — too dim and your brain never registers the 'dawn'.
- **Position it right:** within 16 inches of your pillow, light facing your face. A clock across the room is decoration, not therapy.
- **Pair sound late:** let light do the first 20 minutes; add gentle sound only in the final 5–10 so you wake to light, not noise.

The 7-Day Light Ramp (for dark winter mornings)

- **Days 1–2:** 15-minute sunrise at 50% max brightness. Just get used to light before sound.
- **Days 3–4:** 25 minutes at 75%. Move your alarm 10 minutes earlier — the light compensates.
- **Days 5–6:** full 30 minutes at 100%. Add a nature sound in the last 5 minutes.
- **Day 7:** lock in the schedule. Consistency beats intensity — same wake time daily, weekends included.

OK-to-Wake Setup for Kids

- Set the 'OK to wake' time 30 minutes after your own alarm — you get a buffer, they get a clear signal.
- Use a distinct pixel-art design for the OK signal (a bright sun works) so kids learn the visual cue fast.
- Keep the bedroom door open the first week while they learn the routine.

20 PixelCanvas Design Ideas

- Retro 8-bit sunrise
- Animated coffee cup
- Seasonal: falling snow
- Seasonal: blooming flowers
- Minimalist clock face
- Pixel cat sleeping / awake
- Weather icon of the day

- Motivational word art
- Starry night for bedtime mode
- Animated waves
- Sports team colors
- Holiday themes
- Kids' drawings (pixelated)
- Sun + moon cycle
- Abstract gradients
- Game sprites
- Countdown to vacation
- Zodiac symbol
- Favorite emoji, enlarged
- Custom family monogram

Wake up to light. — ZoxDeal