Projection Clock Setup & Sleep-Friendly Bedroom Guide

A ZoxDeal bonus for Mesqool Projection Alarm Clock buyers

Set the clock up right on day one, then make the bedroom work with your sleep.

SETUP IN 10 MINUTES

- [ ] 1. Plug in the clock first, then insert 2 AAA batteries for backup (not included).
- [ ] 2. Set the time and pick 12H or 24H display mode.
- [ ] 3. Turn on automatic daylight-saving time so you never set it twice a year.
- [ ] 4. Aim the projector arm at the ceiling from your pillow position.
- [ ] 5. If the digits look upside-down, flip the projector arm 180 degrees.
- [ ] 6. Set Alarm 1 for weekdays and Alarm 2 for weekends (or a partner).
- [ ] 7. Test the alarm volume once in daytime so the first morning is no surprise.
- [ ] 8. Plug your phone into the USB port and confirm it charges overnight.

GETTING THE PROJECTION RIGHT

- [ ] 9. Darken the room fully before judging the projection brightness.
- [ ] 10. Keep the throw distance short: nightstand-to-ceiling under 10 feet is sharpest.
- [ ] 11. Angle the arm so digits land where your eyes naturally rest when lying down.
- [ ] 12. Remember: bright lamplight washes the projection out - it is a night feature.
- [ ] 13. Use the dimmer's lowest setting if any display glow bothers you.

SLEEP-FRIENDLY BEDROOM TWEAKS

- [ ] 14. Switch the display off entirely and keep only the ceiling projection on.
- [ ] 15. Charge the phone on the clock's USB port, face-down, notifications silenced.
- [ ] 16. Set a consistent wake time - even on weekends - for the first two weeks.
- [ ] 17. Keep the room cool (around 65-68 F / 18-20 C) for deeper sleep.
- [ ] 18. Use the 9-minute snooze once at most; repeated snoozing fragments sleep.
- [ ] 19. If power outages are common, know the backup saves settings only.
- [ ] 20. Replace the AAA backup batteries once a year so the protection stays real.