



[FAQs](#) > [Moment Series- Sleep Companions](#) > [Moment - Quick Help](#)

Moment - Quick Help

INSIDE / AQIPA - 2025-09-24 - [Moment Series- Sleep Companions](#)

Our most important tips on how to use your Moment bedside companion

1. Before operating the product, always consult the [Moment QuickStart Guide](#). You can find the QSG for Moment in our Download Center here: [Moment QuickStart Guide](#).

1. Before we start we state the obvious. Please make sure your device is connected to a power source, the antenna is straightened out (if DAB+ reception is needed) and all plastic covers are removed (make sure to also remove the plastic tip on the backside of Moment that protects the emergency battery)

2. **[Switching Moment on/off](#)**

Pressing the Volume / Select knob will boot your Moment to the last source listened. When you use Moment for the first time, the unit will automatically enter a DAB scan. All available stations are found and saved to the "Station List" without you having to do anything. Short pressing the "Volume/Select" dial will mute the sound. To unmute the sound, short press the dial again. To switch your Moment off, long press the "Select" dial.

1. **[Scanning and selecting DAB+ or FM Stations](#)**

We have two separate articles on these topics that you can select by clicking on the highlighted words.

1. **Setting an alarm**

The Moment and Moment Charge have 10 different alarms you can set and a lot of individualisation options to choose from. We have created a help [detailed step-by-step video and help article to explain the details here](#).

1. **Changing the source**

We tried to make changing sources as easy as possible and have created separate buttons for the different sources, even when in standby mode. If you want to know more about how the buttons and the select dial work, [read this article here](#).

1. **Saving or recalling or deleting a preset**

There is a button for that. Pressing the preset button until "saved" appears, saves your preset. Pressing

it shortly accesses your list. The “Select” dial allows you to navigate the list. A long press allows you to change, delete or save. [More information on presets can be found here.](#)

1. **Pairing a Bluetooth device**

Press the BT button and the device will enter pairing mode. [More detailed instructions](#) on how to find your Moment on the device you want to pair and more on pairing with BT [can be found here.](#)

1. **Adjusting the display brightness or clock style and intensity of the night light / wake-up light**
Moment gives you ample customization options to [adjust your display brightness](#) as well as the [light intensity](#) and the [clock style](#). Each of these functions is described with little videos in the respective help articles linked here .

2. **The choice of soothing sounds**

Your Moment sleep companion offers you a variety of soothing sounds. You can find a taste of this in [our sound samples.](#)

1. **To keep your Moment up to date**, feel free to occasionally [check for new software releases.](#)