



FAQs > Moment Series- Sleep Companions > How to set an alarm [Moment, Moment Charge]?

---

## How to set an alarm [Moment, Moment Charge]?

INSIDE / AQIPA - 2024-12-11 - Moment Series- Sleep Companions

# Would you like to set an alarm on your Moment or Moment Charge?

Setting up an alarm on your Moment radio is very straightforward. Let's go through the steps together, using an example.

1. To add a new alarm, first press the "Home" button and turn the dial until you see "Alarms".
2. Press the "Select" dial to open the alarm menu. Alternatively, you can press the Alarm button on the top.
3. Select "Add Alarm" and press the "Select" dial to confirm.
4. Set the alarm time. Turn the "Select" dial to select the hours, then press the dial to move to the minutes. Turn the dial again to set the minutes, and press the dial to confirm the time.
5. Choose the repeat settings for the alarm. You can either set it as a one-time alarm, or choose on which days the alarm should go off, for example, only on weekdays or on a specific day.
6. Select the alarm source. You can choose between DAB radio, FM radio, relaxing sounds, or a buzzer. Turn the dial to select your preferred source, and press the dial to confirm.
7. Set the alarm volume. Turn the dial to choose the desired volume. If you set the volume to the lowest level, the alarm will be triggered only with light and without sound.
8. Choose the alarm sound behaviour. You can set the sound to gradually increase to wake you up gently, or you can choose to have the alarm sound start immediately at the set volume.
9. Choose the light behaviour. You can set the light to gradually brighten 20 minutes before the alarm goes off, so you wake up slowly and gently. Alternatively, you can set the light to turn on fully as soon as the alarm starts. If you prefer, you can also choose to keep the light completely off. The choice is yours!

10. Save the alarm. After you've made all your settings, the alarm will be saved and ready to wake you up at the set time.

- **To activate or deactivate an alarm**, select the desired alarm and press the "Select" dial to turn it on or off.
- **To modify or delete an alarm later**, select the "Alarms" menu and hold the "Select" dial down until "Edit" appears. Turn the dial to either edit or delete the alarm and confirm your selection by pressing the "Select" dial.

Alarms set for today or tomorrow will be displayed on the standby screen.

When the alarm goes off:

- You can **snooze** it for a while by pressing the Snooze button or turn it off completely by pressing the Home button.
- To **temporarily pause all set alarms**, slide the switch on the back to the Off position. To reactivate them, slide the switch back to the On position.

If you would like to see all of this in a quick video, check this out:

[Video link](#)