



Enso Clock Expanded Instructions Tutorials

Welcome!



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1 Press the Clock Button


The Clock screen icon is visible when the clock is in Clock Set mode.


The current time is displayed in the large digits in the center of the display.

In newer versions of the clock, the large digits in the center of the screen will flash when in clock mode.



2 Adjust the Time

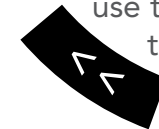
 Use the + button to increment the current time. Holding down the + button will accelerate the rate at which time is incremented.

 Use the - button to decrement the current time. Holding down the - button will accelerate the rate at which time is decremented.

1 Select 12- or 24-hour Format

If a 24-hour time display is desired, use the << or >> button to toggle between 12- and 24-hour time formats.

Changing this setting will affect all areas of time display within the clock such as Clock time and Alarm time.



3 Save Changes

Press the Clock button or green Play/Pause button to save your changes.



1 Discard Changes

Press the red Stop button to discard any changes that have been made to the Clock.



After a few minutes of inactivity, the clock will automatically exit the Clock setting mode and return to the clock display.

Note: There is no separate mode for the setting of hours or minutes, specifically. You use the + and - buttons to adjust the current time as a whole. For example, once the minute count reaches 59, pressing the + button will cause the hour to increment and return the minute count to 00.

1 Press the Alarm Button

The Alarm screen icon is visible when the clock is in Alarm Set mode.


The current time is displayed in the small digits at the top of the display.


The Alarm time is displayed in the large digits in the center of the display.

When the alarm is set a small bell icon will be displayed to the right of the small time display.

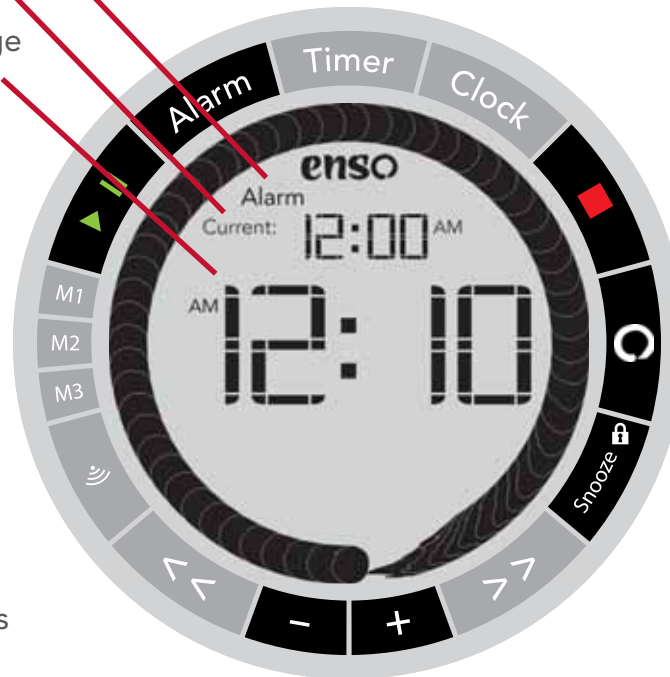
In newer versions of the clock, the large digits in the center of the screen will flash.

2 Adjust the Alarm

 Use the + button to increment the alarm time. Holding down the + button will accelerate the rate at which time is incremented.

 Use the – button to decrement the alarm time. Holding down the – button will accelerate the rate at which time is decremented.

Note: There is no separate mode for the setting of hours or minutes, specifically. You use the + and – buttons to adjust the alarm time as a whole. For example, once the minute count reaches 59, pressing the + button will cause the hour to increment and return the minute count to 00.



3 Set the Alarm

Press the green Play/Pause button to set or update the alarm.

 Cancel the Alarm

Press the red Stop button to cancel a set alarm.

When the alarm is set, a small bell icon will be displayed to the right of the small time display at the top of the screen.



After a few minutes of inactivity, the clock will automatically exit the Alarm setting mode and return to the clock display.

What is Interval Timing?

Interval timing is the timing of a sequence of events or sessions. Each interval can be set for a specific duration of time. These intervals of time are counted down sequentially until the entire sequence is complete.

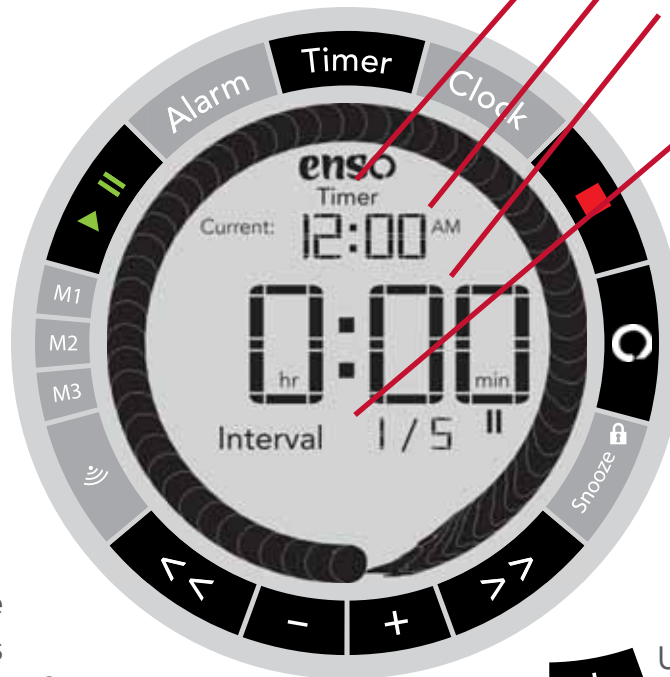
timer ('tī-mər), n.

A timing sequence that is comprised of individual **Intervals**, or sub-timers. A timer can contain anywhere from 1 to 50 **Intervals**.

When a timer is started, the Intervals run sequentially one-after-another until the entire timing sequence is complete. At the end of each Interval a single chime is sounded. A simple countdown timer of 30 minutes would consist of 1 Interval that is set for 30 minutes. Whereas a more complex timing sequence of 20 minutes, 15 minutes, and then 10 minutes would consist of 3 total Intervals.

Note: There is no separate mode for the setting of hours or minutes, specifically. You use the + and - buttons to adjust time as a whole. For example, once the minute count reaches 59, pressing the + button will cause the hour to increment and return the minute count to 00.

Interval		
1	2	3
20 min	▶ 15 min	▶ 10 min



1 Press the Timer Button Timer

The Timer screen icon is visible when the clock is in Timer Set mode.

The current time is displayed in the small digits at the top of the display.

The large digits in the center of the display show the number of hours and minutes for the current interval.


Information about the current interval is displayed below the large digits. The Interval display shows the number of the current interval as well as the total number of intervals in the timer. For example, Interval 1 / 5 means that the large digits in the center of the screen are displaying the duration of Interval # 1 of 5 total Intervals.

2 Adjust the Duration of the Current Interval

+ Use the + button to increment the current interval time. Holding down the + button will accelerate the rate at which time is added.

- Use the - button to decrement the current interval time. Holding down the - button will accelerate the rate at which time is decremented.


3 Add Intervals

 Hold down the >> button for more than a second to insert a new Interval into the Timer after the current Interval.

A beep will confirm that a new Interval has been added. Note that the total Interval count has been increased.


The current Interval number has also been advanced.

The duration of this new Interval is shown in the large digits.

 Use the + button to add time to this new Interval.

Repeat these steps to add additional Intervals.


4 Delete Intervals

 Hold down the << button for more than a second to delete the current Interval from the Timer.

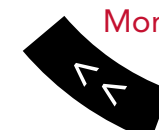
A beep will confirm that the current Interval has been removed. The total Interval count will be decreased.

Repeat this step to delete additional Intervals.

5 Review the Intervals in Timer

 Momentarily press the >> button to increment the current Interval that is displayed on the screen. If more than 1 interval exists the current Interval count will increment and the large digits in the middle of the screen will update to show the duration of the newly-selected Interval.


Repeat the **momentary pressing** of the >> button to cycle through all Intervals in the Timer.

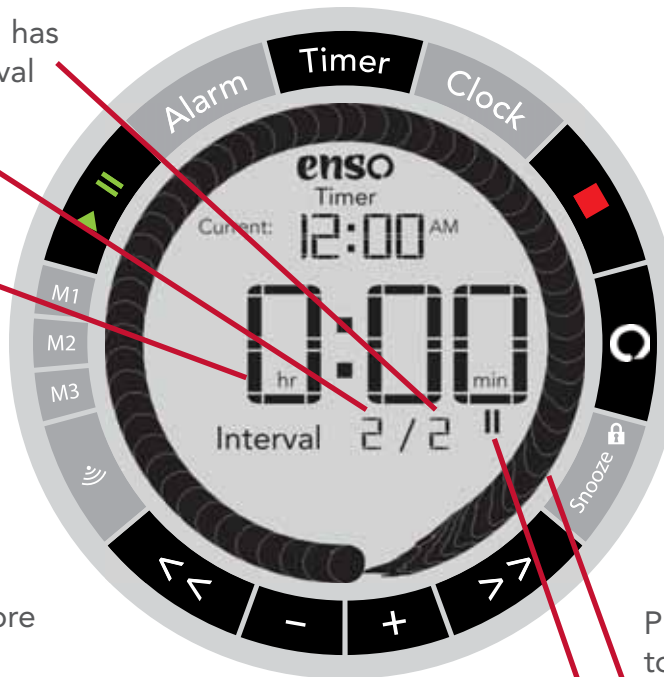
 Momentarily press the << button to cycle backwards through all Intervals in the Timer.

6 Start the Timer


Press the green Play/Pause button to immediately start the Timer.

The Enso Ring will immediately disappear and then gradually fill in as the current Interval counts down.

 The on-screen pause icon will disappear and the play icon will become visible.

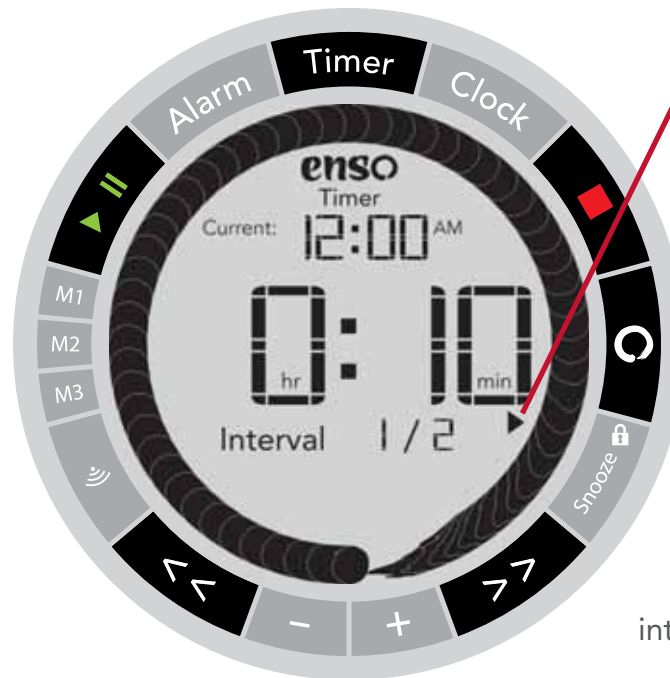
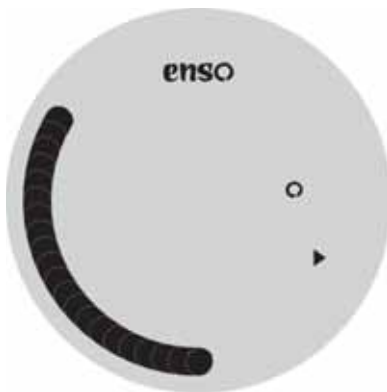


◻ Hiding the Numerical Display

 When a timer is running, hold down the Enso button for more than 1 second to hide the numerical display of the timer, leaving only the Enso Ring visible.

The Enso Ring will continue to appear gradually as the timer counts down. Once the display has been hidden, hold down the Enso button to make the numerical display visible again. The full numerical display will be visible every time a timer is started.

Hidden Numerical Display



◻ Pause the Timer

If the timer is running, press the green Play/Pause button to pause the timer.

The on-screen play icon will disappear and the pause icon will become visible.




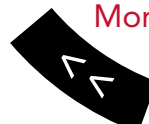
◻ Stop the Timer

Press the red Stop button to stop and exit the timer.



◻ Skip to a Different Interval

 **Momentarily press** the >> button to skip to the next interval in the timer. If more than 1 interval exists and the timer is not in the final interval, the next interval will immediately begin countdown.

 **Momentarily press** the << button to restart the current interval. If more than 1 interval exists and the timer is not already at the first interval, quickly press the << button a second time to move to the previous interval.

What is the Master Timer?

There is only one active timer in the Enso Clock and it is called the **Master Timer**. The **Master Timer** is visible in the center of the display when the Timer button is pressed.

What is a Snapshot?

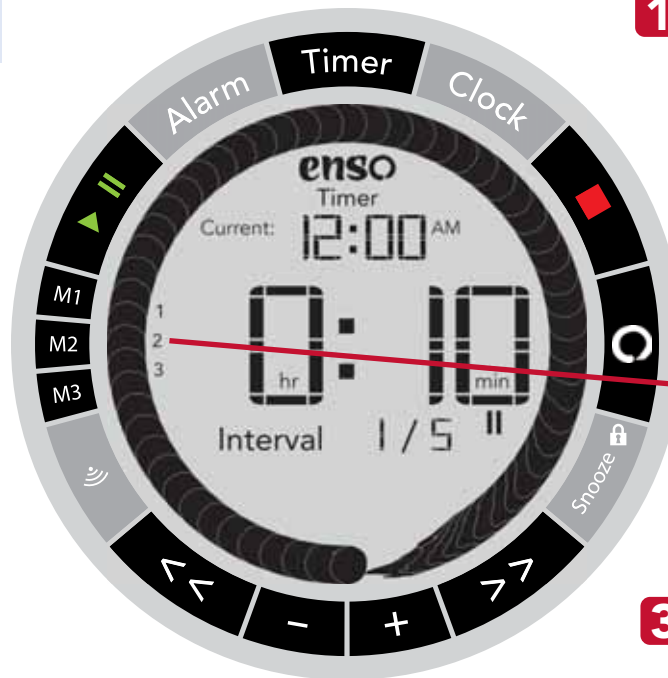
The memory locations work by taking **Snapshots** of the Master Timer.

A **Snapshot** that is stored in a memory location cannot be changed or modified in any way. **Snapshots** in memory can only be recalled or deleted.

Recalling a **Snapshot** from a memory location copies the **Snapshot** over the Master Timer, which is displayed on the screen.

After a **Snapshot** has been deleted from a memory location a new **Snapshot** can be saved in the memory location.

The Enso Clock is capable of storing three different timing sequences, or Timers, into memory for quick recall. The three memory locations are M1, M2, and M3. Each memory location can store a **Snapshot** of the **Master Timer**, including all of its Intervals (sub-timers).



1 Set the Timer

Timer

Press the Timer button.

Set the timer. (See section "Setting the Timer" for more information)

The timer is displayed in the center of the display. This is the Master Timer.

2 Check Memory Status

When a Snapshot is stored in a particular memory location (M1, M2, or M3) a small numerical icon for the memory location (1, 2, or 3) is visible on the screen.

3 Save Snapshot to Memory

Hold down the button of a memory location to store a Snapshot of the Master Timer in that location. A single beep will confirm that the Snapshot has been saved. The small numerical icon for the memory location will become visible.

M1
M2
M3

4 Clear a Memory Location

Hold down the button of a memory location to erase the Snapshot that is stored at that location. A double beep will confirm deletion.

1 Recall a Saved Snapshot from Memory

M1
M2
M3 If a timer Snapshot is saved to a memory location, it can be recalled by pressing the button of the memory location.

The saved Snapshot will be copied over the Master Timer and be displayed in the center of the display.

2 Start the Timer

Press the green Play/Pause button to immediately start the Timer.



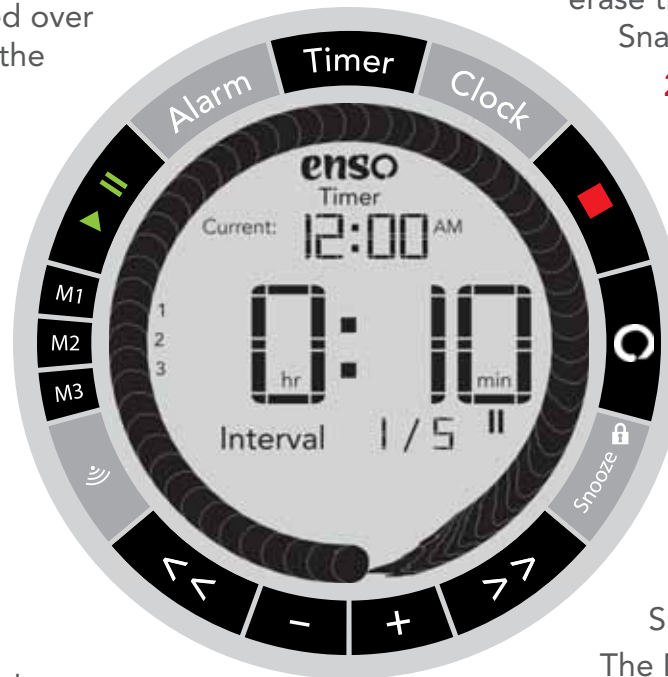
Direct Memory Access

Saved timer Snapshots can be accessed from any mode of the Enso Clock.

If a timer Snapshot is saved in a particular memory location, pressing its respective button will immediately switch the clock into Timer mode and load the Snapshot into the Master Timer.

This has the same effect as pressing the Timer button and then the desired memory button.

Direct Memory Access enables quick access to saved timer Snapshots.



Note: While it is not possible to directly edit a Snapshot that is saved in a memory location, the desired effect can be achieved by using the following method:

1. It is important to **first erase** the original snapshot from memory. Pressing and holding the memory button to erase the memory location will also load the Snapshot into the Master Timer.
2. Make any desired changes to the Master Timer.
3. Press and hold down the button of an empty memory location to store a Snapshot of the Master Timer.

Note: When erasing a Snapshot from a memory location the Snapshot will simultaneously be loaded and copied over the Master Timer since the memory button was pressed in the process of erasing.

The memory location will be clear but the Snapshot is now in the Master Timer.

The Master Timer can only be reset by manually holding down the << button repeatedly until all Intervals are erased.

Hint: If both high- and low-count Interval timers will be used it might be helpful to keep a Snapshot of a low-count Interval timer saved in memory for quick "resetting" of the Master Timer.

1 Press the Audio Button

The Audio screen icon is visible when the clock is in Audio Set mode. Three different settings are displayed by the three large alphanumeric elements on the screen.

2 Set the Volume

The first digit shows the volume level (0 through 4). 0 is mute.

Press the + button to increase the volume level. Press the - button to decrease the volume level.

A preview of the selected volume level will play.

3 Set the Tone

The second digit displays the selected tone.

- Tone 1 is a singing bowl
- Tone 2 is a tingsha (bell)
- Tone 3 is a Moktok (wooden block sound)
- Tone 4 is a traditional alarm beep

Press the << or >> button to select the tone type.

A preview of the selected tone will play.

4 Set the Duration of the Final Chime

The third character indicates the duration of the final chime.

C The alarm chime and final chime of the timer will sound continuously until the stop button is pressed.

2 The alarm chime and final chime of the timer will sound only twice. **Note:** This is not recommended for alarm clock use.

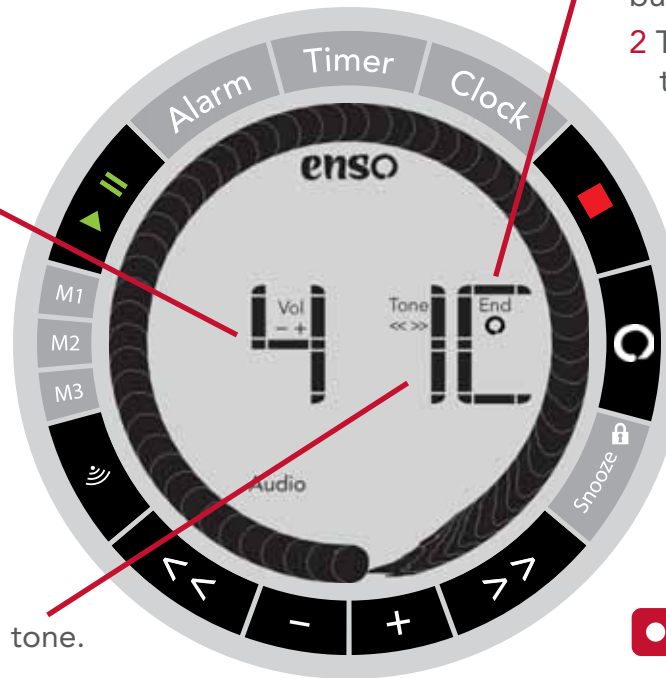
Press the Enso button to toggle the duration of the final chime.

5 Save Changes

Press the green Play/Pause button or Audio button to save the changes made to the sound settings.

Cancel Changes

Press the red Stop button to cancel any changes made to the sound settings.



Note: The tone that sounds at the completion of each interval of a timer is always a single chime. The sound settings that are selected apply to both the alarm and timer functions. It is not possible to choose different tones for individual modes or intervals.

Task:

Set the Clock to 2:34 pm.
Optional: Set the clock to 14:34.

1 Press the Clock Button

The Clock screen icon is visible when the clock is in Clock Set mode.

The current time is displayed in the large digits in the center of the display.



2 Adjust the Time

Hold down the + button until the large digits read 2:34 pm. Continuing to hold down the + button will accelerate the addition of minutes and hours.

Use the - button to subtract time if you go past 2:34 pm.



OPTIONAL: Select 12- or 24-hour Format

If a 24-hour time display is desired, use the



button to toggle between 12- and 24-hour time formats. Changing this setting will affect all areas of time display within the clock such as Clock time and Alarm time.



3 Save Changes

Press the Clock button or green Play/Pause button to save your changes.



Discard Changes

Press the red Stop button to discard any changes that have been made to the Clock.



After a few minutes of inactivity, the clock will automatically exit the Clock setting mode and return to the clock display.

Task:

Set the Alarm to trigger at 6:00 am.

1 Press the Alarm Button

The Alarm screen icon is visible when the clock is in Alarm Set mode.

The Alarm time is displayed in the large digits in the center of the display.



2 Adjust the Alarm Time

Hold down the + button until the large digits read 6:00 am. Continuing to hold down the + button will accelerate the addition of minutes and hours.

Use the - button to subtract time if you go past 6:00 am.



3 Set the Alarm

Press the green Play/Pause button to set the Alarm.

When the alarm is set, both the alarm time and small bell icon are visible at the top of the screen when the clock is visible.



After a few minutes of inactivity, the clock will automatically exit the Alarm setting mode and return to the clock display.

Task:

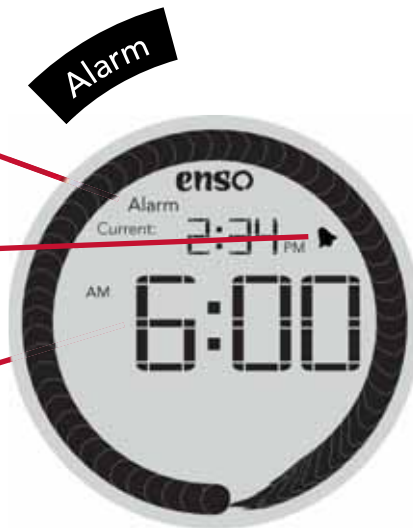
Cancel the alarm, which has already been set to trigger at 6:00 am.

1 Press the Alarm Button

The Alarm screen icon is visible when the clock is in Alarm Set mode.

Since the Alarm is currently set to trigger at 6:00 am, the small bell icon is visible.

The Alarm time is displayed in the large digits in the center of the display.



2 Cancel the Alarm

Press the red Stop button to cancel the set alarm.

Note that the small bell icon is not longer visible, indicating that the alarm is no longer set.



Task:

Update the time of a previously set alarm.

1 Press the Alarm Button

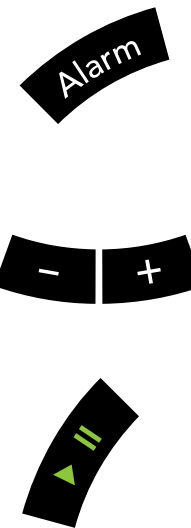
2 Adjust the Alarm Time

Use the + and – buttons to adjust the alarm time.

3 Set the Alarm

Press the green Play/Pause button to set the Alarm.

When the alarm is set, both the alarm time and small bell icon are visible at the top of the screen when the clock is visible.



After a few minutes of inactivity, the clock will automatically exit the Alarm setting mode and return to the clock display.

Task:

Set the timer to countdown 45 minutes.
This is a 1-interval timer of 45 minutes.

Interval
1
45 min

1 Press the Timer Button

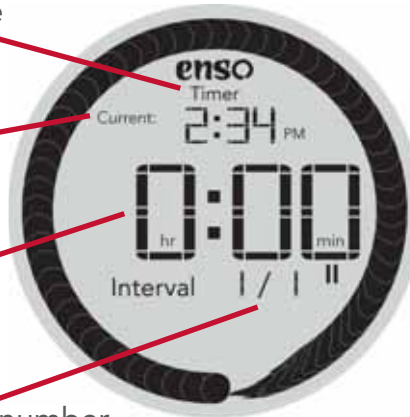
Timer

The Timer screen icon is visible when the clock is in Timer Set mode.

The current time is displayed in the small digits at the top of the display.

The large digits in the center of the display show the number of hours and minutes for the current interval.

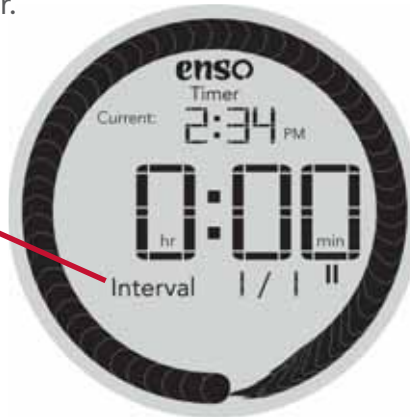
The Interval display shows the number of the current Interval as well as the total number of Intervals in the timer.



2 Check the Intervals

Make sure the display reads "Interval 1/1".

If not, repeatedly hold down the << button to delete extra intervals.



3 Adjust the Duration of Interval 1.

Use the + button to increment the Interval 1 to 45 min. Holding down the + button will accelerate the rate at which time is added.

As shown by the display time is being added to Interval 1/1 (Interval 1 of 1 total Intervals).



4 Start the Timer

Press the green Play/Pause button to immediately start the Timer.

The Enso Ring will immediately disappear and then gradually fill in as the current Interval counts down.

The on-screen pause icon will disappear and the play icon will become visible.

Note: the minute display is rounded up and thus will not decrement until after the first minute has elapsed.



Task:

Set the following timing sequence: 20 min, 15 min, 10 min. (3 total Intervals)

Interval		
1	2	3
20 min	▶ 15 min	▶ 10 min

1 Press the Timer Button

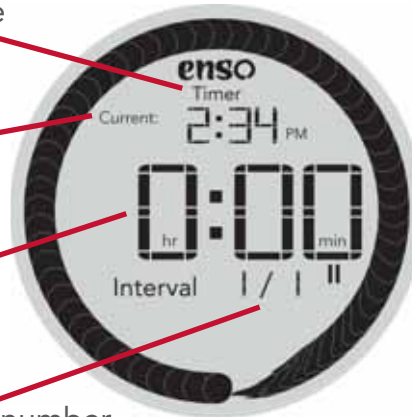


The Timer screen icon is visible when the clock is in Timer Set mode.

The current time is displayed in the small digits at the top of the display.

The large digits in the center of the display show the number of hours and minutes for the current interval.

The Interval display shows the number of the current Interval as well as the total number of Intervals in the timer.



2 Check the Intervals

Make sure the display reads "Interval 1/1".

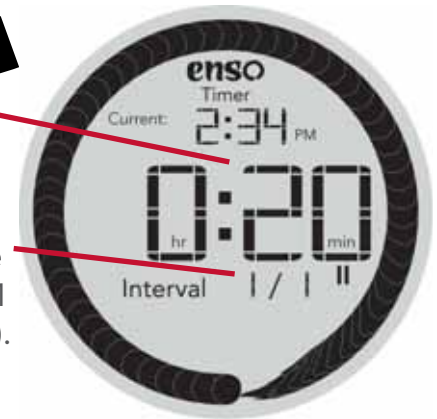
If not, repeatedly hold down the << button to delete extra intervals.



3 Adjust the Duration of Interval 1.

Use the + button to increment the Interval 1 to 20 min. Holding down the + button will accelerate the rate at which time is added.

As shown by the display time is being added to Interval 1/1 (Interval 1 of 1 total Intervals).



4 Add a New Interval

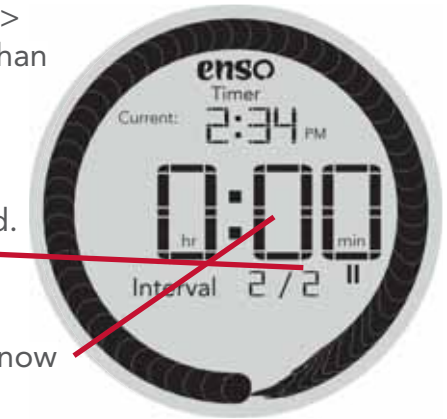


Hold down the >> button for more than a second to insert Interval 2.

A beep will confirm that a new Interval has been added.

Note that there are now 2 total Intervals.

The duration of Interval 2 is now displayed in the large digits (0 minutes since no time has been added yet to this new Interval)



Task:

Set the following timing sequence: 20 min, 15 min, 10 min. (3 total Intervals) *(continued)*

Interval		
1	2	3
20 min	▶ 15 min	▶ 10 min

5 Adjust the Duration of Interval 2.

Use the + button to increment the Interval 2 to 15 min. Holding down the + button will accelerate the rate at which time is added.

As shown by the display time is being added to Interval 2/2 (Interval 2 of 2 total Intervals).



6 Add a New Interval

Hold down the >> button for more than a second to insert Interval 3.

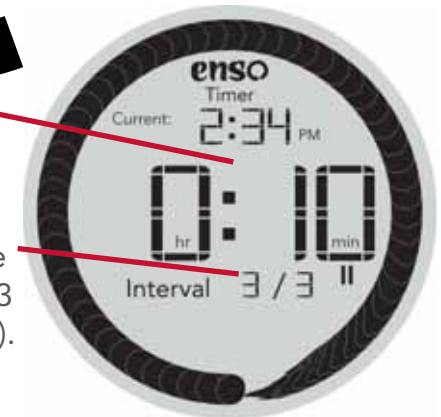
A beep will confirm that a new Interval has been added. Note that there are now 3 total Intervals.



7 Adjust the Duration of Interval 3.

Use the + button to increment the Interval 1 to 10 min. Holding down the + button will accelerate the rate at which time is added.

As shown by the display time is being added to Interval 3/3 (Interval 3 of 3 total Intervals).



Review the Intervals in Timer

Momentarily press the << or >> button to cycle through all of the Intervals in the timer. The Interval number and duration will update on-screen.



Task:

Set the following timing sequence: 20 min, 15 min, 10 min. (3 total Intervals) *(continued)*

Interval		
1	2	3
20 min	▶ 15 min	▶ 10 min

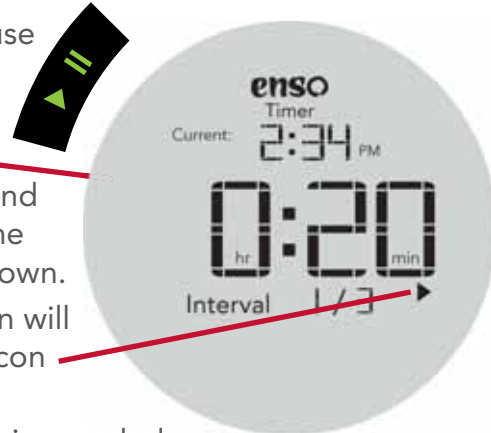
8 Start the Timer

Press the green Play/Pause button to immediately start the Timer.

The Enso Ring will immediately disappear and then gradually fill in as the current Interval counts down.

The on-screen pause icon will disappear and the play icon will become visible.

Note: the minute display is rounded up and thus will not decrement until after the first minute has elapsed.



Task:

Hide the numerical display while the timer is running.

8 Hiding the Numerical Display

When a timer is running, hold down the Enso button for more than 1 second to hide the numerical display of the timer, leaving only the Enso Ring visible.

The Enso Ring will continue to appear gradually as the timer counts down.

Once the display has been hidden, hold down the Enso button to make the numerical display visible again.

The full numerical display will be visible every time a timer is started.

Hidden Numerical Display

