"VibraLITE 3" will alert and remind you several times per day. Numerous settings available.

Use the Repeatable Countdown Timer, 2 Alarm Settings, and an Hourly Alert and get numerous daily reminders for Medication, Medical Conditions, Time Management, Behavior Modification, Self Regulation, Organization)
 Select Alarm Choice of Vibration, Audible or Both Vibration & Audible

REPEATABLE COUNTDOWN TIMER

Repeating same amount of time as often as you want with no resetting.
Set the Countdown Timer for amount of time needed between reminders. Can be set in seconds, minutes and hours.
Example: every 4 Hours for reminders for Medication. Set the countdown for 4 hours. It will automatically repeat the 4 hours countdown each time it reaches zero. No resetting required. There will be a short, single beep or vibration to alert you at 10 minutes and then again at 5 minutes before zero.
Other examples:
Set for 2 minutes 30 seconds for timing procedure.
Set for 15 minutes for staying focused, test taking, stretching, changing positions for pressure relief, checking posture, timing presentation or keeping on schedule for patient rotation.
Set for 2 hours for reminders for bathroom trips, completing projects, checking parking meter.
Countdown Timer can be stopped or turned off at any time when desired.

TWO ALARM SETTINGS

Two different times can be set for alarm activation during any 24-hour period. Set Alarm One (A1) for time desired and Set Alarm Two (A2) for another time desired.
Pre programmed times will remain set and will be activated daily when your Alarm Settings are in the on position.
Examples:
Set one alarm for 7a.m wake up and second alarm for 8:15 a.m. as a reminder to leave for work
Set one alarm for 8a.m. to take medication and second alarm for 4 p.m. for reminder to test sugar levels.
Set one alarm for 3 p.m as reminders to pick up kids at school and second alarm for 5 p.m as a reminder to start dinner.
Set one alarm for 9:45 a.m.appointment and second alarm for 1 p.m to check e-mails.
Alarm(s) can be turned off when desired.

HOURLY ALERT SETTING

A Short, Single Beep or Vibration Reminder, every hour on the hour is given when your Hourly Alert is ON
Hourly Alert can be turned off for Sleep or whenever it is not required.
Use for reminders to stay on track, perform tasks

Examples of Settings:

7 a.m, Noon & 7 p.m.
Set Countdown timer for 12 hours
 (at either 7a.m or 7 p.m)
Set one Alarm for 12p.m. (Noon)
 The other alarm could be used for another daily reminder

8 a.m, Noon, 4 p.m,
Set Countdown Timer for 4 hours
Set One Alarm for 8 a.m. as reminder and to start Countdown
Turn Off Countdown Timer at 4 p.m
(The other alarm could be used for another daily reminder}

Every 4 Hours during daytime only- with no resetting
Set Countdown Timer for 8 hours
First Time- Start Countdown Timer at 7a.m.
It will alarm at 3p.m and at 11p.m.
Set one alarm for 11a.m.
Set Second Alarm for 7 p.m.

7 a.m & Noon & Every 15 Minutes
Set One Alarm for 7 a.m.
Set Second Alarm for 12 p.m (noon)
Set Countdown timer for 15 minutes.
Note: Countdown timer could be set for any amount of time needed and would reset itself each time it reaches zero.

8 a.m, 4 p.m & 8 p.m.
Set the Countdown Timer for 12 hours.(at either 8 a.m. or 8 p.m)
Set one Alarm for 4 p.m.
(The other alarm could be used for another daily reminder)

Every Hour with reminder at 50 minutes
Set the Countdown Timer for One Hour
Automatic single reminder will occur at 50 minutes
(10 minutes before the hour) and again at 55 minutes
(5 minutes before the hour)
Turn off Countdown Timer when not wanted.
(Two other Alarms could be used for other daily reminders)

N.B. Hourly Alert can be used in combination with any Alarm settings to provide additional reminders every hour on the hour.