

## INSTRUCTIONS

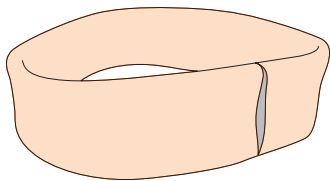
ANLEITUNG      INSTRUÇÕES      指示書  
INSTRUCCIONES      説明書      명령  
ISTRUZIONI      说明书      ت امری لعت



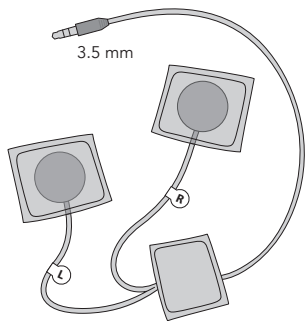
Scan this QR code or visit [www.SleepPhones.com/instructions](http://www.SleepPhones.com/instructions) to read this User Guide as well as Warranty Information and Legal disclosures in additional languages.

## SLEEPPHONES® OR RUNPHONES® CLASSIC

(Wired Headphones)

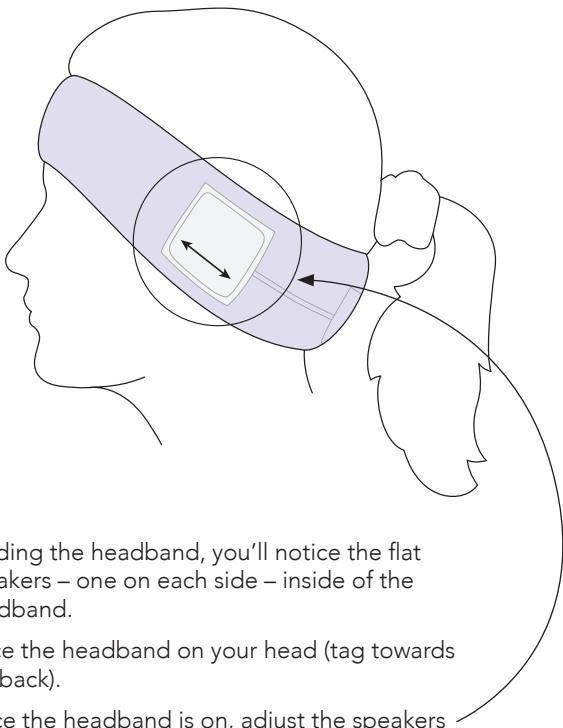


Headband



Speakers and Cord

## WEARING YOUR CLASSIC HEADPHONES

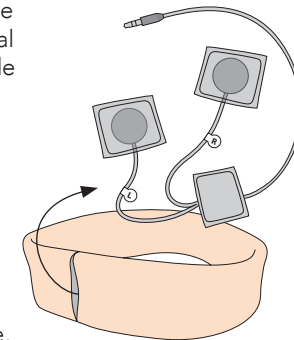


- 1 Holding the headband, you'll notice the flat speakers – one on each side – inside of the headband.
- 2 Place the headband on your head (tag towards the back).
- 3 Once the headband is on, adjust the speakers so they are positioned directly over your ears. This will ensure the best sound quality.

Please Note: The speakers move inside of the headband, independently of the headband.

## WASHING INSTRUCTIONS

- 1 Open the hook and loop at the back of the headband to reveal the speaker components inside the headband.
- 2 Reach in to remove the speakers, one at a time, from the headband.
- 3 Once the speakers are removed, you can machine-wash the headband.
- 4 Reinsert one speaker at a time, and move each about four inches from the hook and loop opening on either side of the headband.
  - Right speaker has red stitching
  - Left speaker has green stitching
  - Softer gray side should face towards the ear
  - White side should face away from the ear
- 5 Close the hook and loop opening with the cord hanging out so you can connect to your device.



## PROLONG THE LIFE OF YOUR HEADPHONES

- When disconnecting the cord, grasp and pull the plug and not the cord.
- Do not leave components in a wet or dirty headband.
- Wash your headband regularly (remove all components before washing).
- Avoid bending near the plug and keep the cord free of tangles and knots.

## WARRANTY INFORMATION AND LEGAL DISCLOSURES

### WARNING

SleepPhones® or RunPhones® may be a strangulation hazard. They should not be used by children, the elderly, or by anyone who may strangle on the cord.



### WARNING

Exposure to high volume sound levels may damage your hearing. The louder the volume, the less time is required before your hearing could be affected.

You may experience different sound levels when using your headset or headphones with different music and different devices. If you experience hearing discomfort, you should stop listening to the device through your headset or headphones and have your hearing checked by your doctor.

To protect your hearing, hearing experts suggest that you:

- Set the volume control in a low position before putting your headsets or headphones on your ears and use them at the lowest possible volume.
- Avoid turning up the volume to block out noisy surroundings. Whenever possible, use your headset or headphones in a quiet environment with low background noise.
- Limit the amount of time you use headsets or headphones at high volume levels.
- Turn the volume down if the sound from the headset or headphones prevents you from hearing people speaking near you.

**If you live in North America and still can't find the information you need, please call our customer service team for assistance before returning the products to your retailer under their return policy.**

**Tel:** 877-838-4790 **Email:** [service@acousticssheep.com](mailto:service@acousticssheep.com)

If you live outside of North America, please visit our website at [www.SleepPhones.com](http://www.SleepPhones.com) or [www.RunPhones.com](http://www.RunPhones.com) to locate your country's distributor.

## DECLARATION OF CONFORMITY

AcousticSheep LLC declares that this product is in compliance with:

- The essential requirements and other relevant provisions of Directive 1999/5/EC
- All other relevant EU Directives.



In compliance with WEEE Directive (2002/96/EC), please dispose of this product by taking it to your local collection point or recycling center for electronic devices.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

- Limit the amount of time you use headsets or headphones at high volume levels.
- Turn the volume down if the sound from the headset or headphones prevents you from hearing people speaking near you.

### LIMITED ONE-YEAR WARRANTY

Please refer to [www.sleepphones.com/warranty](http://www.sleepphones.com/warranty) for full details regarding the AcousticSheep LLC Limited Warranty.

### CUSTOMER SERVICE

The answers to most setup and performance questions can be found in the FAQs at [www.SleepPhones.com/faqs](http://www.SleepPhones.com/faqs) or [www.RunPhones.com/faqs](http://www.RunPhones.com/faqs).

Visit [www.SleepPhones.com/instructions](http://www.SleepPhones.com/instructions) to read this User Guide as well as Warranty Information and Legal disclosures in additional languages.

© 2018 AcousticSheep LLC. All rights reserved. SleepPhones®, RunPhones®, the SleepPhones® logo, the RunPhones® logo, and "pajamas for your ears" are trademarks or a registered trademark of AcousticSheep LLC. Unauthorized duplication is a violation of applicable law. US Patent No. 8,213,670 and 9,924,271. Other US and international patents pending.

## CLASSIC



Wired Headphones

## USER GUIDE

# Welcome to the AcousticSheep® Family!

This User Guide has helpful tips and info for using and enjoying your new AcousticSheep® SleepPhones® or RunPhones® Classic.

Still have questions? Contact our customer service team M-F from 8-5pm EST at **877-838-4790** or at [service@acousticssheep.com](mailto:service@acousticssheep.com).

Enjoy!