Basic Wireless Headphone Usage

Power On: Press and hold center button for 5 seconds
Volume: Click the arrows to increase or decrease the volume
Power Off: Press and hold the middle square button on the Bluetooth® module for 3 seconds until you hear descending tones through the speakers

Pairing Your Wireless Headphones

1. Remove the Bluetooth® module from the hook and loop opening at the back of the headband.
2. Hold down the square button for 5 seconds until you hear ascending tones through the speakers followed by a series of double beeps and a fast blinking red light. Must be within 3 feet (1 meter) of your device.
3. On your device, make sure Bluetooth® is turned on. Look for ‘ACOUSTICSHEEP’ and select to pair. Pairing may take up to 30 seconds.

Bluetooth® Charging Instructions

1. Open the hook and loop at the back of the headband.
2. Remove the Bluetooth® module by unplugging it from the speakers.
3. Plug the micro-USB cable into the micro USB port on the Bluetooth® module (buttons facing you).
4. Plug the micro-USB cable into the USB port on your computer or any USB wall adapter – a solid red light will appear during charging.

INSTRUCTIONS

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Battery
The Bluetooth® product contains a rechargeable lithium-ion battery. It should only be charged with the charging cable provided with this product. Use batteries identical to those recommended by the manufacturer. Do not attempt to replace the battery, as doing so will cause the device to be fully discharged before recharging. AcousticSheep® provides a battery replacement and recycling service that you can access through our sales department. This is to open this product or replace the battery yourself. Opening the product voids the limited warranty.

WARNING!
SleepPhones® or RunPhones® may be a stranding hazard. They should not be used by children, the elderly, or by anyone who may stangulate on the cord.

Using a headband that covers both ears for up to 5 hours will not cause harmful interference to radio or television reception, which can be determined by turning the equipment off and then back on for it to enter into pairing mode.

Unable to Find Device while Pairing?
If your Bluetooth® module was previously paired with another device, it will automatically pair with that device if the device is within range.

Unable to Pair?
If your Bluetooth® enabled device is unable to pair with the Bluetooth® module, you may need to reset the module and/or your device. To reset the Bluetooth® module, turn it on then both the "up" and "down" arrow buttons down for 7 seconds. Once the reset function is complete, there will be 2 long tones. The Bluetooth® module must be turned off and then turned back on for it to enter into pairing mode.

Unable to Find Device while Pairing?
If your Bluetooth® module was previously paired with another device, it will automatically pair with that device if the device is within range.

Make sure the wireless Bluetooth® speakers towards the ear) to position them over your ears.

Unable to Pair?
If your Bluetooth® module was previously paired with another device, it will automatically pair with that device if the device is within range.

WARNING!
Exposure to high volume sound levels may damage your hearing. To protect the volume, the volume is less than 0 dB 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 examined.

To protect your hearing, hearing experts suggest that you:
• Set the volume control in a low position before putting your headset 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 background noise to drown out annoying sounds.
• Limit the amount of time you use headsets or headphones at high volume levels.
• Turn down the volume if you can hear people speaking near you.
• If you live in North America and still experience hearing discomfort, you may need to adjust the volume control on your headset or headphones.

If you experience hearing discomfort, you should stop listening to the device through your headset or headphones and have your hearing examined.

The louder the volume, the less time is required before your hearing could be affected. Long-term exposure to loud noise may lead to hearing loss.

WARNING!
While charging, if the red light is on, the module is charged. When charging, if the red light is off and then turned on then hold both the "up" and "down" arrow buttons down for 7 seconds until you hear ascending tones followed by descending tones. Use of such a headset while operating a motor vehicle or riding a bicycle may create a serious hazard to you and/or others, and is illegal in most states and regions.

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