

Adaptive Sound Technologies ASM1002

Sound+Sleep High Fidelity Sleep Sound Machine Instruction Manual

Model: ASM1002

Brand: Adaptive Sound Technologies

1. SAFETY INFORMATION

CAUTION: To prevent the risk of electric shock, do not use this product in the presence of water. This product is intended for adult use only. Follow all instructions provided in the user manual. Do not expose your ears to loud sounds for extended periods to avoid hearing damage.

2. SETUP

Follow these steps to set up your Sound+Sleep machine:

1. Plug the device into a power source using the provided AC adapter or a USB charging port.
2. Press the 'Power' button located on the front panel to turn on the machine.



Image: Front panel of the Sound+Sleep machine highlighting control buttons and features.

3. OPERATING INSTRUCTIONS

Your Sound+Sleep machine offers a variety of features to enhance your sleep and relaxation.

Sound Selection and Adjustment

1. Use the '+' and '-' buttons to select and adjust the sound type and volume.
2. Choose from 10 categories of non-looping sounds, including ocean, meadow, train, city, rainfall, brook, meditation, white noise, waterfall, and fireplace.
3. Adjust the 'Richness' setting to cycle through three levels of audio complexity, adding more ambient sounds with each level.



Designed by world class engineers & Stanford sleep scientists

ASTI was founded in 2008 to help people achieve the best sleep of their lives with the most advanced, non-looping sound machines in the world.

Image: Visual representation of the 10 unique sound categories available on the device.



What makes ASTI machines different?

ASTI prioritizes sound quality over everything else. Each machine uses patented technology and the highest grade components to produce a rich sound that can't be matched.

Image: Illustration of the three levels of richness and complexity for soundscapes.

Adaptive Sound Technology

The machine features Adaptive Sound Technology that listens and adapts to your environment. It responds to changes in external sound and instantly adjusts the audio volume and mix to mask unwanted noises.

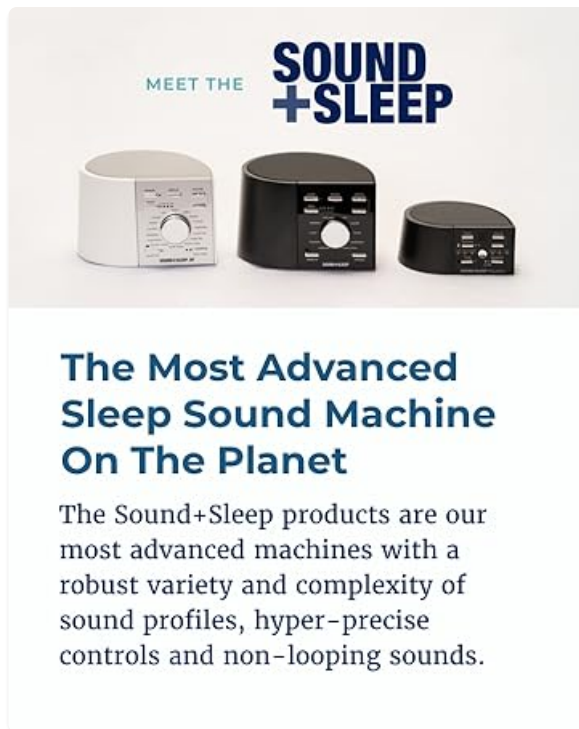


Image: Diagram explaining how Adaptive Sound Technology monitors and masks external noise.

Sleep Timer

Press the 'Timer' button to set a sleep timer for 30, 60, 90, or 120 minutes. The front panel display automatically turns off for a distraction-free rest when the timer is active.

Display Control

Use the 'Display' button to turn the indicator lights on or off, ensuring a dark environment for sleep.

4. MAINTENANCE

To ensure optimal performance and longevity of your Sound+Sleep machine, follow these simple maintenance guidelines:

- Wipe the exterior of the device with a soft, dry cloth. Do not use liquid cleaners or abrasive materials.
- Keep the device free from dust and debris, especially around the speaker and control panel.
- Ensure proper ventilation and avoid placing the device in enclosed spaces that could lead to overheating.

5. TROUBLESHOOTING

If your Sound+Sleep machine is not functioning as expected, try the following troubleshooting steps:

- **Device not turning on or unresponsive:** Unplug the machine from the power source. Depress the 'Power' button BEFORE plugging it back in, and KEEP IT DEPRESSED WHILE

PLUGGING IT IN. Continue holding the 'Power' button for approximately five seconds until music starts. This procedure can restart and reprogram the device.

- **No sound output:** Check the volume level and ensure it is not muted. Verify that the correct sound category is selected.
- **Adaptive mode not working:** Ensure the 'Adaptive' button is engaged. Check for any obstructions around the microphone sensor.

6. SPECIFICATIONS

Feature	Detail
Model Number	ASM1002
Item Weight	2 pounds
Product Dimensions	7.5 x 5.5 x 4.5 inches
Color	White/Silver
Material	Plastic
Power Source	Corded Electric
Connector Type	3.5mm audio input, 3.5mm headphones jack, USB

7. WARRANTY AND SUPPORT

Your Sound+Sleep machine comes with a **1 Year Limited Warranty**. For any support needs or warranty claims, please contact our customer care team. Our products are designed in the USA and backed by a dedicated USA-based customer care team.