

Bose 785593-0010

Bose Noise Masking Sleepbuds Instruction Manual

Model: 785593-0010

OVERVIEW

The Bose Noise Masking Sleepbuds are engineered to help you sleep better by masking disruptive noises. These tiny, truly wireless sleepbuds deliver soothing sounds that are optimally tuned to cover up common sleep disturbances such as snoring, traffic, and noisy neighbors. They are designed for comfort and to stay securely in place throughout the night.

Key features include:

- Noise-masking technology, not noise cancellation, to cover unwanted sounds.
- Pre-loaded soothing sounds for sleep and relaxation (not for streaming music).
- Super-tiny design for comfortable wear, even for side sleepers.
- Three sizes of StayHear+ Sleep tips (S/M/L) for a customized fit.
- Rechargeable silver-zinc microbatteries providing up to 8 hours of use.
- Exclusive control via the Bose Sleep app for sound selection, volume, and alarms.
- Compact charging/storage case providing one additional full charge.
- Bluetooth Low Energy (Bluetooth Smart) compatibility with iOS 10+ and Android 5.0+ devices.



Image: Bose Noise Masking Sleepbuds, charging case, various ear tips, and charging cable.

PACKAGE CONTENTS

Ensure all items are present in your package:

- Bose Noise-Masking Sleepbuds (1 pair)
- Charging/Storage Case
- 3 pairs of StayHear+ Sleep Tips (Sizes S, M, L)
- Wall Charger
- USB Cable

- Drawstring Travel Pouch



Image: The complete package contents including sleepbuds, charging case, ear tips, charger, USB cable, and travel pouch.

SETUP

1. Charging Your Sleepbuds

Before first use, fully charge your sleepbuds and the charging case. Place the sleepbuds into the charging case. The indicator lights on the case will show the charging status. Ensure the sleepbuds make proper contact with the charging pins; the charging lights on each bud should blink to confirm charging. A full charge for the sleepbuds takes up to 8 hours.



Image: Bose Sleepbuds placed inside their open charging case, showing indicator lights.

2. App Installation and Pairing

The Bose Noise Masking Sleepbuds operate exclusively with the Bose Sleep app. Download the app from your device's app store. Your smartphone or tablet must support Bluetooth Low Energy (Bluetooth Smart) for correct functionality. Compatible devices include Apple devices with iOS 10 or later, and most devices with Android 5.0 and newer versions.

Once the app is installed, open it and follow the on-screen instructions to pair your sleepbuds via Bluetooth.



Image: A smartphone displaying the Bose Sleep app interface, with a Bose Sleepbud resting beside it.

3. Finding the Right Fit

A proper fit is crucial for both noise masking effectiveness and comfort. The sleepbuds come with three sizes of StayHear+ Sleep tips (S/M/L). Experiment with each size to find the one that best conforms to the upper ridge of your ear and creates a comfortable seal.

- **Insertion:** Gently place the sleepbud into your ear. Do not push it too far. Twist it back slightly to lock it in place, then tuck in the wing tip under your ear's ridge.
- **Visual Check:** The Bose logo on the sleepbud should be clearly readable and right-side up. If it's upside down or not visible, the fit is incorrect.
- **Comfort:** The wing tip should tuck under the ear ridge without being compressed or causing discomfort. If it feels squished, try a smaller tip. If it doesn't reach the ridge, try a larger tip.
- **Seal Test:** Speak out loud. Your voice should sound muffled, indicating a good seal.

It is common for your left and right ears to require different sized tips.

Find the right fit.

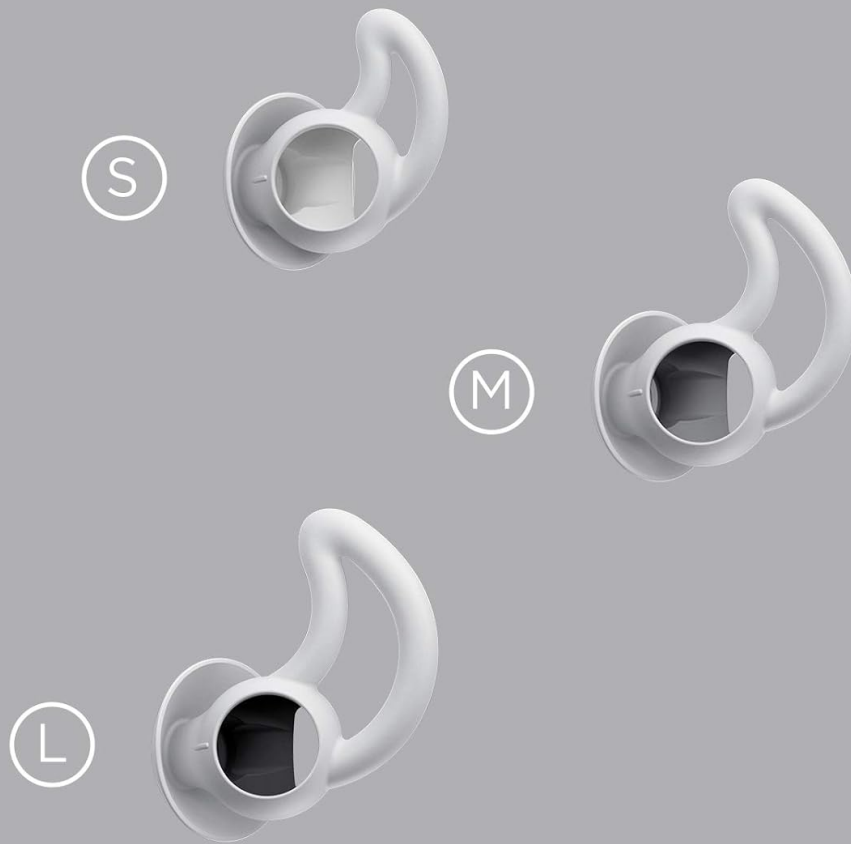


Image: A visual guide illustrating the small, medium, and large ear tip sizes for the Sleepbuds to help users find the correct fit.

Video: This video demonstrates how to achieve the correct fit for your Bose Sleepbuds, emphasizing the importance of proper insertion and ear tip selection for optimal noise masking and comfort.

OPERATING INSTRUCTIONS

1. Using the Bose Sleep App

The Bose Sleep app is your control center for the sleepbuds. Through the app, you can:

- **Select Soothing Sounds:** Choose from a library of pre-loaded sounds designed to mask noise and promote relaxation.
- **Adjust Volume:** Set your desired volume level for the masking sounds.
- **Set Alarms:** Configure wake-up alarms that play directly through the sleepbuds, ensuring you wake up without disturbing others.
- **Set Play Duration:** Choose how long you want the sounds to play during the night.

You can maintain the same settings nightly or explore different options to find what works best for your sleep needs.

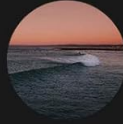
Soothing sounds for better sleep.



Tranquility
A spa-like, pleasantly droning melody.



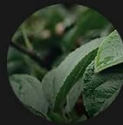
Warm static
Similar to white noise, with distracting higher frequencies removed.



Swell
Rolling and crashing waves.



Downstream
A gentle stream.



Shower
Gentle rain falling on leaves.



Cascade
A cascading waterfall.



Rustle
Wind kicking up leaves.



Circulate
A fan with an electrical undertone, like an air conditioner.



Altitude
Airplane cabin ambient noise.



Campfire
Crackling fire and softly chirping crickets.

Image: A screenshot of the Bose Sleep app displaying a selection of soothing sounds like Tranquility, Swell, Shower, Rustle, Altitude, Warm Static, Downstream, Cascade, Circulate, and Campfire.

Video: This video provides a preview of the sound library available within the Bose Sleep app, showcasing various soothing sounds designed to aid sleep.

2. Sleep Modes

The sleepbuds are designed to play selected soothing sounds continuously or for a set duration throughout your sleep. These sounds work by masking external noises, creating a peaceful environment for rest. The comfortable design allows you to sleep in any position, including on your side, without discomfort.

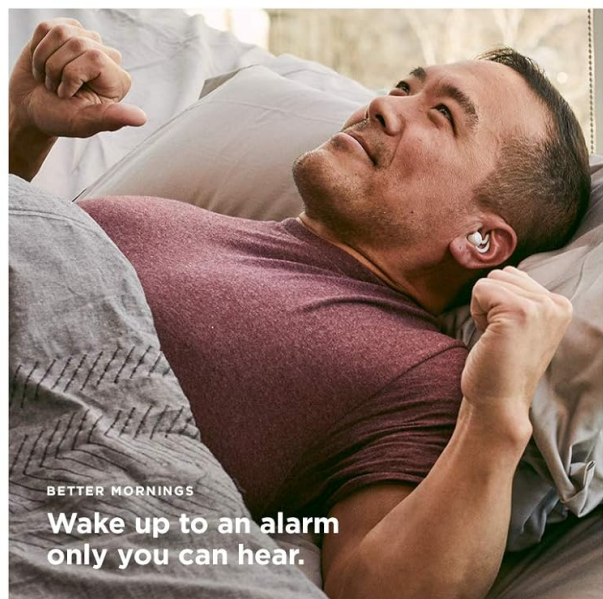
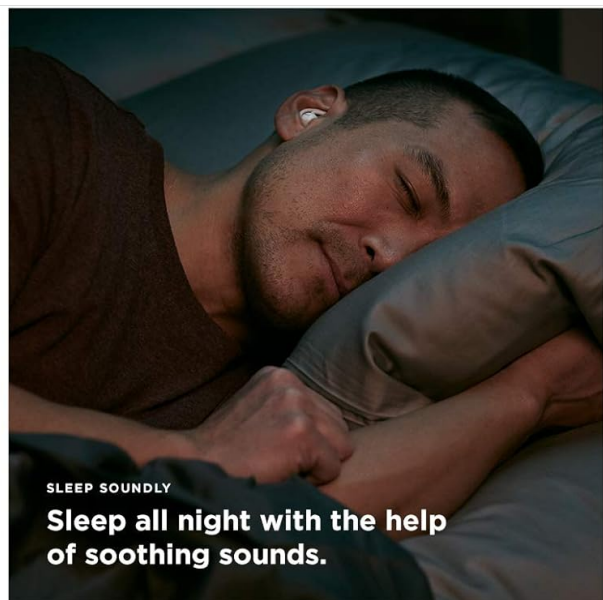
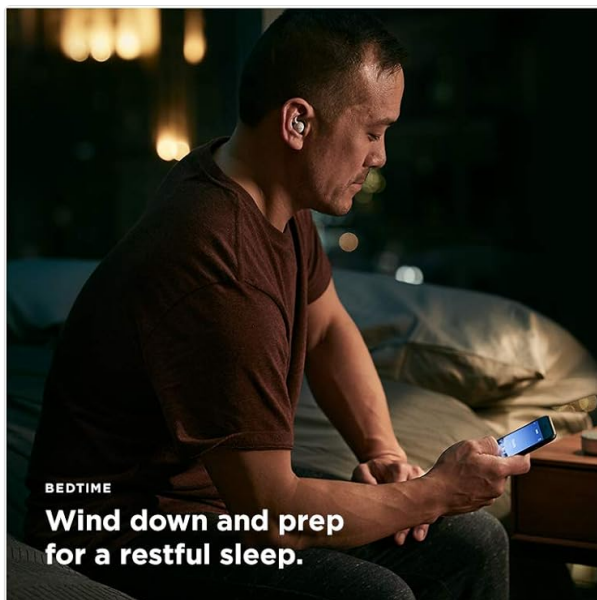


Image: A collage of four images depicting users winding down before bed, sleeping soundly, switching sides comfortably, and waking up to an alarm only they can hear, all while using Bose Sleepbuds.

MAINTENANCE

Cleaning

Regular cleaning helps maintain the performance and hygiene of your sleepbuds:

- Gently wipe the sleepbuds and charging case with a soft, dry cloth.
- If necessary, use a slightly damp cloth for the exterior of the charging case, avoiding moisture near charging ports.
- Remove the StayHear+ Sleep tips and clean them with mild soap and water. Ensure they are completely dry before reattaching.
- Do not use abrasive cleaners, solvents, or chemical sprays.

Storage

Always store your sleepbuds in their charging case when not in use. This protects them from damage and keeps them charged for your next use. The case also provides an additional charge when unplugged, ideal for travel.

TROUBLESHOOTING

If you encounter issues with your Bose Noise Masking Sleepbuds, refer to the following common problems and solutions:

- **Sleepbuds not charging:** Ensure the sleepbuds are correctly seated in the charging case and the charging lights are blinking. Check that the charging case itself is charged or connected to a power source. Clean the charging contacts on both the sleepbuds and the case if necessary.
- **Poor noise masking or discomfort:** Re-evaluate the fit of your ear tips. Try different sizes (S, M, L) to find the most secure and comfortable seal. Refer to the 'Finding the Right Fit' section for detailed instructions.
- **Connectivity issues (Bluetooth):** Ensure Bluetooth is enabled on your device and the Bose Sleep app is open. Verify that your device supports Bluetooth Low Energy (Bluetooth Smart). If issues persist, try unpairing and re-pairing the sleepbuds through the app.
- **One sleepbud not working:** If one sleepbud consistently fails to function or charge, this may indicate a hardware issue. Contact Bose customer support for assistance.
- **App not responding:** Close and restart the Bose Sleep app. If the problem continues, try restarting your smartphone or tablet.

SPECIFICATIONS

Model Number	785593-0010
Product Dimensions	0.56 x 1.06 x 0.94 inches
Item Weight	0.03 ounces (0.91 g)
Brand Name	Bose
Manufacturer	Bose Corporation
Connectivity Technology	Wireless (Bluetooth)
Bluetooth Version	4.2
Headphones Ear Placement	In Ear
Enclosure Material	Silicone
Water Resistance Level	Water Resistant
Battery Average Life	8 Hours
Battery Charge Time	8 Hours
Control Method	App

WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the documentation included with your product or visit the official Bose support website. Contacting Bose directly will ensure you receive accurate and timely assistance for your Noise Masking Sleepbuds.

