## LC-dolida LC001

# LC-dolida Sleep Headphones User Manual

Model: LC001

Brand: LC-dolida

## Introduction

The LC-dolida Sleep Headphones combine a 3D sleep mask with integrated Bluetooth wireless music headphones, offering a comprehensive solution for enhanced sleep, relaxation, and travel. This device is designed to provide comfort, block out light, and deliver high-fidelity stereo sound, making it ideal for side sleepers and anyone seeking a peaceful environment.
This manual provides detailed instructions on setting up, operating, maintaining, and troubleshooting your LC-dolida Sleep Headphones.

## Package Contents

- LC-dolida Sleep Headphones (3D Sleep Mask with integrated Bluetooth Headphones)
- USB Charging Cable
- User Manual
- Travel Pouch (if included)
- Earplugs (if included, as mentioned in some reviews)

## Setup Guide

### 1. Charging the Device

Before first use, fully charge your LC-dolida Sleep Headphones. Locate the charging port, typically near the control panel on the mask. Connect the provided USB charging cable to the mask and a compatible USB power source (e.g., computer USB port, wall adapter).

**Charging Time:** Approximately 1-2 hours for a full charge.

**Battery Life:** Provides 8-10 hours of playing time on a full charge.

An indicator light will typically show charging status (e.g., red for charging, blue/off for fully charged).




Image: The LC-dolida Sleep Headphones highlighting their long battery life, indicating over 10 hours of playing time.

## 2. Bluetooth Pairing

To connect your sleep headphones to a device (smartphone, tablet, etc.):

1. Ensure the sleep headphones are charged and turned off.
2. Press and hold the Power button (usually the middle button on the control panel) for a few seconds until the indicator light flashes blue and red, indicating pairing mode.
3. On your device, go to Bluetooth settings and turn Bluetooth on.
4. Search for available devices. The headphones should appear as "BT-FAAH" or similar (refer to specific product packaging if different).
5. Select the headphones from the list to pair. Once connected, the indicator light will typically turn solid blue or stop flashing.
6. The headphones feature Bluetooth 5.4 for fast pairing and efficient power consumption, compatible with most Bluetooth-enabled devices within 45 feet.




Image: A diagram illustrating the Bluetooth 5.4 stable transmission feature of the sleep headphones.

## Operating Instructions

### Wearing the Sleep Mask

The LC-dolida Sleep Headphones are designed with a 3D contoured eye mask for optimal comfort and light blocking. The contours allow your eyes to move freely without pressure.

**Adjustable Fit:** Use the adjustable strap at the back of the mask to achieve a snug yet comfortable fit for all head sizes. The strap is designed not to catch hair.

**Speaker Alignment:** Gently slide the internal speakers within the mask to align them with your ears for the clearest sound. This is especially important for side sleepers to ensure comfort and optimal audio quality.

**Light Blocking:** The mask is designed to effectively block out 100% of light, preventing light leakage and creating a dark environment for better sleep.




Image: Key features of the LC-dolida Bluetooth Sleep Mask, including skin-friendly material, excellent nose bridge design, zero eye pressure, super durable velcro, triple reinforced stretch band, and adjustable size (19 to 29 inches).

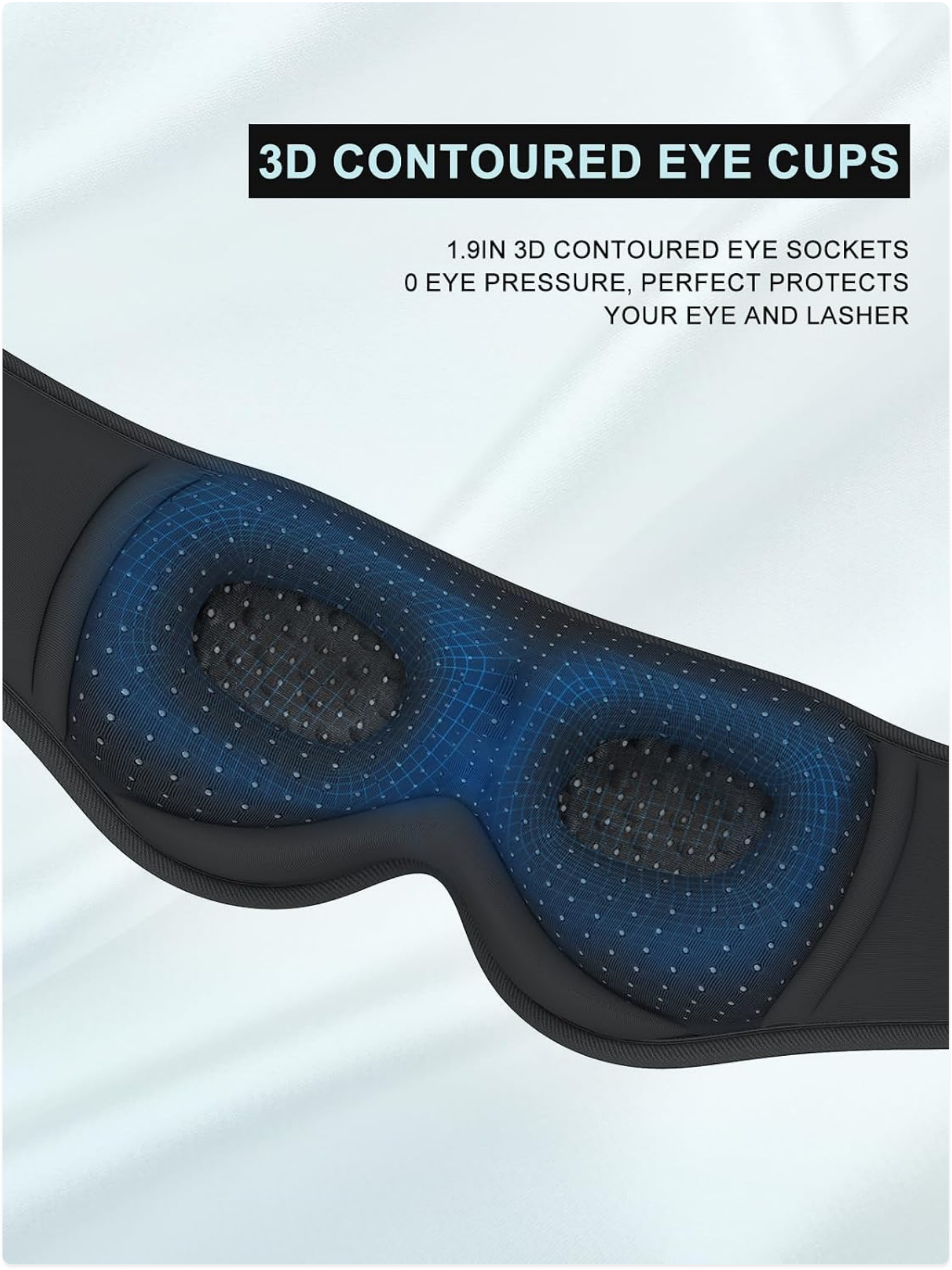



Image: A detailed view of the 3D contoured eye cups, highlighting the 1.9-inch depth for zero eye pressure and protection for eyes and eyelashes.




Image: The deep 3D cup design of the sleep mask, ensuring 100% light blocking and providing space for eye movement and makeup protection.

## Control Panel Functions

The control panel, located on the front of the mask, allows you to manage your audio playback and calls.

| Button/Action | Function |
| --- | --- |
| **Power Button (Middle)** | Press and hold: Power On/Off<br>Press and hold (from off): Enter Bluetooth Pairing Mode<br>Short press (during playback): Play/Pause music<br>Short press (during call): Answer/End call<br>Long press (during call): Reject call |
| **Volume Up (+) Button** | Short press: Increase volume<br>Long press: Next track |
| **Volume Down (-) Button** | Short press: Decrease volume<br>Long press: Previous track |




Image: A user wearing the LC-dolida Sleep Headphones, demonstrating its suitability for music listeners and side sleepers, with icons indicating music, calling, wireless, microphone, and Bluetooth 5.4 features.

Your browser does not support the video tag.

Video: An official product video demonstrating the features and usage of the LC-dolida Bluetooth Sleep Headphones, including how to operate the control panel.

## Maintenance and Care

Proper care will extend the life of your LC-dolida Sleep Headphones.

### Cleaning Instructions

The fabric of the sleep mask can be cleaned. Before washing, it is essential to remove the internal electronic components (speakers and control module).

1. Locate the small opening or zipper on the inside of the mask, usually near the control panel.
2. Carefully slide out the flat speakers from both sides and the central control module. Be gentle to avoid damaging the wires.
3. Once all electronic components are removed, the fabric mask can be hand-washed with mild soap and cold water. Do not machine wash or tumble dry.
4. Allow the mask to air dry completely before reinserting the electronic components.
5. Carefully reinsert the speakers and control module, ensuring the wires are not pinched and the speakers are positioned correctly over the ears.



Image: A visual guide demonstrating the process of removing the internal speakers from the sleep mask for cleaning purposes.

### Storage

When not in use, store the sleep headphones in a cool, dry place, preferably in the provided travel pouch, to protect them from dust and damage.

## Troubleshooting Guide

If you encounter issues with your LC-dolida Sleep Headphones, refer to the following common problems and solutions:

| Problem | Solution |
|---|---|
| **Device won't turn on or charge.** | Ensure the charging cable is securely connected to both the mask and the power source.<br>Verify the power source is active.<br>Check the charging cable for any damage.<br>Ensure the internal charging wire and control box are properly seated within the mask and not dislodged. |

| Problem | Solution |
| --- | --- |
| **Cannot pair with Bluetooth device.** | Make sure the headphones are in pairing mode (flashing blue/red light).<br>Ensure Bluetooth is enabled on your device and it's within 45 feet of the headphones.<br>Forget the device from your phone's Bluetooth list and try pairing again.<br>Restart both the headphones and your device. |
| **No sound or low sound.** | Adjust the volume on both the headphones and your connected device.<br>Ensure the internal speakers are correctly aligned with your ears. Gently slide them into position.<br>Check if the headphones are properly connected via Bluetooth. |
| **Light leakage around the mask.** | Adjust the mask's position on your face, particularly around the nose bridge.<br>Tighten the adjustable strap slightly to ensure a snug fit. |
| **Skin irritation from material.** | Ensure the mask is clean. Follow the cleaning instructions in the Maintenance section.<br>If irritation persists, discontinue use and consult a dermatologist. |
| **Buttons are not responsive or dislodged.** | Carefully check if the internal control box behind the external buttons has shifted. You may need to gently reposition it through the opening used for cleaning.<br>If physical damage is apparent, contact customer support. |

## Product Specifications

| Feature | Detail |
| --- | --- |
| **Model Number** | LC001 |
| **Brand** | LC-dolida |
| **Product Dimensions** | 9.7 x 6.8 x 0.7 inches |
| **Weight** | 6 ounces |
| **Battery Type** | 1 Lithium Polymer battery (included) |
| **Material** | Memory Foam |
| **Color** | Black |
| **Bluetooth Version** | 5.4 |
| **Country of Origin** | China |
| **Age Range (Description)** | Adult |

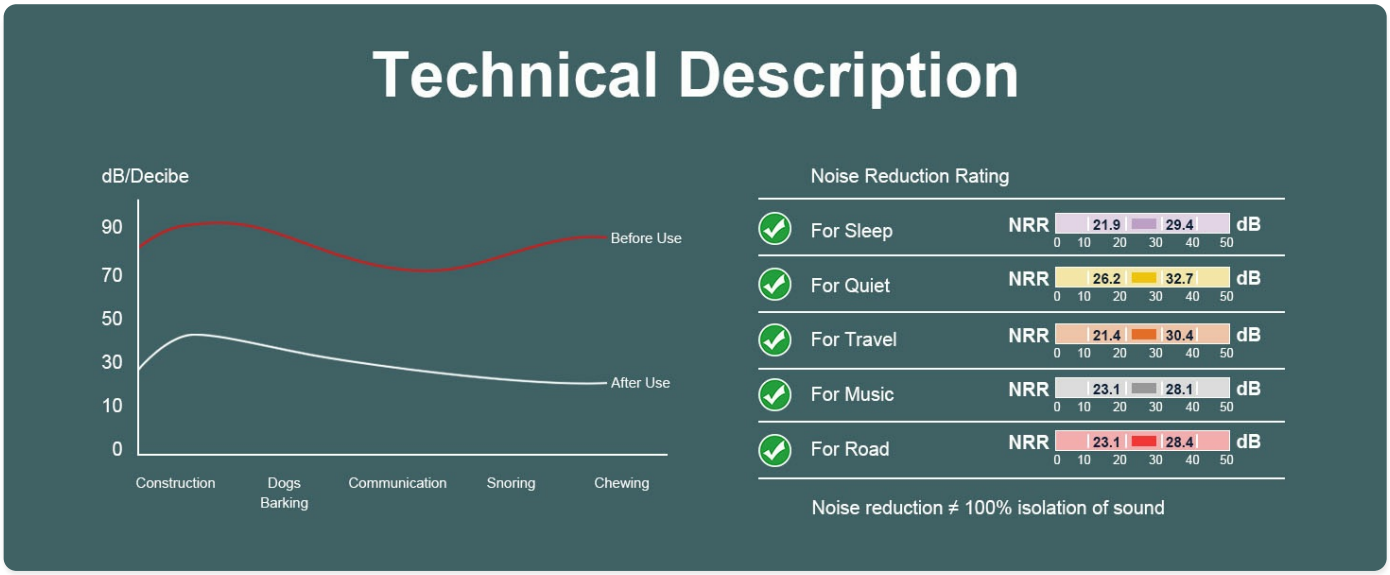



Image: Technical description showing Noise Reduction Ratings (NRR) for various environments, indicating effective sound isolation.

## Warranty and Support

For warranty information and customer support, please contact LC-dolida directly through their official website or the retailer where the product was purchased. Keep your proof of purchase for any warranty claims.

## Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

**Name**

Anonymous

**Email**

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

**Question**

Example: How do I reset this device or fix this error?

**Details**

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question