

## LC-dolida LC001

# LC-dolida Sleep Headphones User Manual

Model: LC001

Brand: LC-dolida

## 1. INTRODUCTION

This user manual provides detailed instructions for the LC-dolida Sleep Headphones, a Bluetooth wireless music eye mask designed for comfortable sleep and relaxation. It combines a sleep mask with integrated ultra-thin stereo speakers, offering a solution for light and sound disturbance.

## 2. PRODUCT FEATURES

- **Integrated White Noise:** Features 8 built-in relaxing white noise sounds for undisturbed sleep without Bluetooth connection.
- **Effective Light Blockout:** Full coverage and a uniquely designed nose area effectively block light.
- **3D Contoured Design:** Upgraded 3D contoured eye area allows free eye movement without pressure.
- **Long Battery Life:** Built-in 240mAh battery provides over 10 hours of playback after approximately 2 hours of charging.
- **Adjustable Timer:** Includes a 30-120 minute timer to prevent music from disturbing sleep after falling asleep.
- **Bluetooth 5.2 Stereo Sound:** Utilizes Bluetooth 5.2 technology for high-fidelity sound quality and easy pairing with smartphones and tablets.
- **Hands-Free Communication:** Built-in adjustable high-quality speaker and microphone for clear, hands-free calls.
- **Washable Design:** The sleep headphones are washable after removing the Bluetooth module and wires.

## 3. PACKAGE CONTENTS

Upon opening the package, please verify that all items are present and in good condition:

- LC-dolida Sleep Headphones (Bluetooth Eye Mask)
- USB Charging Cable
- User Manual
- Earphones

## 4. SETUP

### 4.1 Charging the Device

Before first use, fully charge the sleep headphones. The device has a built-in 240mAh high-performance battery.

1. Locate the charging port on the control panel of the sleep mask.
2. Connect the provided USB charging cable to the charging port.
3. Connect the other end of the USB cable to a standard USB power adapter (e.g., phone charger, computer USB port).
4. The indicator light will illuminate during charging. Charging typically takes about 2 hours.
5. Once fully charged, the indicator light will stop flashing or turn off. Disconnect the charging cable.



Figure 4.1: Charging the LC-dolida Sleep Headphones. A full charge provides approximately 10 hours of playback.

### 4.2 Bluetooth Pairing

Pair your sleep headphones with your Bluetooth-enabled device (smartphone, tablet, etc.) to stream audio.

1. Ensure the sleep headphones are charged and turned off.
2. Press and hold the Power button on the control panel until the indicator light flashes, indicating pairing mode.
3. On your device, go to Bluetooth settings and turn Bluetooth on.
4. Search for available devices. The sleep headphones will appear as "LC-dolida" or a similar name.
5. Select "LC-dolida" to connect. Once connected, the indicator light will stop flashing or change to a solid color.
6. You can now play audio from your device through the sleep headphones.



Figure 4.2: Bluetooth 5.2 connection for seamless audio streaming.

## 5. OPERATING INSTRUCTIONS

### 5.1 Control Panel Overview

The control panel is located on the front of the sleep mask and features several buttons for easy operation.



Figure 5.1: LC-dolida Sleep Headphones Control Panel.

**Table 5.1: Control Panel Functions**

Button	Function (Short Press)	Function (Long Press)
Power Button (Center)	Play/Pause, Answer/End Call	Power On/Off, Enter Pairing Mode
Volume Up (+)	Increase Volume	Next Track
Volume Down (-)	Decrease Volume	Previous Track

## 5.2 Playing Music and White Noise

- **Bluetooth Audio:** After successful Bluetooth pairing, open your preferred music or audio app on your device and begin playback. Use the control panel buttons to adjust volume, play/pause, and skip tracks.
- **Built-in White Noise:** To activate the built-in white noise mode, refer to the specific instructions provided in the quick start guide or product packaging, as this feature operates independently of Bluetooth connection. The device includes 8 relaxing white noise sounds.

## 5.3 Making and Receiving Calls

- **Answering a Call:** When a call comes in, short press the Power button to answer.
- **Ending a Call:** During a call, short press the Power button to end the call.
- **Rejecting a Call:** Long press the Power button to reject an incoming call.
- **Voice Assistant:** The device supports voice assistant activation. Refer to the quick start guide for specific button presses to activate your device's voice assistant (e.g., Siri, Google Assistant).

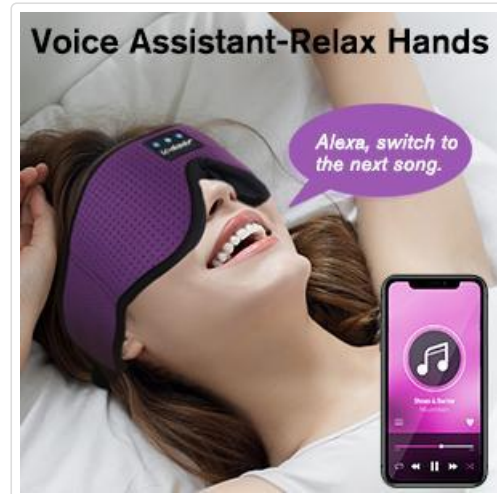


Figure 5.2: Voice assistant integration for hands-free control.

## 5.4 Timer Function

The sleep headphones feature an adjustable timer (30-120 minutes) to automatically turn off audio playback after a set duration, preventing disturbance once you fall asleep.

- Consult the quick start guide for specific instructions on how to set and adjust the timer. This function is typically controlled via a combination of button presses on the control panel.

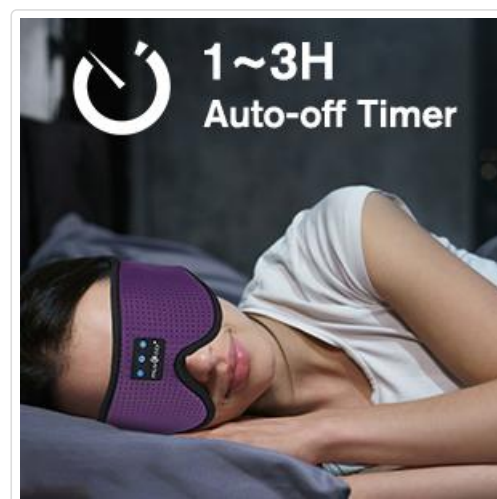


Figure 5.3: Auto-off timer feature for undisturbed sleep.

## 6. MAINTENANCE

### 6.1 Cleaning Instructions

The sleep headphones are designed to be washable for hygiene. Follow these steps for cleaning:

1. Before washing, carefully remove the internal Bluetooth module and wires from the mask. These components are typically accessible through a small opening or pouch within the fabric.



2. Hand wash the fabric mask with mild soap and cool water.
3. Rinse thoroughly and allow the mask to air dry completely before reinserting the electronic components.
4. Do not machine wash or tumble dry the mask with the electronic components inside.

## 6.2 Storage

When not in use, store the sleep headphones in a clean, dry place away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the mask to prevent damage to the internal components.

## 7. TROUBLESHOOTING

**Table 7.1: Common Issues and Solutions**

Problem	Possible Cause	Solution
Device does not power on.	Low battery.	Charge the device fully (refer to Section 4.1).
Cannot pair via Bluetooth.	Device not in pairing mode; Bluetooth off on source device; too far from source.	Ensure device is in pairing mode (flashing light). Turn on Bluetooth on your device. Move device closer to the sleep headphones (within 10 meters).
No sound or low volume.	Volume too low on device or headphones; not connected.	Increase volume on both the sleep headphones and your connected device. Ensure successful Bluetooth connection.
Sound quality is poor.	Interference; low battery.	Move away from other electronic devices that may cause interference. Charge the device.

If the issue persists after trying these solutions, please contact customer support.





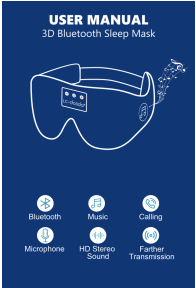

## 8. SPECIFICATIONS

- **Model Number:** LC001
- **Product Dimensions:** 5.63 x 2.24 x 1.3 inches
- **Item Weight:** 10.86 ounces
- **Bluetooth Version:** 5.2
- **Battery Capacity:** 240mAh
- **Charging Time:** Approximately 2 hours
- **Playback Time:** More than 10 hours
- **Manufacturer:** LC-dolida
- **Country of Origin:** China
- **Compatible Devices:** Bluetooth-enabled devices

## 9. WARRANTY AND SUPPORT

LC-dolida Sleep Headphones come with a 12-month replacement warranty to ensure your satisfaction. For any questions, concerns, or assistance with your product, please contact LC-dolida customer support immediately. Please refer to your purchase documentation for specific contact details or visit the official LC-dolida website.

## Related Documents - LC001

	<p><a href="#">LC-dolida 3D Bluetooth Sleep Mask User Manual</a></p> <p>User manual for the LC-dolida 3D Bluetooth Sleep Mask, detailing package contents, product specifications, operating instructions, LED status lights, button functions, and care instructions for this wireless sleep mask with integrated headphones.</p>
	<p><a href="#">LC-dolida Bluetooth Sleep Mask User Manual: Features, Operation, and Care</a></p> <p>Comprehensive user manual for the LC-dolida Bamboo Cotton Bluetooth Sleep Mask. Learn about its 3D soft design, sleep headphones, timing settings, blackout capabilities, and how to use it for side sleepers, men, and women.</p>
	<p><a href="#">LC-dolida 3D Bluetooth Sleep Mask User Manual - Features, Setup, and Care</a></p> <p>Get the most out of your LC-dolida 3D Bluetooth Sleep Mask with this comprehensive user manual. Learn about setup, functions, LED indicators, washing instructions, and product specifications.</p>
	<p><a href="#">LC-dolida 3D Bluetooth Sleep Mask User Manual</a></p> <p>Comprehensive user manual for the LC-dolida 3D Bluetooth Sleep Mask, detailing features, specifications, quick usage steps, LED status, and care instructions for a comfortable sleep experience.</p>
	<p><a href="#">LC-dolida 3D Bluetooth Sleep Mask User Manual</a></p> <p>Comprehensive user manual for the LC-dolida 3D Bluetooth Sleep Mask, covering features, specifications, operation, care instructions, warranty, and contact information.</p>
	<p><a href="#">LC-dolida White Noise Sleep Headphones User Manual</a></p> <p>User guide for the LC-dolida White Noise Sleep Headphones, detailing features, operation, and maintenance for this Bluetooth sleep mask.</p>