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## LC-dolida LC040

# LC-dolida Sleep Headphones Headband User Manual

Model: LC040

## INTRODUCTION

The LC-dolida Sleep Headphones Headband is a versatile 3-in-1 device designed for comfort and convenience. It functions as sleep headphones, a sleep mask, and a sports headband, making it ideal for various activities such as sleeping, working out, jogging, yoga, meditation, and travel. This manual provides detailed instructions to help you get the most out of your device.



The LC-dolida Sleep Headphones Headband offers a 3-in-1 design, serving as sleep headphones, a sleep mask, and a sports headband. It is shown here in the Artistic Butterfly pattern, demonstrating its use during exercise and for comfortable sleep.

## PRODUCT FEATURES

- **3-in-1 Design:** Combines sleep headphones, a sleep mask, and a sports headband for multi-functional use.
- **Hands-free Calling:** Built-in microphone allows for hands-free call answering.
- **Comfortable for Side Sleepers:** Designed to be comfortable even when sleeping on your side.
- **Light Blocking:** Effectively blocks out light when used as a sleep mask.
- **Wireless Freedom:** Eliminates the need for additional earphones during exercise, managing hair and sweat.
- **High-Quality Bluetooth Stereo Sound:** Features thin 0.25-inch speakers for high-fidelity audio.
- **Latest Bluetooth 5.4 Technology:** Ensures stable connection with phones, tablets, laptops, and PCs.
- **Long Battery Life:** Provides 15+ hours of continuous playback on a 1-2 hour charge.



- **Washable Design:** Electronics are removable for convenient cleaning of the headband.
- **Comfortable & Stylish:** Made from cool, soft, quick-drying material with good elasticity, suitable for various head shapes.

# ***STRETCHABLE BLUETOOTH HEADBAND***



Wonderful for men,women,teenagers



**Size:**

50-65cm (19.6-25.5")

The headband is stretchable and designed to fit various head sizes, suitable for men, women, and teenagers.

# BLUETOOTH MUSIC HEADBAND

Breathable fabric with  
excellent elasticity



The Bluetooth music headband features breathable fabric with excellent elasticity, ensuring comfort during use.



# MORE COMFORTABLE TO WEAR

No More Painful Ears When Listen With Music & Audiobooks & Watch TV / Video



**Cover ears totally**

Designed for comfort, the headband covers the ears completely, preventing the painful ear experience often associated with traditional earphones.

## WHAT'S IN THE BOX

Upon opening your LC-dolida Sleep Headphones Headband package, you should find the following items:

- LC-dolida Sleep Headphones Headband (with integrated Bluetooth module and speakers)
- USB-C Charging Cable
- User Guide (this manual)

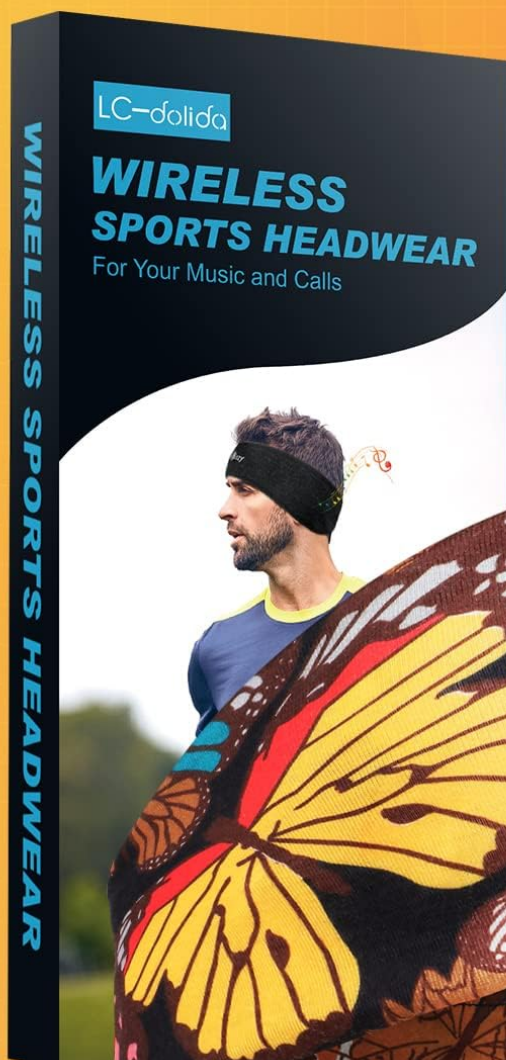
# WHAT'S IN THE BOX?



- Sport Headphones
- USB-C Charging Cable
- 2 Years Technical Support

- User Guide
- Great Packing Box

WHAT'S IN  
THE BOX?



The package includes the LC-dolida Sleep Headphones Headband, a USB-C charging cable, and the user guide.

## SETUP

### 1. Charging the Headband

Before first use, fully charge your LC-dolida headband. A full charge takes approximately 1-2 hours.

1. Locate the USB-C charging port on the control panel of the headband.
2. Connect the provided USB-C cable to the charging port.
3. Plug the other end of the USB-C cable into a USB power source (e.g., computer USB port, wall adapter).
4. The indicator light on the control panel will show charging status (refer to the control panel diagram in



the Operating section for light indicators).

# POWERFUL BATTERY LIFE



**2**  
Hours   
RECHARGE

**15**  
Hours   
MUSIC



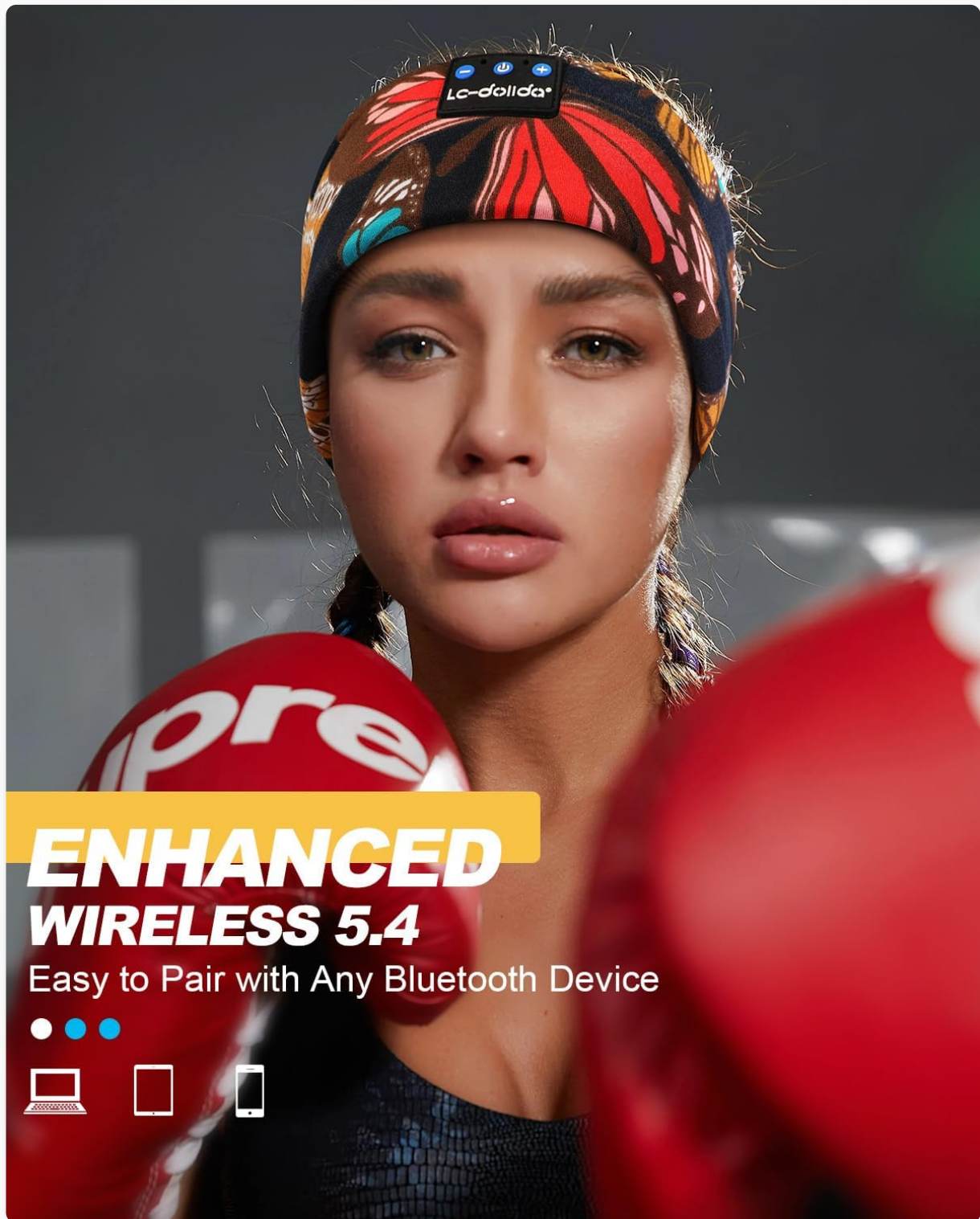
The headband features a USB-C charging port for quick and convenient recharging, providing up to 15 hours of music playback.

## 2. Bluetooth Pairing

Pair your headband with your Bluetooth-enabled device (smartphone, tablet, laptop) to enjoy wireless audio.

1. Ensure the headband is charged and powered off.
2. Press and hold the Power button (usually the middle button) on the control panel 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 headband should appear as "LC-dolida" or a similar name.
5. Select the headband from the list to connect. Once connected, the indicator light will turn solid blue or stop flashing.



The headband utilizes enhanced Wireless 5.4 technology for easy pairing with any Bluetooth device, including laptops, tablets, and smartphones.

### 3. Adjusting Speakers

The speakers inside the headband are adjustable to ensure optimal sound placement over your ears.

- Gently slide the speakers within the fabric of the headband until they are positioned directly over your ears.
- Ensure the control panel is centered on your forehead or at the back of your head, depending on



your preference and use case (e.g., sleep mask functionality).

## OPERATING INSTRUCTIONS

### Control Panel Functions:

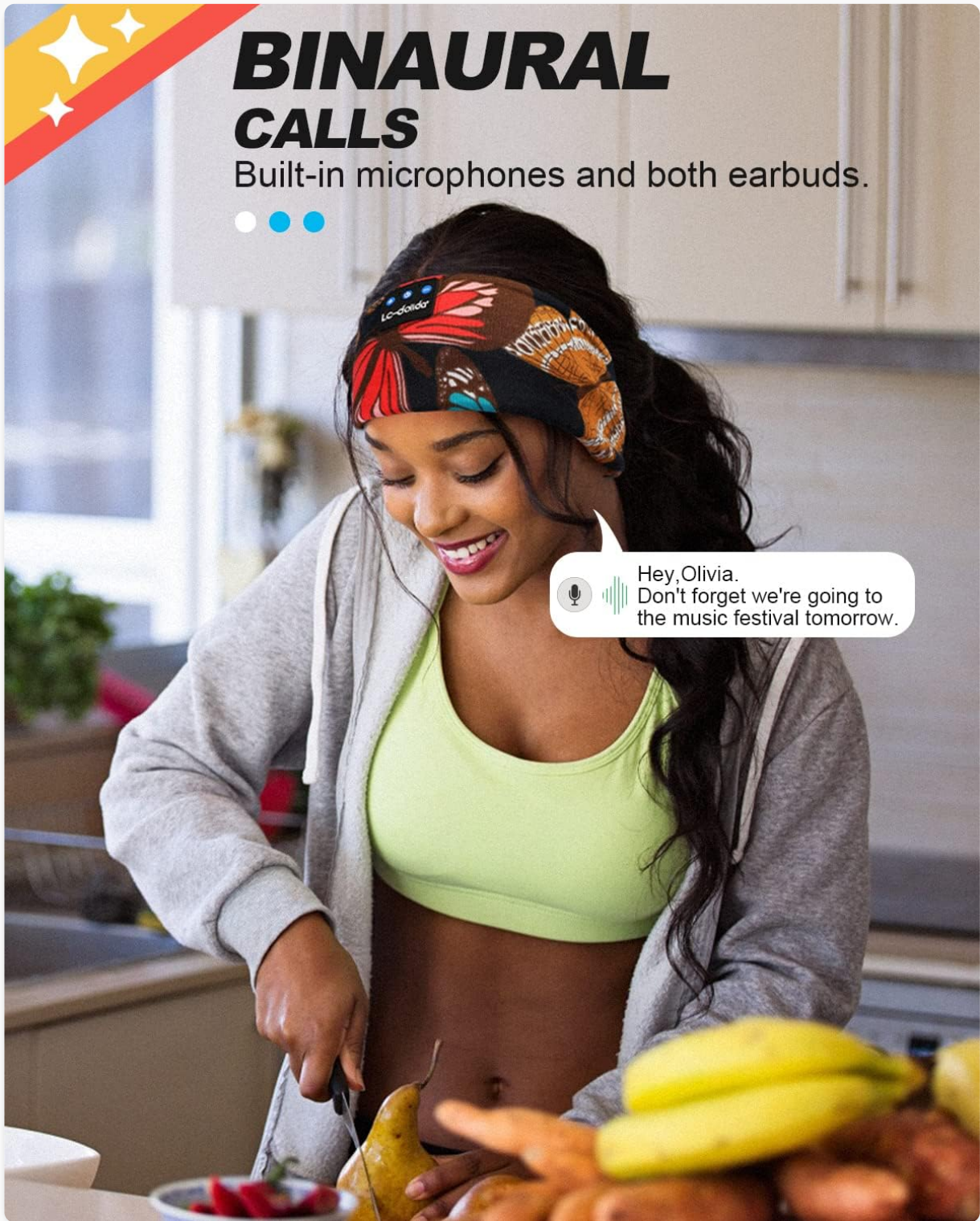
Button/Indicator	Function
Power Button (Middle)	Press and hold to Power ON/OFF. Short press to Play/Pause music or Answer/End calls.
Volume Up (+) / Next Track	Short press to increase volume. Long press to skip to the next track.
Volume Down (-) / Previous Track	Short press to decrease volume. Long press to go to the previous track.
LED Indicator Light	Indicates power status, pairing mode, and charging status.

### Call Functions:

- **Answer Call:** Short press the Power button when a call comes in.
- **End Call:** Short press the Power button during a call.
- **Reject Call:** Long press the Power button when a call comes in.

# BINAURAL CALLS

Built-in microphones and both earbuds.



The headband supports binaural calls with built-in microphones and speakers, allowing for clear communication.

## MAINTENANCE

### Washing Instructions:

The fabric headband is washable, but the electronic components must be removed first.

1. Locate the small opening on the inside of the headband, usually near the control panel.
2. Carefully slide out the Bluetooth control module and the two thin speakers from their pockets within the headband.
3. Hand wash the fabric headband with mild soap and cold water. Do not machine wash or tumble dry.
4. Allow the headband to air dry completely before reinserting the electronic components.



5. Once dry, carefully slide the speakers and control module back into their designated pockets, ensuring the control panel is correctly aligned.

General Care:

- Avoid exposing the headband to extreme temperatures or direct sunlight for prolonged periods.
- Do not use abrasive cleaners or solvents on the headband.
- Store the headband in a clean, dry place when not in use.

TROUBLESHOOTING

Problem	Possible Solution
Headband won't turn on.	Ensure the battery is charged. Connect to a power source using the USB-C cable.
Cannot pair with device.	Make sure the headband is in pairing mode (flashing blue/red light). Turn off and on your device's Bluetooth. Forget the device on your phone and try pairing again. Ensure no other devices are connected to the headband.
No sound or low sound.	Check the volume level on both the headband and your connected device. Ensure speakers are correctly positioned over your ears. Reconnect the Bluetooth connection.
Intermittent connection.	Ensure your device is within the Bluetooth range (up to 49 feet/15 meters). Avoid obstacles between the headband and your device.
Charging light not on.	Check if the USB-C cable is properly connected to both the headband and the power source. Try a different USB-C cable or power adapter.

SPECIFICATIONS

Feature	Detail
Model Number	LC040
Product Dimensions	10.2 x 3.5 x 0.5 inches
Item Weight	0.095 ounces
Bluetooth Version	5.4
Battery Type	Lithium Polymer (included)
Charging Time	1-2 hours
Playback Time	Up to 15 hours
Wireless Range	Up to 49 feet (15 meters)
Manufacturer	LC-dolida

## WARRANTY & SUPPORT

LC-dolida is committed to providing high-quality products and excellent customer service.

- **2-Year Worry-Free Warranty:** Your LC-dolida Sleep Headphones Headband is covered by a 2-year warranty from the date of purchase, protecting against manufacturing defects.
- **Customer Support:** For any questions, concerns, or technical assistance, please contact our customer service team. We offer 24-hour, 7-day online service based on our customer-first principle.



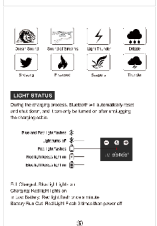
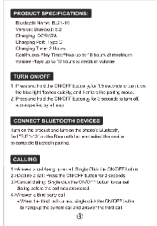
LC-dolida provides comprehensive customer service, including 24/7 online support and a 2-year worry-free warranty.

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### Related Documents - LC040

	<p><a href="#">LC-dolida Bluetooth Headband Headphones User Manual</a></p> <p>User manual for LC-dolida Bluetooth Headband Headphones, detailing features, specifications, operation, care instructions, and support information.</p>
	<p><a href="#">LC-dolida Bluetooth Sleep Headphones: Features, Usage, and Warranty</a></p> <p>Comprehensive Q&amp;A covering the features, material, charging, usage, cleaning, sound quality, warranty, brand history, and design team behind the LC-dolida Bluetooth Sleep Headphones.</p>
	<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 Headband Headphones User Manual</a></p> <p>Comprehensive user manual for LC-dolida Bluetooth Headband Headphones. Learn about package contents, product specifications, LED status indicators, operation instructions, quick start guide, washing and care, and support information. Features Bluetooth 5.2, HD stereo sound, and comfortable headband design.</p>





[LC-Dolida White Noise Sleep Headphones User Manual](#)

User manual for LC-Dolida White Noise Sleep Headphones, detailing features, operation, Bluetooth connectivity, white noise modes, cleaning instructions, and troubleshooting for model BJ21-10.



[LC-dolida 3D Bluetooth Sleep Mask User Manual - Features, Setup, and Care](#)

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.