LC-dolida B09FY413HP

LC-dolida Sleep Mask with Bluetooth Headphones User Manual

Model: B09FY413HP

INTRODUCTION

The LC-dolida Sleep Mask with Bluetooth Headphones is designed to provide a comfortable and immersive audio experience while promoting restful sleep. It integrates a soft eye mask with built-in Bluetooth speakers, allowing users to listen to music, audiobooks, or white noise without external headphones. This manual provides detailed instructions for its proper use and maintenance.

Image: The LC-dolida Sleep Mask with Bluetooth Headphones, featuring a black contoured design with integrated control panel.

PRODUCT FEATURES

- **3D Contour Design:** Ergonomically shaped eye area provides zero pressure on the eyes, allowing free eye movement and solving tightness issues.

- **Bluetooth V5.2:** Ensures stable connectivity and high-fidelity stereo sound for an immersive audio experience.

- **Long Battery Life:** Offers approximately 8-10 hours of playtime on a 1-2 hour charge, suitable for overnight use.

- **Effective Light Blocking:** Full coverage and a unique nose area design prevent light leakage, enhancing sleep quality.

- **Comfortable Fabric:** Made from memory foam and super soft, skin-friendly, breathable material for comfort.

- **Washable Design:** The electronic module is removable, allowing the fabric mask to be cleaned.

- **Adjustable Strap:** Designed to fit head sizes between 22.4 inches and 24.8 inches without tangling hair.
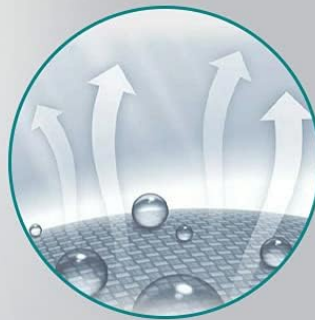
Image: Illustration highlighting the 3D contoured eye space for no pressure on eyes, 99% light blocking, and skin-friendly, breathable fabric.

SETUP AND GETTING STARTED

1. Initial Charging

Upon first receiving the device, it is recommended to fully charge it. Connect the provided USB charging cable to the charging port on the control module and to a standard USB power source. The indicator light will show charging status. Charge for at least 20 minutes to activate the battery if the device does not power on initially.

2. Powering On/Off

- **To Power On:** Press and hold the Power button ( ) on the control module for approximately 3 seconds until the indicator light flashes.

- **To Power Off:** Press and hold the Power button ( ) for approximately 3 seconds until the indicator light turns off.

3. Bluetooth Pairing

1. Ensure the sleep mask is powered off.

2. Press and hold the Power button ( ) for 5-7 seconds until the indicator light flashes red and blue alternately. This indicates pairing mode.

3. On your smartphone or Bluetooth-enabled device, enable Bluetooth and search for available devices.

4. Select "BT-FAAH" (or similar name) from the list of devices.

5. Once paired, the indicator light on the sleep mask will flash blue slowly.

4. Adjusting Fit

Place the sleep mask over your eyes and adjust the Velcro strap at the back of your head for a snug yet comfortable fit. Ensure the speakers inside the mask are aligned with your ears for optimal sound quality.

Sleep Headphones
Music Follow your Dream

Mic **Anti-Noise** **Calling** **Washable**

Image: A person wearing the sleep mask, illustrating its use during sleep and showing the integrated control panel on the forehead.

OPERATING INSTRUCTIONS

Control Panel Functions:

- **Power Button ( ):**

  - Press and hold for 3 seconds to Power On/Off.
  - Press and hold for 5-7 seconds to enter Bluetooth pairing mode.
  - Short press to Play/Pause music.
  - Short press to Answer/End phone calls.

- Press and hold for 2 seconds to Reject an incoming call.

- **Volume Up** / **Next Track Button (+):**

    - Short press to increase volume.
    - Long press to skip to the next track.

- **Volume Down** / **Previous Track Button (-):**

    - Short press to decrease volume.
    - Long press to go to the previous track.

Speaker Adjustment

The internal speakers can be gently moved within the mask to better align with your ears for optimal sound clarity and comfort.

MAINTENANCE

Cleaning the Sleep Mask

The fabric portion of the sleep mask is washable. To clean:

1. Carefully remove the Bluetooth control module and speakers from the internal pouch of the mask.
2. Hand wash the fabric mask with mild soap and cool water.
3. Rinse thoroughly and allow to air dry completely before reinserting the electronic components.
4. Ensure the electronic module is completely dry before reinserting and using.

Charging

Charge the device using the provided USB cable. Avoid using damaged cables or chargers. Do not overcharge the device; disconnect once fully charged to prolong battery life.

Image: A detailed view showing the soft fabric of the mask, the adjustable Velcro strap, and the removable electronic module for cleaning.

TROUBLESHOOTING

- **Device will not turn on:** Ensure the device is fully charged. If it's the first use or after a long period of inactivity, charge for at least 20 minutes to activate the battery.
- **Cannot pair with Bluetooth device:**
  - Ensure the sleep mask is in pairing mode (indicator light flashing red and blue alternately).
  - Make sure Bluetooth is enabled on your source device.

- Move the sleep mask closer to your source device.
- Turn off and restart both the sleep mask and your source device.

- **No sound or low sound:**

  - Check the volume level on both the sleep mask and your source device.
  - Ensure the speakers are correctly positioned over your ears.
  - Verify that the device is successfully paired and connected.

- **Intermittent connection:** Ensure there are no obstructions between the sleep mask and your source device. Avoid exceeding the typical Bluetooth range (approx. 10 meters).

SPECIFICATIONS

- **Model:** B09FY413HP
- **Brand:** LC-dolida
- **Bluetooth Version:** V5.2
- **Material:** Memory Foam, Silk
- **Special Features:** Lightweight, Microphone, Sports-and-Exercise compatibility
- **Unit Count:** 1 Count
- **Suitable Head Size:** 22.4 in - 24.8 in
- **Charging Time:** Approximately 1-2 hours
- **Playtime:** Approximately 8-10 hours
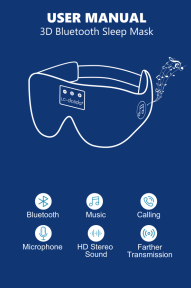
WARRANTY AND SUPPORT

This LC-dolida Sleep Mask with Bluetooth Headphones comes with a **12-month warranty** from the date of purchase. Please retain your proof of purchase for warranty claims.
For further assistance or support, please refer to the contact information provided with your product packaging or visit the official LC-dolida website.

Related Documents - B09FY413HP

[LC-dolida 3D Bluetooth Sleep Mask User Manual](#)
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.

	[LC-dolida Bluetooth Sleep Mask User Manual: Features, Operation, and Care](#) 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.
	[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.
	[LC-dolida 3D Bluetooth Sleep Mask User Manual](#) Comprehensive user manual for the LC-dolida 3D Bluetooth Sleep Mask, covering features, specifications, operation, care instructions, warranty, and contact information.
	[LC-dolida 3D Bluetooth Sleep Mask User Manual](#) 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.
	[LC-dolida Bluetooth Sleep Headphones: Features, Usage, and Warranty](#) Comprehensive Q&A covering the features, material, charging, usage, cleaning, sound quality, warranty, brand history, and design team behind the LC-dolida Bluetooth Sleep Headphones.