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LC-dolida LC003

LC-dolida LC003 Bluetooth Sleep Mask with White Noise Headphones User Manual

Model: LC003 | Brand: LC-dolida

PRODUCT OVERVIEW

The LC-dolida LC003 Bluetooth Sleep Mask is designed to provide a comfortable and immersive sleep experience. It integrates a 3D contoured eye mask with Bluetooth 5.2 headphones and built-in white noise sounds, ensuring total light blockage and personalized audio for relaxation.

3D Space for Eyes

Zero eye pressure



Eye Makeup Protection



Relax 3D Contour



100% Light Blockout



Image: The LC-dolida Bluetooth Sleep Mask, showcasing its sleek design and integrated control panel.

Key Features:

- **Integrated White Noise:** Features 8 built-in relaxing white noise sounds for sleep without Bluetooth connection.
- **Total Light Blockout:** Full coverage and a uniquely designed nose area effectively block light.
- **3D Contoured Design:** Deeper eye area contour allows free eye movement without pressure.
- **Long-Lasting Battery:** 240mAh battery provides over 10 hours of playback on a 2-hour charge.
- **Timing Function:** Set automatic shutdown for 30, 90, or 120 minutes.
- **Bluetooth 5.2 Stereo Sound:** High-fidelity sound, easy pairing with smartphones and tablets.
- **Hands-Free Calling:** Built-in adjustable high-quality speaker and microphone for clear calls.

- **Washable Design:** Bluetooth module and wires are removable for easy cleaning.

SAFETY INFORMATION


Please read and understand all safety information before using this product.

- This product contains memory foam which may cause allergic reactions in some users.
- Keep out of reach of children.
- Do not use if you have difficulty breathing or removing the mask by yourself.
- Always follow the instructions provided with the product.

SETUP AND INITIAL USE




Follow these steps to set up your LC-dolida Bluetooth Sleep Mask:

1. **Charge the Device:** Connect the provided charging cable to the mask's charging port. A full charge takes approximately 2 hours.
2. **Power On:** Long press the 'ON/OFF' button (middle button on the control panel) until the red/blue light flashes.
3. **Bluetooth Pairing:** Turn on Bluetooth on your phone or tablet. Find the device named 'BJ21-10' in the list of available devices and connect to it.
4. **Adjust Fit:** Adjust the nose flap to comfortably fit your nose. Adjust the length of the strap to the most comfortable position for your head.



Easy to Use

(High-sensitivity Controller with Physical Buttons)

	Long Press: ON/OFF Short Press: Play/Pause
	Long Press: Next Song Short Press: Volume Up 3 Quick Click: Timer Function
	Long Press: Last Song Short Press: Volume Down 3 Quick Click: White Noise Mode

Timer Function: 3 Strikes "+" Button

White Noise Model: Power on, **triple click the "-" button** to start the white noise with the "Nature Mode" prompt tone.

Image: An illustration detailing the control panel buttons for power, volume, track skipping, and white noise/timer functions.

OPERATING INSTRUCTIONS

Power On/Off:

- **To Power On:** Long press the middle 'ON/OFF' button.
- **To Power Off:** Long press the middle 'ON/OFF' button again.

Bluetooth Connectivity:

- Ensure the mask is powered on and in pairing mode (flashing red/blue light).

- On your device, search for and connect to 'BJ21-10'.
- Once connected, you can play music or other audio from your device.

White Noise Function:

The mask has 8 built-in white noise sounds. To activate and cycle through them:

- Triple-click the '-' (minus) button to enter White Noise Mode.
- Short press the '-' or '+' buttons to cycle through the different white noise sounds.



Image: A visual representation of the 8 distinct white noise audio options available on the sleep mask.

Music Playback and Volume:

- **Play/Pause:** Short press the middle 'ON/OFF' button.
- **Volume Up:** Short press the '+' button.
- **Volume Down:** Short press the '-' button.
- **Next Track:** Long press the '+' button.
- **Previous Track:** Long press the '-' button.

Timing Function:

Set a timer for automatic shutdown to conserve battery and ensure uninterrupted sleep:

- Triple-click the '+' (plus) button to activate the timer function.
- Available timer settings are 30, 90, and 120 minutes.

Get Your Sleep Mask Anytime, Anywhere

In the car

Sleep

Take a nap

During travel

Image: The sleep mask worn by a user, highlighting the smart auto-off timer feature with options for 30, 90, and 120 minutes.

Hands-Free Calling:

When connected via Bluetooth, you can answer calls directly through the mask:

- **Answer/End Call:** Short press the middle 'ON/OFF' button.
- **Reject Call:** Long press the middle 'ON/OFF' button.

CARE AND MAINTENANCE

To ensure the longevity and hygiene of your sleep mask:

- **Washing:** The sleep mask is washable. Before washing, carefully remove the Bluetooth module and internal wires/speakers.
- **Handwash Only:** Handwash the fabric mask with mild soap and water. Do not machine wash or tumble dry.
- **Drying:** Allow the mask to air dry completely before reinserting the electronic components.
- **Reassembly:** Reassemble the sleep mask by carefully placing the speakers and Bluetooth module back into their designated pockets.



Long Battery Time

Experience immersive sleep

2⚡
Charging 2 hours
=
13🔋
Playing 13 hours

Image: A visual guide demonstrating the removal of the internal electronic components for washing.

TROUBLESHOOTING

If you encounter any issues with your LC-dolida Bluetooth Sleep Mask, please refer to the following common solutions:

- **No Power:** Ensure the mask is fully charged. Connect it to a power source for at least 2 hours.
- **Bluetooth Not Connecting:** Make sure the mask is in pairing mode (flashing red/blue light). Turn off and on your device's Bluetooth, then try reconnecting. Ensure no other devices are currently connected to the mask.
- **No Sound:** Check the volume levels on both the mask and your connected device. Ensure the speakers are correctly positioned over your ears.
- **Light Leakage:** Adjust the nose flap and the strap for a snug fit to minimize any light gaps.
- **Discomfort:** Adjust the strap and speaker positions for optimal comfort. The 3D contoured eye cups are designed to prevent pressure on your eyes.

SPECIFICATIONS

Feature	Detail
Model Number	LC003
Brand	LC-dolida
Bluetooth Version	5.2
Battery Capacity	240mAh Lithium Ion (included)
Charging Time	Approx. 2 hours
Playback Time	Over 10 hours
Special Features	Play Music, Timing, White Noise, Wireless
Material	Memory Foam
Color	Cool Black
Package Dimensions	8.9 x 4.49 x 1.42 inches
Item Weight	5.64 ounces

WARRANTY AND SUPPORT

LC-dolida Sleep headphones come with a **12-month replacement warranty** to ensure your purchase enjoyment. If you have any questions, concerns, or require support regarding your Bluetooth sleep mask, please contact LC-dolida customer service immediately for assistance.

PRODUCT VIDEO

Video: An official product video from ZPJSHENG demonstrating the Bluetooth Wireless White Noise Sleeping Eye Mask, highlighting its features and ease of use.

