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› **LC-dolida Sleep Headphones Bluetooth Music Eye Mask (Model LC001) Instruction Manual**

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Brand: LC-dolida | Model: LC001

PRODUCT OVERVIEW

The LC-dolida Sleep Headphones Bluetooth Music Eye Mask is a 3-in-1 device combining sleep headphones, a Bluetooth sleep mask, and a sleep eye mask. It features a soft headband design with integrated wireless stereo speakers, offering hands-free music listening and protection from light and hair disturbance. This mask is suitable for napping, insomnia, air travel, meditation, and yoga.



Image: LC-dolida Sleep Headphones Bluetooth Music Eye Mask in pink, shown on a person sleeping, highlighting features like microphones, music, calling, Bluetooth 5.2, skin-friendly material, and 99% light blocking.

SAFETY INFORMATION

- Do not use if you have difficulty breathing or removing the mask by yourself.
- Keep out of reach of young children to prevent choking hazard.
- Always ensure the power button is properly aligned for the product to function correctly and for the power light to be visible in the dark.

KEY FEATURES

- **Upgraded 3D Contour Design:** Provides a wider and deeper eye space, eliminating pressure on eyeballs for comfortable wear, especially for side sleepers.
- **Super Comfortable Fabric:** Made from breathable materials and ultra-soft memory foam, it is lightweight, skin-friendly, and highly stretchable.
- **Ultimate Music Enjoyment:** Allows listening to relaxing music, audiobooks, or meditation sounds. The eye mask creates a peaceful space by blocking distractions.
- **Bluetooth V5.2 & Long Battery Life:** Features Bluetooth 5.2 for stable, clear sound and low power

consumption. Offers 10-13 hours of playtime on a 1-2 hour charge.

- **99% Light Blocking:** Unique design around the nose ensures a complete dark sleep environment, suitable for naps or night sleep anywhere.

Bluetooth Sleep Headphones

Enjoy Life and Sleep Well



The advertisement features a woman sleeping peacefully in various positions (on her back, side, and stomach) while wearing the LC-dolida Sleep Headphones. The headphones are pink with a black strap and a small control panel on the side. The brand name 'Lc-dolida' is visible on the panel. The background is a soft, out-of-focus image of a bedroom. At the top, there are four icons: a microphone for microphones, a musical note for music, a phone for calling, and a Bluetooth symbol for Bluetooth 5.2. Below these icons, the text 'Microphones', 'Music', 'Calling', and 'Bluetooth 5.2' is written. In the bottom left corner, there is a circular inset showing a cross-section of a material with arrows indicating breathability. In the bottom right corner, there is another circular inset showing a cross-section of the mask's padding with arrows indicating light blocking. The text 'Skin Friendly' is placed next to the breathability inset, and '99% Light Blocking' is placed next to the light blocking inset.

Microphones

Music

Calling

Bluetooth 5.2

LC-dolida

Skin Friendly

99% Light Blocking

Image: A person wearing the LC-dolida Sleep Headphones, demonstrating comfortable use in various sleeping positions, including side sleeping.

SETUP INSTRUCTIONS

Charging the Device

1. Locate the charging port within the side pocket of the mask.
2. Connect the provided USB charging cable to the mask's port.
3. Plug the other end of the USB cable into a compatible USB power source.
4. Charge for approximately 1-2 hours for a full charge, providing 10-13 hours of playtime.

Bluetooth Pairing

1. Ensure the sleep mask is charged.
2. Press and hold the power button (usually the middle button on the control panel) until the indicator light flashes, indicating pairing mode.

3. On your smartphone or Bluetooth-enabled device, go to Bluetooth settings.
4. Search for available devices and select "BT FAA H" (or similar name) to connect.
5. Once connected, the indicator light will stop flashing or change color (refer to specific LED indicators in the full manual if available).

Your browser does not support the video tag.

Video: Demonstration of the LC-dolida Sleep Headphones, showing the product features and how to connect it via Bluetooth.

OPERATING INSTRUCTIONS

Wearing the Mask

- Place the mask over your eyes, ensuring the 3D contoured eye cups align comfortably.
- Adjust the Velcro strap at the back to achieve a snug yet comfortable fit around your head.
- Position the internal speakers over your ears for optimal sound delivery.

Controls

The control panel is located on the front of the mask:

- **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.

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Video: A user demonstrating the comfort and functionality of the sleep mask, including how to wear it and use the control buttons for music playback.

MAINTENANCE

Cleaning Instructions

1. Before washing, carefully remove the control pod and both speakers from their pockets within the mask.
2. Hand wash the fabric mask with mild soap and cold water.
3. Allow the mask to air dry completely before reinserting the electronic components.
4. Do not wash the electronic components.

Your browser does not support the video tag.

Video: A detailed look at the 3D Bluetooth sleep mask, demonstrating the removable electronic components for easy cleaning.

TROUBLESHOOTING

- **Device not powering on:** Ensure the battery is charged. Connect to a power source and allow it to charge for at least 30 minutes before attempting to power on again.
- **Unable to pair via Bluetooth:** Make sure the mask is in pairing mode (flashing indicator light). Turn off and

on your device's Bluetooth, then try searching again. Ensure no other devices are currently connected to the mask.

- **No sound or low volume:** Check the volume levels on both the mask and your connected device. Ensure speakers are correctly positioned over your ears.
- **Light leakage:** Adjust the mask's position on your face and tighten the Velcro strap for a snug fit, especially around the nose bridge.

SPECIFICATIONS

| | |
|-------------------|--------------------------|
| Model Number | LC001 |
| Bluetooth Version | 5.2 |
| Playtime | 10-13 hours |
| Charging Time | 1-2 hours |
| Material | Memory Foam, Silk |
| Dimensions | 8.9 x 4.49 x 1.34 inches |
| Weight | 5.93 ounces |

WARRANTY AND SUPPORT

For warranty information, technical support, or customer service inquiries, please refer to the contact details provided with your product packaging or visit the official LC-dolida website. Keep your purchase receipt for warranty claims.