

SleepPhones S3B8NM-US

SleepPhones Wireless Sleep Headphones V8 User Manual

Model: S3B8NM-US

INTRODUCTION

The SleepPhones Wireless Sleep Headphones V8 are designed to provide a comfortable audio experience for sleeping, relaxation, travel, and light exercise. Featuring ultra-thin, high-quality speakers embedded within a soft, machine-washable headband, these headphones allow you to listen to audio content without the discomfort of traditional earbuds or bulky headphones, especially when lying down. This manual provides essential information for the proper setup, operation, and maintenance of your SleepPhones.



Image: SleepPhones Wireless Sleep Headphones in Nighttide Navy Breeze fabric, showcasing the comfortable headband design.

PACKAGE CONTENTS

Please verify that all items are present in your package:

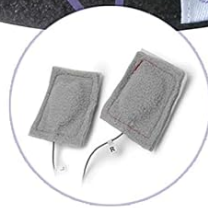
- SleepPhones Wireless Sleep Headphones (Headband with integrated speakers and Bluetooth module)
- USB Charging Cable
- User Manual (this document)

Fall Asleep Faster



Comfortable Headband

Super soft, luxurious, moisture-wicking. Machine washable and dryer-safe.



Ultra Flat Speakers

Two fully adjustable flat speakers deliver premium audio.



Award-Winning Electronics

Incredibly thin and flexible Bluetooth® module.

Image: Disassembled SleepPhones showing the soft headband, two ultra-flat speakers, and the compact Bluetooth module.

SETUP

1. Charging the Device

Before first use, fully charge your SleepPhones. The device features a rechargeable battery designed for up to 24 hours of playback on a full charge. A full charge typically takes approximately 3 hours.

1. Locate the small opening on the back of the headband where the Bluetooth module is inserted.
2. Carefully remove the Bluetooth module from the headband.
3. Connect the supplied USB charging cable to the charging port on the Bluetooth module.
4. Connect the other end of the USB cable to a USB power source (e.g., computer USB port, wall adapter).
5. The indicator light on the module will illuminate during charging and turn off when fully charged.
6. Once charged, carefully reinsert the Bluetooth module into the headband, ensuring the control buttons are accessible from the outside.

2. Bluetooth Pairing

Pair your SleepPhones with your Bluetooth-enabled device (smartphone, tablet, laptop, smart speaker) to begin audio playback. The SleepPhones use Bluetooth 5.0 technology and have a range of up to 30 feet.

1. Ensure your SleepPhones are charged and turned off.
2. Press and hold the center button on the Bluetooth module for approximately 5-7 seconds until the indicator light flashes blue and red, indicating pairing mode.
3. On your audio device, go to the Bluetooth settings and ensure Bluetooth is enabled.
4. Search for new devices. "SleepPhones" should appear in the list of available devices.
5. Select "SleepPhones" to connect. Once connected, the indicator light on the module will typically turn solid blue or flash blue slowly.
6. Your SleepPhones are now paired and ready for use. You only need to pair them once with each device. For subsequent uses, they should automatically connect when turned on and within range of a previously paired device.

OPERATING INSTRUCTIONS

Wearing the Headband

The SleepPhones headband is designed for comfort in various positions, including side sleeping. The ultra-thin speakers are adjustable within the headband to align perfectly with your ears.

- Place the headband around your head, ensuring the speakers are positioned over your ears.
- Adjust the speakers by sliding them within the fabric of the headband until they are comfortably aligned with your ears.
- The control module can be positioned at the back of your head or on your forehead, depending on your preference and sleeping position.

Sleep Comfortably on Your Side

Our proprietary **SheepCloud™** fabrics are soft, stretchy, moisture-wicking, durable, preshrunk, and machine washable.



Comfortably sleep on your side with our **ultra flat speakers.**

Reduce ambient noise and snoring sounds with our **premium audio.**



Image: A woman sleeping on her side, demonstrating the comfort of SleepPhones with ultra-flat speakers.

| Head Measurement | Size |
|---|--------|
| 20 - 21 ³ / ₈ " (51-54 cm) | Small |
| 21 ¹ / ₂ - 23 ³ / ₈ " (55-59 cm) | Medium |
| 23 ¹ / ₂ - 25+" (60-63+ cm) | Large |



SleepPhones®




Image: A sizing chart for SleepPhones, indicating head circumference measurements for Small (20-21 ³/₈"), Medium (21 ¹/₂-23 ³/₈"), and Large (23 ¹/₂-25+") sizes.

Control Functions

The Bluetooth module features intuitive buttons for controlling your audio playback:

- **Center Button:**
 - Press and hold for 3 seconds: Power On/Off.
 - Single press: Play/Pause audio.
 - Press and hold for 5-7 seconds (when off): Enter Bluetooth pairing mode.
- **Top Button (+):**
 - Single press: Increase volume.
 - Double press: Skip to the next track/video.
- **Bottom Button (-):**
 - Single press: Decrease volume.

- Double press: Skip to the previous track/video.

MAINTENANCE

Cleaning the Headband

The SleepPhones headband is machine washable, ensuring hygiene and longevity. It is made from 95% polyester and 5% spandex SheepCloud™ custom technical athletic performance fabrics, which are moisture-wicking.

1. **Important:** Before washing, carefully remove the speakers and the Bluetooth module from the headband. Slide them out through the opening at the back.
2. Machine wash the fabric headband in cold water with similar colors.
3. Tumble dry on low heat or air dry.
4. Once the headband is completely dry, carefully reinsert the speakers and Bluetooth module, ensuring the speakers are flat and positioned correctly over the ear areas.



Image: SleepPhones available in two fabric types, SheepCloud™ Breeze and SheepCloud™ Fleece, with various color options. Both fabrics are machine washable.

General Care

- Avoid exposing the electronic components (speakers and module) to water or excessive moisture.
- Store your SleepPhones in a clean, dry place when not in use.
- Do not attempt to disassemble the speakers or Bluetooth module beyond removing them from the headband for cleaning.

TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|-----------------------------|---|--|
| SleepPhones do not turn on. | Battery is depleted. | Charge the SleepPhones for at least 3 hours. |
| Cannot pair with device. | Not in pairing mode; device Bluetooth off; too far from device. | Ensure SleepPhones are in pairing mode (flashing red/blue). Turn Bluetooth off/on on your device. Move SleepPhones closer to your device (within 30 feet). |
| No sound or low sound. | Volume too low; not connected; speakers misaligned. | Increase volume on both SleepPhones and your audio device. Verify Bluetooth connection. Adjust speakers within the headband to align with your ears. |
| Speakers move out of place. | Headband size; active movement during sleep. | Ensure you have the correct headband size (Small, Medium, Large). Adjust speakers before use. Consider a tighter fit if movement is excessive. |
| Sound quality is poor. | Speakers misaligned; interference. | Adjust speakers to be directly over your ears. Move away from other electronic devices that may cause interference. |

SPECIFICATIONS

- **Model Name:** SleepPhones Wireless Sleep Headphones
- **Model Number:** S3B8NM-US
- **Connectivity Technology:** Wireless (Bluetooth 5.0)
- **Bluetooth Range:** Up to 30 feet (9 meters)
- **Battery Life:** Up to 24 hours
- **Charging Time:** Approximately 3 hours
- **Frequency Response:** 20Hz-20kHz
- **Impedance:** 32 Ohm
- **Material:** 95% Polyester, 5% Spandex (SheepCloud™ Breeze fabric for this model)
- **Product Dimensions:** 10.83 x 2.76 x 0.2 inches (approximate headband dimensions)
- **Item Weight:** 2.7 ounces (76.5 grams)
- **Control Type:** Button Control
- **Compatible Devices:** Smartphones, Tablets, Laptops, Smart Speakers
- **Water Resistance Level:** Not Water Resistant (electronics must be removed before washing)



Image: A visual comparison highlighting the ultra-flat design of SleepPhones speakers (sewn fleece) compared to thicker, harder imitation speakers (cloth glue insulation, plastic).

WARRANTY AND SUPPORT

SleepPhones are manufactured by AcousticSheep, a company committed to quality and customer satisfaction. Your SleepPhones Wireless Sleep Headphones are covered by the manufacturer's limited warranty. For technical troubleshooting, sizing questions, or inquiries regarding the manufacturer's limited warranty, please contact AcousticSheep customer support. Detailed contact information can typically be found on the AcousticSheep official website or within the product packaging.

Online Resources:

- Official SleepPhones Website: www.sleepphones.com
- AcousticSheep Customer Support: Refer to the official website for contact methods (email, phone).



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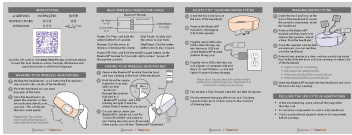
Related Documents - S3B8NM-US

| | |
|--|--|
| | <p>AcousticSheep Effortless™ Bluetooth Headphones User Guide</p> <p>Comprehensive user guide for AcousticSheep Effortless™ Bluetooth Wireless Headphones, covering setup, operation, charging, washing, troubleshooting, and warranty information.</p> |
|--|--|

Documents - SleepPhones – S3B8NM-US

[\[pdf\]](#) Instructions Guide Warranty

SleepPhones Wireless Sleep Headphones by AcousticSheep V8 24 Hour Battery Original and Most Comfortable Bluetooth for Sleeping Medium Nighttide Navy Breeze Fabric S3B8NM US User Guide B0BFRTKNC7 B0BFT7RBQ7 B0BFTJHLJS B0BFSZSF42 B0BFSYSQ28 B0BFSZ2RS9 B0BFSRZW7B B0BFT2T5X1 B0BFRKJXML B0BFSV9WZV B0BFSXW7QS B0BFT7SS6Z B0BFTDW7ZN B0BFTN8G66 B0BFT2688R B0BFT2FM8F 91K5JNRSmlL m media amazon images I |||



INSTRUCTIONS ANLEITUNG INSTRUCCIONES ISTRUZIONI INSTRUES Scan this QR code or visit www.SleepPhones.com/instructions to read this User Guide as well as Warranty Information and Legal disclosures in additional languages. WEARING YOUR WIRELESS HEADPHONES 1 Holding the headphones, you ll notic...
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