

SleepPhones S3B8BS-US

SleepPhones Wireless Sleep Headphones V8 User Manual

Model: S3B8BS-US

INTRODUCTION

Welcome to your SleepPhones Wireless Sleep Headphones V8. Designed by AcousticSheep, these headphones provide a comfortable audio experience for sleeping, relaxation, and travel. The ultra-thin speakers are integrated into a soft, machine-washable headband, allowing you to listen to audio without discomfort, even while lying on your side. This manual will guide you through the setup, operation, and maintenance of your SleepPhones to ensure optimal performance and longevity.

PRODUCT COMPONENTS

Your SleepPhones Wireless Sleep Headphones V8 package includes:

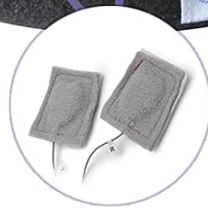
- SleepPhones Wireless Headband (with integrated speakers and Bluetooth module)
- USB Charging Cable
- User Manual (this document)

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: Internal components of SleepPhones, showing the soft headband, two ultra-flat speakers, and the compact Bluetooth module.

SETUP GUIDE

1. Charging Your SleepPhones

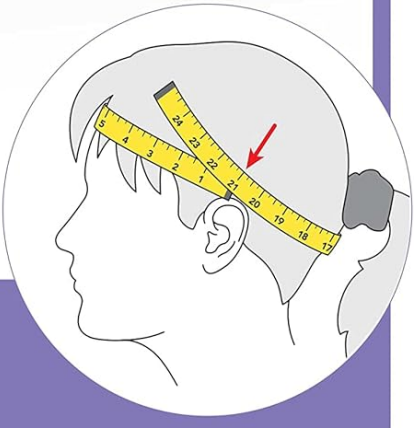

Before first use, fully charge your SleepPhones. The device features a rechargeable battery designed for up to 24 hours of audio playback.

1. Locate the Bluetooth module within the headband. It is typically positioned at the back.
2. Gently slide the module out of the headband fabric.
3. Connect the provided USB charging cable to the charging port on the module.
4. Plug the other end of the USB cable into a standard USB power adapter (not included) or a computer's USB port.
5. The indicator light on the module will illuminate during charging and turn off when fully charged.
6. Once charged, carefully reinsert the module into the headband.

2. Sizing and Fitting

Ensure you have the correct size for optimal comfort and sound quality. SleepPhones are available in Small, Medium, and Large sizes. The headband should fit snugly but comfortably around your head, covering your ears.

Head Measurement	Size
20 - 21 $\frac{3}{8}$ " (51-54 cm)	Small
21 $\frac{1}{2}$ - 23 $\frac{3}{8}$ " (55-59 cm)	Medium
23 $\frac{1}{2}$ - 25+" (60-63+ cm)	Large



The image shows a purple SleepPhones WIRELESS product box on the left, featuring a person sleeping and the text 'The world's most comfortable headphones for sleeping.' Below the box is a small image of the SleepPhones headband. To the right of the box is a circular diagram illustrating how to measure head circumference. A yellow tape measure is shown wrapped around a head silhouette, with a red arrow pointing to the measurement point above the ears. The SleepPhones logo, featuring a sheep icon, is at the bottom center of the diagram.

Image: Guide for measuring head circumference to determine the correct SleepPhones size.

1. Place the headband over your head, ensuring the speakers are positioned directly over your ears.
2. Adjust the speakers within the headband to align with your ears for the best sound and comfort. The speakers are designed to be ultra-flat for side sleeping.

3. Bluetooth Pairing

Pair your SleepPhones with your Bluetooth-enabled device (smartphone, tablet, computer) to stream audio wirelessly.

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 red and blue, indicating pairing mode.
3. On your audio device, go to Bluetooth settings and enable Bluetooth.
4. Search for available devices and select "SleepPhones" from the list.

5. Once connected, the indicator light on the module will turn solid blue or flash blue slowly.
6. Your SleepPhones are now ready for use. The Bluetooth range is approximately 30 feet (9 meters).

OPERATING INSTRUCTIONS

Power On/Off

- **To Power On:** Press and hold the center button on the Bluetooth module for 3 seconds until you hear an ascending tone.
- **To Power Off:** Press and hold the center button on the Bluetooth module for 3 seconds until you hear a descending tone.

Audio Playback and Volume Control

The Bluetooth module features intuitive buttons for controlling your audio.

- **Play/Pause:** Press the center button once.
- **Volume Up:** Press the "+" button once.
- **Volume Down:** Press the "-" button once.
- **Next Track:** Double-press the "+" button.
- **Previous Track:** Double-press the "-" button.

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: SleepPhones designed for comfortable side sleeping.

Relax While Traveling



Catch up on all your favorite podcasts and shows because our rechargeable battery lasts **24 hours**.

Built in **volume** and **play/pause** buttons.

SleepPhones® headphones are light, slim, and will not take up much space in your carry-on.

24 hr BATTERY LIFE

PREMIUM AUDIO

Image: SleepPhones provide comfort and audio for travel.

CARE AND MAINTENANCE

To ensure the longevity and hygiene of your SleepPhones, follow these care instructions:

1. **Remove Electronics:** Before washing, always remove the Bluetooth module and speakers from the headband. Gently slide them out of the fabric openings.
2. **Washing the Headband:** The fabric headband is machine washable. Wash in cold water with similar colors. Tumble dry on low heat or air dry. Do not bleach or iron.
3. **Cleaning Electronics:** The Bluetooth module and speakers are not waterproof. If they become dirty, wipe them gently with a dry, soft cloth. Avoid using liquids or harsh chemicals.
4. **Reassembly:** Once the headband is dry, carefully reinsert the speakers and Bluetooth module into their designated slots. Ensure the speakers are positioned correctly over the ears and the module is accessible for controls.

Wake Up Refreshed!



Image: SleepPhones headbands are machine washable after removing electronics.

TROUBLESHOOTING

If you encounter issues with your SleepPhones, refer to the following common problems and solutions:

Problem	Solution
No Power / Not Turning On	Ensure the battery is fully charged. Connect to a power source and check the charging indicator light.
Cannot Pair with Device	<ul style="list-style-type: none">• Make sure SleepPhones are in pairing mode (flashing red/blue light).• Ensure Bluetooth is enabled on your device.• Move SleepPhones closer to your device (within 30 feet).• Forget "SleepPhones" from your device's Bluetooth list and try pairing again.• Restart both your SleepPhones and your audio device.

Problem	Solution
No Sound / Low Volume	<ul style="list-style-type: none">• Check volume levels on both SleepPhones and your audio device.• Ensure speakers are correctly positioned over your ears.• Verify SleepPhones are connected to the correct audio output on your device.
Speakers Move Inside Headband	Adjust the speakers manually within the fabric to reposition them over your ears. Ensure the headband is snug enough to minimize movement.
Uncomfortable Fit	Ensure you have the correct size. Refer to the sizing guide in the Setup section. Adjust speaker placement for comfort.

If the problem persists, please contact customer support for further assistance.

SPECIFICATIONS

Feature	Detail
Model Name	SleepPhones Wireless Sleep Headphones
Model Number	S3B8BS-US
Connectivity Technology	Wireless (Bluetooth 5.0)
Bluetooth Range	30 Feet (9 meters)
Battery Life	Up to 24 Hours
Control Type	Button Control
Material	Polyester (Breeze Fabric)
Item Weight	2.7 Ounces (76.5 grams)
Product Dimensions	10.04 x 2.76 x 0.2 inches (25.5 x 7 x 0.5 cm)
Frequency Range	20Hz-20kHz
Impedance	32 Ohm
Manufacturer	AcousticSheep
UPC	810100460198

WARRANTY INFORMATION

SleepPhones products are backed by a manufacturer's limited warranty. For specific details regarding your warranty coverage, including duration and terms, please refer to the documentation included with your purchase or contact AcousticSheep customer service.

This warranty typically covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow care instructions.

CUSTOMER SUPPORT

For technical assistance, questions about sizing, troubleshooting, or warranty inquiries, please contact AcousticSheep customer service. Our team is available to help you with any concerns regarding your SleepPhones.

Contact Information:

- Visit the [SleepPhones Store on Amazon](#) for more information and support resources.
- Refer to the official AcousticSheep website for direct contact methods.

We are committed to helping you achieve better sleep and a comfortable audio experience.



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Related Documents - S3B8BS-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>
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