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> [Perytong Sleep Headphones Bluetooth Headband PTL01 User Manual](#)

## Perytong PTL01

# Perytong Sleep Headphones Bluetooth Headband PTL01 User Manual

Model: PTL01

## 1. INTRODUCTION

The Perytong Sleep Headphones Bluetooth Headband (Model PTL01) offers a versatile audio solution integrated into a comfortable headband. Designed for various activities including sleeping, sports, and travel, it provides hands-free music enjoyment and call management. Its ultra-thin speakers are ideal for side sleepers, ensuring comfort without pressure on the ears. The headband features Bluetooth 5.2 technology for stable connectivity and clear sound.

## 2. WHAT'S IN THE BOX

- 1x Bluetooth Headband
- 1x User Manual
- 1x Charging Cable



The package includes the Bluetooth headband, a user manual, and a charging cable.

## 3. PRODUCT FEATURES

- **3-in-1 Design:** Functions as sleep headphones, a sleep mask, and a Bluetooth headband.
- **Ultra-Thin Speakers:** Designed for comfort, especially for side sleepers, with control module positioned centrally to avoid ear pressure.
- **Bluetooth 5.2:** Ensures stable, clear sound and lossless music with fast pairing and low power consumption.
- **Long Battery Life:** Up to 10 hours of playtime on a 2-2.5 hour charge.

- **Comfortable & Breathable Material:** Made from durable braided cord and breathable mesh lining (Spandex), highly stretchable, soft, and hypoallergenic.
- **Washable:** Machine washable after removing the control pod.
- **Built-in Microphone:** For hands-free calling.
- **Passive Noise Cancellation:** Helps block ambient noise.



**IMMERSIVE  
STEREO SOUND**

Powerful dynamic speakers with  
upgraded composite materials

The headband offers immersive stereo sound for various uses.



The breathable mesh lining ensures comfort during extended wear.

## 4. SETUP

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1. **Charge the Headband:** Before first use, fully charge the headband using the provided USB charging cable. The charging port is located within the headband, accessible by gently sliding the control module.
2. **Power On:** Press and hold the Play/Pause button on the control panel for 3 seconds until you hear a voice prompt indicating "Power On" and the LED indicator flashes blue.
3. **Pairing Mode:** The headband will automatically enter pairing mode, and the LED indicator will flash red and blue alternately.
4. **Connect via Bluetooth:** On your smartphone or Bluetooth-enabled device, go to Bluetooth settings and search for "BT-DLAB" (or similar, refer to the user manual for exact name). Select it to connect. You will hear a voice prompt "Connected" once pairing is successful.



## **PERFECT GIFT**

*For Birthdays, Anniversary, Christmas, Valentine's Day*



The headband easily connects to your Bluetooth-enabled device.

### **5. OPERATING INSTRUCTIONS**

**Control Panel Functions:**



The control panel allows easy management of audio and calls.

- **Power On/Off:** Press and hold the **Play/Pause** button for 3 seconds.
- **Play/Pause Music:** Press the **Play/Pause** button once.
- **Volume Up:** Press and hold the **+** button.
- **Volume Down:** Press and hold the **-** button.
- **Next Track:** Double-press the **+** button.
- **Previous Track:** Double-press the **-** button.
- **Answer/End Call:** Press the **Play/Pause** button once during an incoming call.
- **Reject Call:** Press and hold the **Play/Pause** button for 2 seconds during an incoming call.

### Speaker Adjustment:

The ultra-thin speakers can be gently moved within the headband to align perfectly with your ears for optimal sound and comfort. Simply slide them into position as needed.

Demonstration of wearing the Perytong Sleep Headphones and adjusting speakers for comfort.

## 6. CHARGING

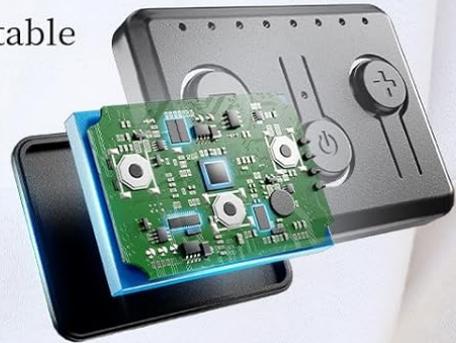
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To charge your Perytong Sleep Headphones, locate the charging port within the headband. Gently slide the control module to expose the micro-USB port. Connect the provided USB charging cable to the headband and plug the other end into a USB power source (e.g., wall adapter, computer USB port). The LED indicator will show red during charging and turn blue when fully charged. A full charge typically takes 2-2.5 hours and provides up to 10 hours of playtime.



# ADVANCED BATTERY

Upgraded sleep headphone more comfortable



The headband offers extended playtime with quick charging.

## 7. MAINTENANCE

The Perytong Sleep Headphones headband is designed for easy cleaning. To wash the headband:

1. Gently remove the control pod and speakers from their pockets within the headband.
2. Machine wash the fabric headband with similar colors on a gentle cycle.
3. Air dry the headband completely before reinserting the electronic components.
4. Carefully reinsert the speakers and control pod into their designated pockets.

Do not wash the electronic components (control pod and speakers).

Video demonstrating the washability of the sleep headset.

## 8. SPECIFICATIONS

<b>Model Name</b>	PTL01
<b>Connectivity Technology</b>	Wireless (Bluetooth)
<b>Bluetooth Version</b>	5.4
<b>Battery Life</b>	10 Hours
<b>Charging Time</b>	2.5 Hours
<b>Material</b>	Spandex
<b>Noise Control</b>	Passive Noise Cancellation
<b>Item Weight</b>	3.2 ounces (0.09 Kilograms)

## 9. TROUBLESHOOTING

- **Cannot Power On:** Ensure the headband is fully charged. Connect it to a power source using the provided USB cable.
- **Cannot Pair with Device:** Make sure Bluetooth is enabled on your device and the headband is in pairing mode (LED flashing red/blue). Try turning off and on both devices.
- **No Sound/Low Volume:** Check the volume levels on both the headband and your connected device. Ensure speakers are correctly positioned over your ears.
- **Intermittent Connection:** Ensure your device is within the Bluetooth range (typically up to 33 feet/10 meters) and there are no major obstructions.
- **One Speaker Not Working:** Gently adjust the speaker within the headband to ensure proper contact. If the issue persists, contact customer support.

## 10. WARRANTY & SUPPORT

Perytong offers comprehensive support for your Sleep Headphones Bluetooth Headband:

- **365-Day Money Back Guarantee:** If you are not satisfied with your purchase.
- **5-Year Worry-Free Warranty:** For product defects or malfunctions.
- **24-Hour Professional Customer Service:** For any questions or assistance.

For warranty registration or customer service inquiries, please refer to the contact information provided in your user manual or on the product packaging. You can also reach customer service via email at [sleptour2016@gmail.com](mailto:sleptour2016@gmail.com).