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> RENPHO R-GS002-GY Bluetooth Sleep Headphones & 3D Blackout Eye Mask User Manual

RENPHO R-GS002-GY

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Model: R-GS002-GY | Brand: RENPHO

INTRODUCTION

The RENPHO R-GS002-GY Bluetooth Sleep Headphones and 3D Blackout Eye Mask is designed to provide a comfortable and immersive audio experience while ensuring complete light blockage for improved sleep quality. This device integrates ultra-soft materials with Bluetooth 5.2 technology, allowing users to listen to audio content without the discomfort of traditional earbuds, especially for side sleepers.

PRODUCT FEATURES

- **3D Eye Socket Design:** Ultra-soft memory foam padding for complete light blockage and reduced pressure on eyes.
- **Integrated Bluetooth 5.2 Headphones:** Built-in ultra-lightweight stereo headphones for high-fidelity sound.
- **Movable Speakers:** Speakers can be adjusted to fit ear position, ideal for side sleepers.
- **Detachable Air Sponge Cushion:** For easy cleaning and hygiene.
- **Premium Material:** Made with breathable sheep suede and milk silk fabric for comfort.
- **Long Battery Life:** Up to 10 hours of use on a single charge.
- **Timer Function:** Options for 30-minute, 60-minute, or no timer operation.
- **Phone Calling Function:** Integrated for convenience.

PACKAGE CONTENTS

- RENPHO R-GS002-GY Bluetooth Sleep Headphones & 3D Blackout Eye Mask
- USB-C Charging Cable
- Storage Bag
- User Manual (this document)

SETUP

1. Charging the Device

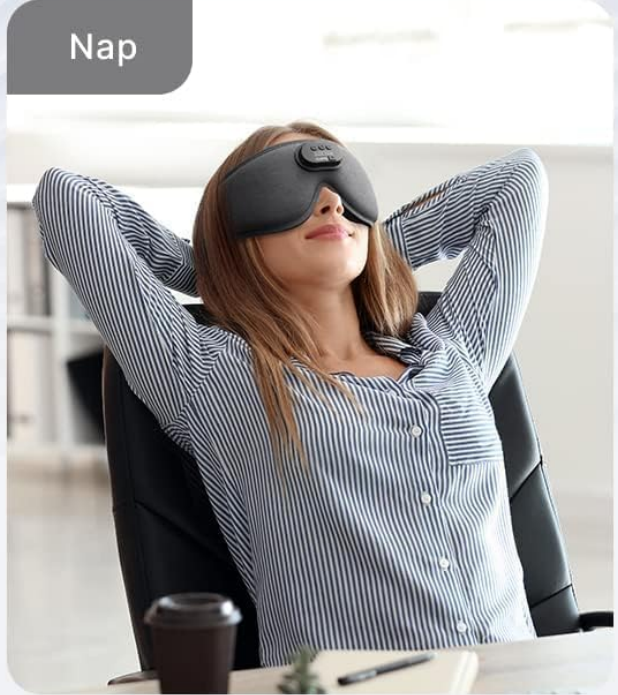
Before first use, fully charge the sleep mask. Locate the USB-C charging port on the control panel. Connect the provided USB-C cable to the mask and the other end to a compatible USB power source (e.g., computer, wall adapter). The indicator light will show charging status and turn off when fully charged.

Fall Asleep & Relax Better

Sleep



Nap



Meditation



Travel

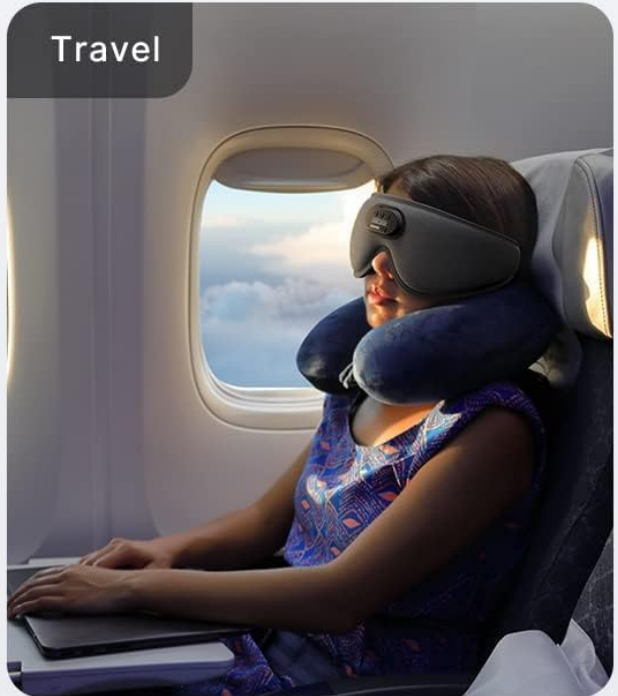


Image: The RENPHO sleep mask showing the USB-C charging port on the control panel.

A full charge typically takes 1.5-2 hours and provides up to 10 hours of playback time.

2. Adjusting Speaker Position

The internal speakers are movable. Gently slide them within the fabric pockets to align with your ears for optimal sound and comfort, especially if you are a side sleeper.

Comfortable even for side sleeper

Movable earphones and thick memory foam ensure maximum comfort even for side sleepers. People around you will not be disturbed

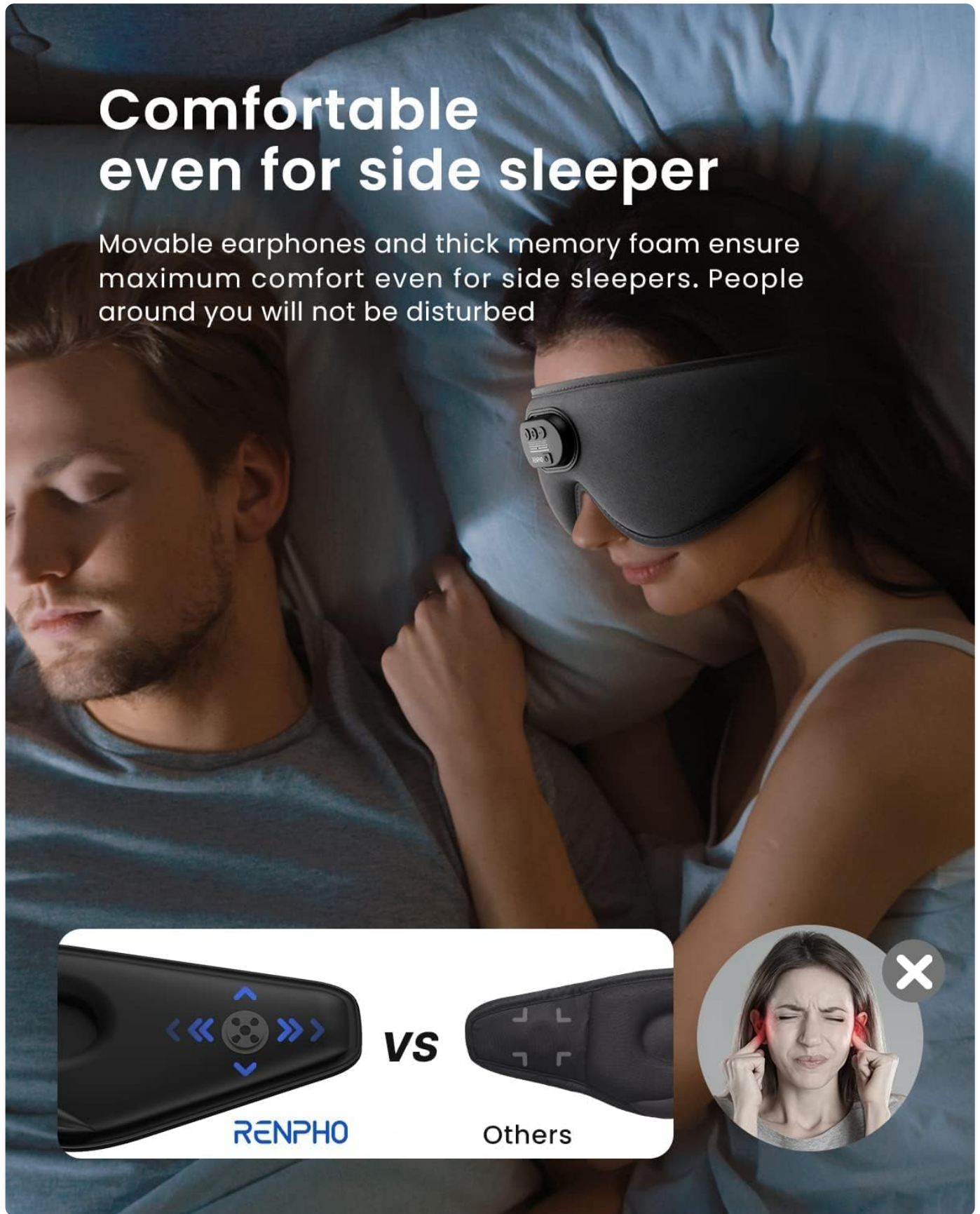


Image: The RENPHO sleep mask highlighting the movable speakers for comfortable use by side sleepers.

3. Wearing the Sleep Mask

Place the mask over your eyes, ensuring the 3D contoured eye cups fit comfortably without pressing on your eyelids. Adjust the Velcro strap at the back of your head for a snug yet comfortable fit that blocks out all light.



Image: A person wearing the RENPHO sleep mask, demonstrating its comfortable fit and light-blocking design.

OPERATING INSTRUCTIONS

Control Panel Overview

The control panel is located on the front of the sleep mask and features physical buttons for easy operation.

6 Layers for ultimate fit and comfort



Image: Close-up of the RENPHO sleep mask's silicone control panel with physical buttons for power, volume, and track control.

- **Power Button (Center):**

- Long press 2s: Turn on/off the device.
- Short press: Turn on/off music, answer/hang up phone call.
- 2 clicks: Decline phone call.

- **Volume Up / Next Track Button (+):**

- Short press: Increase volume.
- Long press 2s: Next music track.
- 3 clicks: Maximum volume.

- **Volume Down / Previous Track Button (-):**

- Short press: Decrease volume.
- Long press 2s: Previous music track.
- 3 clicks: No volume (mute).

- **Bluetooth / Timer Button (Bluetooth icon):**

- Short press: Turn on/off wireless mode.
- Long press: Set timer (30mins/60mins/No Timer).

Bluetooth Pairing

1. Ensure the sleep mask is charged.
2. Long press the Power Button for 2 seconds to turn on the device.
3. The Bluetooth indicator light will flash, indicating it's in pairing mode.
4. On your smartphone or other Bluetooth-enabled device, search for "RENPHO-GS002" (or similar name) in the Bluetooth settings.
5. Select the device to pair. Once connected, the indicator light will stop flashing.
6. You can now play audio from your device through the sleep headphones.

Using the Timer Function

The sleep mask includes a timer function to automatically turn off audio after a set period.

- Long press the Bluetooth/Timer Button to cycle through timer options: 30 minutes, 60 minutes, or no timer.
- Select the desired duration. The device will automatically power off after the selected time.

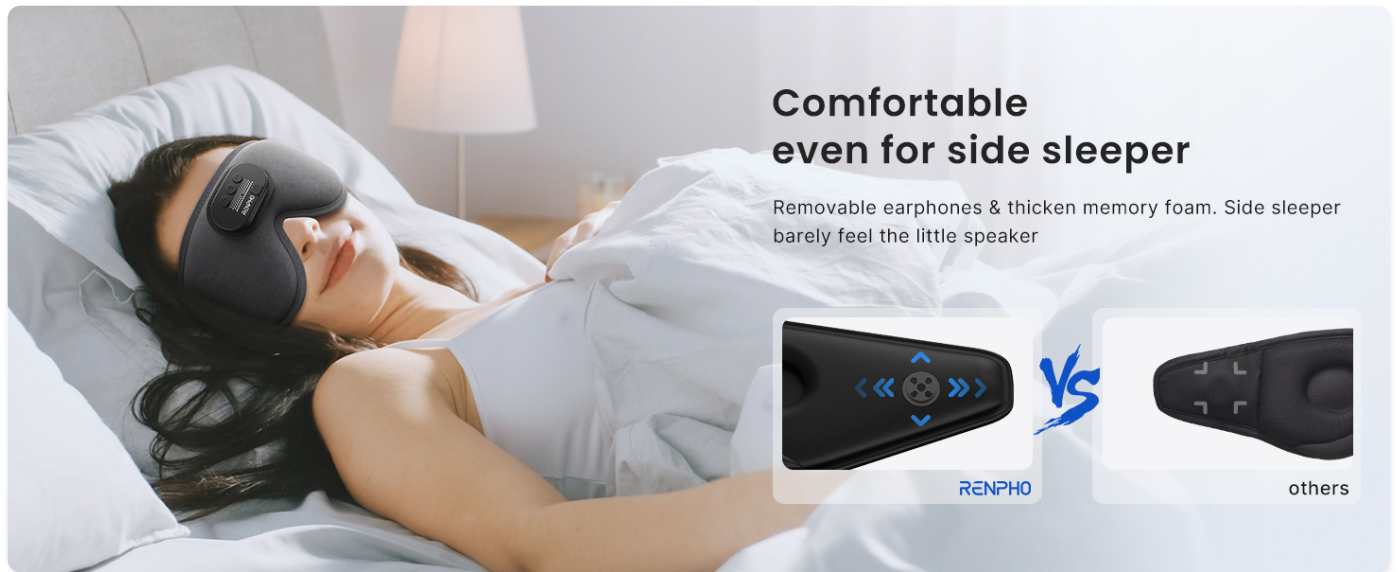


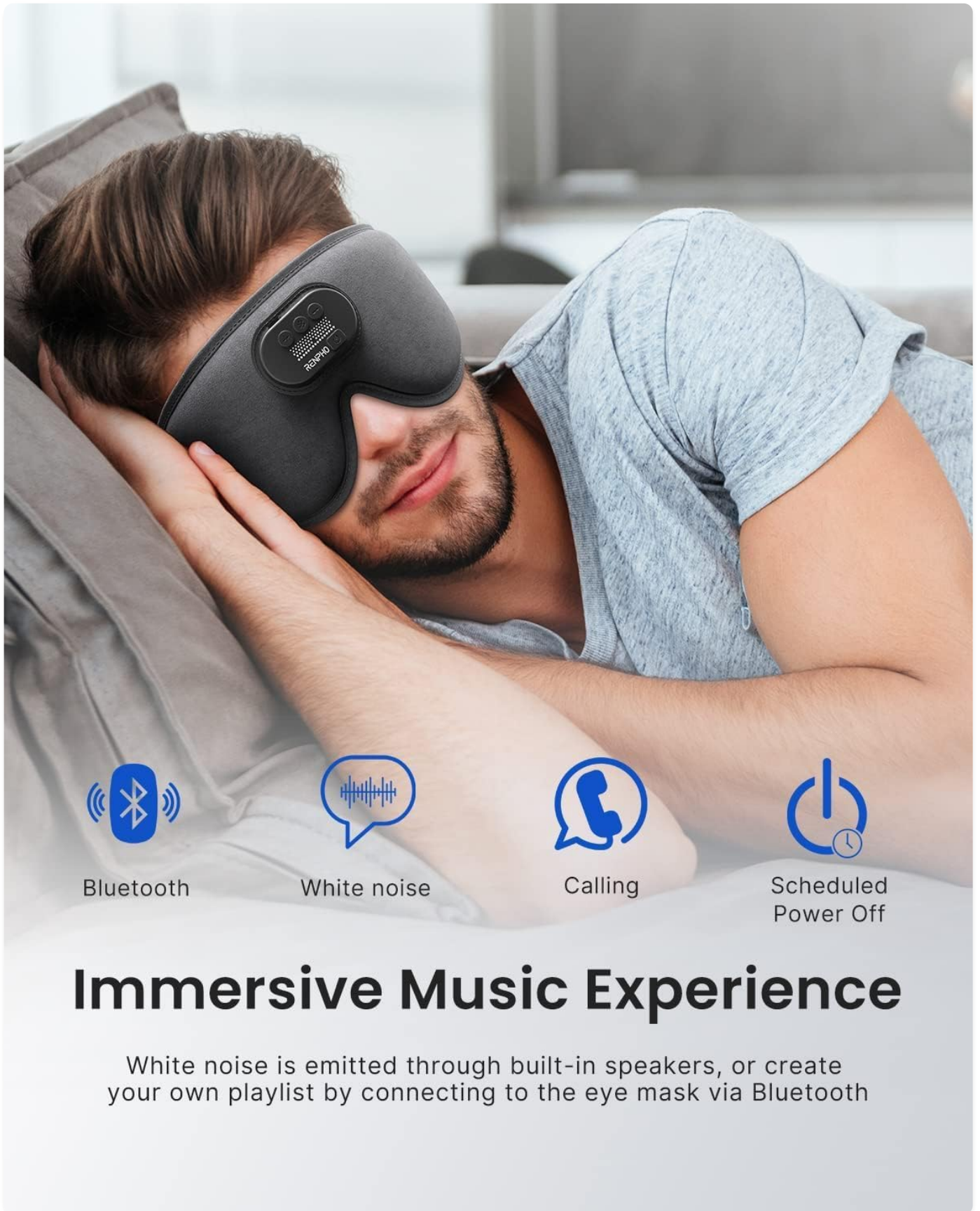
Image: Illustration of the RENPHO sleep mask's timer function, showing 30min, 60min, and No Timer options.

MAINTENANCE

Cleaning Instructions

The RENPHO sleep mask features a detachable air sponge cushioning pad for easy cleaning.

1. Gently detach the air sponge cushioning pad from the main mask body.
2. Hand wash the detached pad with mild soap and water. Do not machine wash.
3. Allow the pad to air dry completely before reattaching it to the mask.
4. Do not wash the electronic components (control panel, speakers). If the main mask body needs cleaning, wipe it gently with a damp cloth after removing the electronic components if possible, or spot clean carefully.



Bluetooth

White noise

Calling

Scheduled Power Off

Immersive Music Experience

White noise is emitted through built-in speakers, or create your own playlist by connecting to the eye mask via Bluetooth

Image: The RENPHO sleep mask demonstrating its removable and washable design, with a hand washing the detachable cushion.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on.	Low battery.	Charge the device fully.
Cannot pair via Bluetooth.	Bluetooth not enabled on device; mask not in pairing mode; too far from device.	Ensure Bluetooth is on and mask is in pairing mode. Keep devices within 10 meters. Restart both devices.
No sound or low volume.	Volume too low on mask or connected device; speakers misaligned.	Increase volume on both mask and connected device. Adjust speaker position over ears.
Light leakage.	Mask not properly adjusted.	Adjust the Velcro strap and position the mask for a snug fit around your face and nose bridge.

SPECIFICATIONS

- **Product Dimensions:** 17.56 x 4.72 x 1.46 inches
- **Item Weight:** 8.11 ounces
- **Model Number:** R-GS002-GY
- **Manufacturer:** RENPHO
- **Material:** Sheep-Skin Suede Fabric, Super Soft Memory Foam, High Resilience Jersey Fabric, Breathable Milk Silk Fabric
- **Special Features:** 3D Contoured, Adjustable Strap, Breathable, Complete Blackout, Detachable Sponge Cushion
- **Battery Life:** Up to 10 hours (approx.)
- **Charging Time:** 1.5-2 hours (approx.)
- **Bluetooth Version:** 5.2

SAFETY INFORMATION

May contain allergens. Not suitable for children. Always follow the instructions for safe use.

LEGAL DISCLAIMER

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

OFFICIAL PRODUCT VIDEOS

Your browser does not support the video tag.

Video: A short demonstration of the RENPHO sleep mask, highlighting its features and comfortable fit. Creator: Renpho Wellness.

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Video: An overview of the RENPHO 3D Blackout Sleep Headphones, showcasing its design and functionality. Creator:

Renpho Wellness.

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Video: A detailed look inside the RENPHO Sleep Mask, highlighting its internal components and comfort features.
Creator: Renpho Wellness.

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Video: A demonstration of the RENPHO Bluetooth Eye Mask for improving sleep quality. Creator: Mathew Ignash.

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Video: Experience Comfort and Sound with the RENPHO Sleep Mask. Creator: Darlene.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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