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1MORE EH608

1MORE Sleep Earbuds Z30 User Manual

Model: EH608
Brand: 1MORE

Introduction

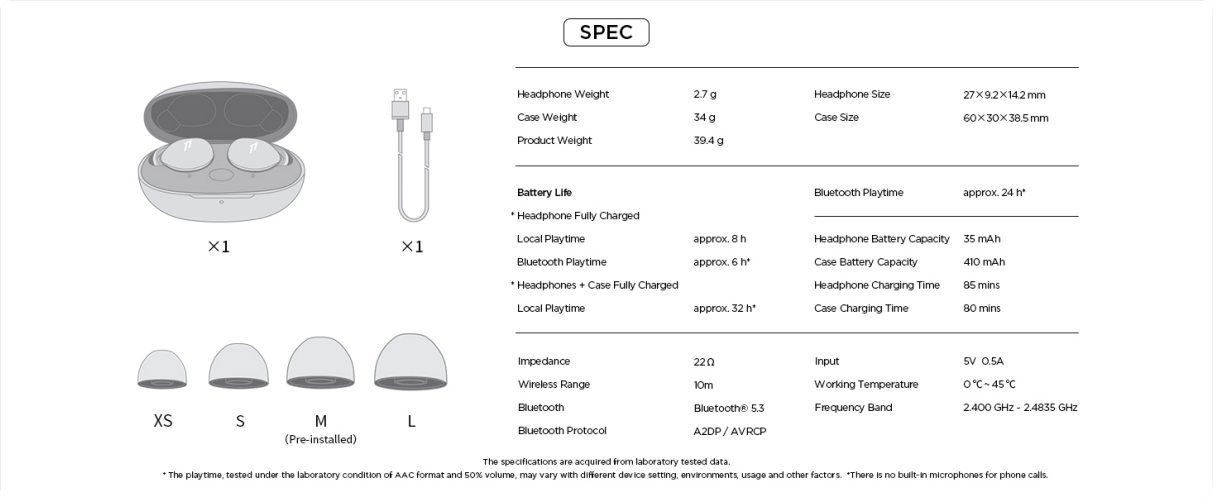
The 1MORE Sleep Earbuds Z30 are designed to provide ultimate comfort and a peaceful listening experience, especially for sleep. These wireless Bluetooth headphones feature a mini invisible design, noise blocking capabilities, and built-in soothing sounds. They are equipped with Bluetooth 5.3 for stable connectivity and offer an ultra-thin, comfortable fit for extended wear.

Figure 1: 1MORE Sleep Earbuds Z30 and Charging Case.

What's in the Box

Upon unboxing your 1MORE Sleep Earbuds Z30, you will find the following components:

- Charging Case x 1
- Carrying Bag x 1
- Silicone Ear Tips (XS/S/L) x 1 set
- Type-C Charging Cable x 1
- User Guide x 1
- Warranty Card x 1



SPEC

×1 ×1

XS S M (Pre-installed) L

Headphone Weight	2.7 g	Headphone Size	27×9.2×14.2 mm
Case Weight	34 g	Case Size	60×30×38.5 mm
Product Weight	39.4 g		
Battery Life		Bluetooth Playtime	approx. 24 h*
* Headphone Fully Charged			
Local Playtime	approx. 8 h	Headphone Battery Capacity	35 mAh
Bluetooth Playtime	approx. 6 h*	Case Battery Capacity	410 mAh
* Headphones + Case Fully Charged		Headphone Charging Time	85 mins
Local Playtime	approx. 32 h*	Case Charging Time	80 mins
Impedance	22 Ω	Input	5V 0.5A
Wireless Range	10m	Working Temperature	0 ℃ ~ 45 ℃
Bluetooth	Bluetooth® 5.3	Frequency Band	2.400 GHz - 2.4835 GHz
Bluetooth Protocol	A2DP / AVRCP		

The specifications are acquired from laboratory tested data.
* The playtime, tested under the laboratory condition of AAC format and 50% volume, may vary with different device setting, environments, usage and other factors. *There is no built-in microphones for phone calls.

Figure 2: Package Contents of 1MORE Sleep Earbuds Z30.

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Video 1: Unboxing and Initial Setup of 1MORE Sleep Earbuds Z30. This video demonstrates how to unbox the earbuds and perform the initial activation steps.

Setup

1. Initial Activation

For first-time use, please remove the protective film from the earbuds. Place both earbuds into the charging case. Close the charging case, then open it again to activate the earbuds.

2. Charging

Ensure the charging case is adequately charged. The earbuds offer up to 6 hours of playtime in Bluetooth mode and 24 hours with the charging case. In local play mode with pre-downloaded white noise, they offer up to 8 hours of uninterrupted play, extending to 32 hours with the case. The charging case takes approximately 2 hours to fully charge.

3. Pairing

With the earbuds activated and in pairing mode, open the Bluetooth settings on your device (smartphone, tablet, or PC). Select "1MORE Z30" from the list of available devices to connect. The earbuds will indicate successful pairing.

4. Wearing

Choose the proper ear tips (XS, S, M, L) for your comfort. Identify the "L" (left) and "R" (right) markings on the earbuds. Gently insert the earbuds into your ears and adjust them until they feel secure and comfortable. The ultra-thin design and lightweight build (2.7 grams per earbud) are optimized for side sleepers.

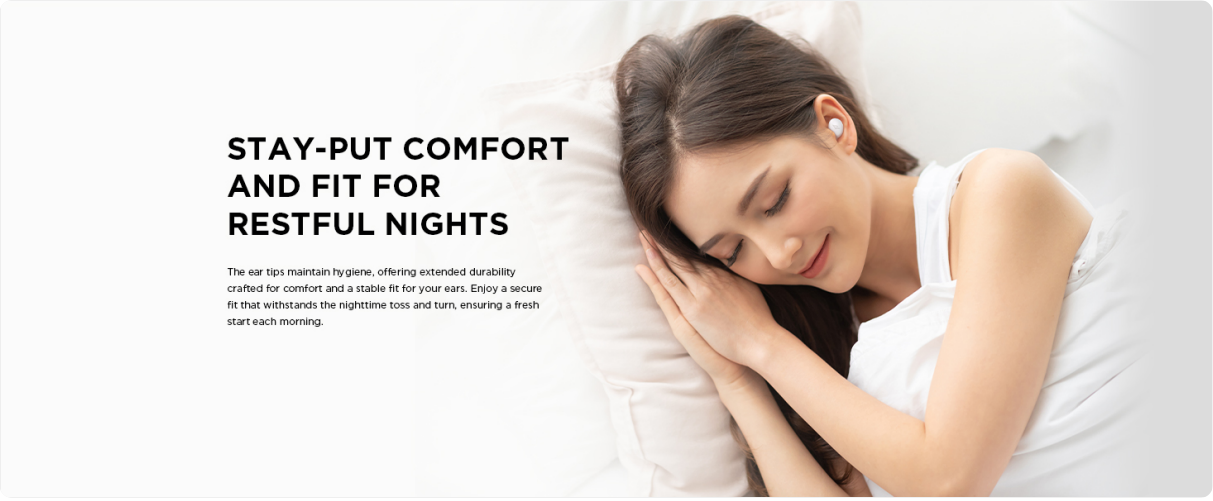

Figure 3: Proper wearing for comfortable sleep.

Operating

1. 1MORE MUSIC App

Download the 1MORE MUSIC App to unlock the full potential of your earbuds. The app allows you to switch between different listening modes and access a library of soothing sounds.

- **Listening Modes:** The app offers various listening modes to suit your preference.
- **Soothing Sounds:** Access 30 built-in calming sounds, including nature sounds, to aid in relaxation and sleep. You can set a timer for automatic playback stop (5 timer options available) or opt for continuous play by disconnecting from your device.
- **Sound Download:** You can download preferred soothing sounds directly to your earbuds for local playback, extending battery life.

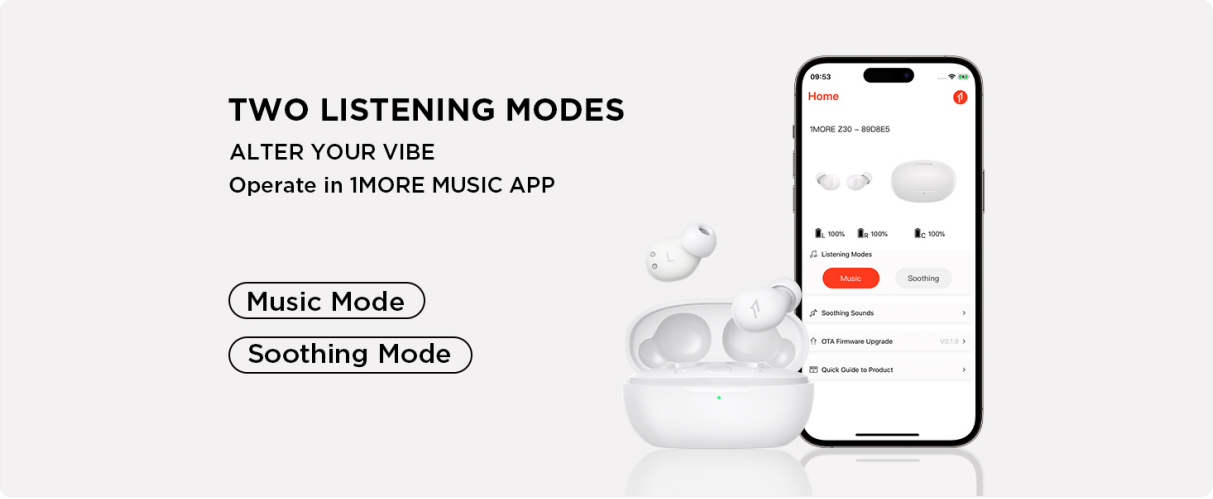

Figure 4: 1MORE MUSIC App interface for mode selection.

Figure 5: 1MORE MUSIC App for soothing sounds and timer control.

2. Phone Call Functionality

Please note that the 1MORE Sleep Earbuds Z30 are specifically designed for boosting better sleep and do not feature a built-in microphone for phone calls. Therefore, the phone call function is not available on these earbuds.

Maintenance

1. Cleaning

Regularly clean your earbuds and charging case with a soft, dry, lint-free cloth. For the ear tips, you may gently wipe them with a damp cloth and mild soap, then rinse and dry thoroughly before reattaching. Ensure no moisture enters the charging ports or speaker grilles.

2. Storage

When not in use, store the earbuds in their charging case to protect them and keep them charged. Store the case in a cool, dry place away from extreme temperatures and direct sunlight.

3. Water Resistance

The 1MORE Sleep Earbuds Z30 are rated as **Waterproof**. This means they are designed to withstand splashes and sweat, making them suitable for use during sleep or light exercise. However, they are not intended for submersion in water or use during swimming or showering.

Troubleshooting

1. Resetting Earbuds

If you experience connectivity issues or other malfunctions, you may need to reset the earbuds. Place both headphones into the charging case. Press and hold the pairing button on the case for 8 seconds to disconnect and reset them.

2. Low Volume on Android Devices

If the volume is too low on your Android device, ensure that "Bluetooth absolute volume" is enabled in your phone's Bluetooth settings. This setting can help increase the maximum volume output. Please consult your phone manufacturer's guide for specific settings related to Bluetooth volume control.

3. Pairing Issues

If the earbuds fail to pair, ensure they are fully charged and in pairing mode. Try turning off and on your device's Bluetooth. If the issue persists, perform a reset as described above and attempt pairing again.

4. Frequently Asked Questions (FAQ)

- **Q: How do we refine our products?**
- A: We have independent, professional laboratories dedicated to acoustics R&D, intelligent algorithms, ergonomics, RF testing, reliability, and environmental testing, all of which perform comprehensive product refinement and testing.
- **Q: What are the characteristics of our products?**
- A: Our self-developed diamond-like carbon (DLC) diaphragm dynamic driver delivers exceptional stability and superior sound quality. Equipped with QuietMax dual-feed intelligent active noise cancellation technology, it achieves noise reduction of up to -42dB for an immersive listening experience.

Specifications

Feature	Specification
Model Name	Z30
Connectivity Technology	Wireless (Bluetooth 5.3)
Noise Control	Sound Isolation (up to 24dB passive noise-filtering)
Earbud Weight	2.7 grams (each)
Thickness	7.5mm
Bluetooth Range	32.8 Feet (10 meters)
Bluetooth Playtime	Up to 6 hours (earbuds) + 18 hours (with case) = 24 hours total
Local Playtime (Soothing Sounds)	Up to 8 hours (earbuds) + 24 hours (with case) = 32 hours total
Charging Case Charging Time	2 Hours
Water Resistance Level	Waterproof
Control Type	Touch Control
Material	Acrylonitrile Butadiene Styrene (ABS), Silicone
Included Components	User Manual, Charging Case, Carrying Bag, Silicone Ear Tips, Type-C Charging Cable

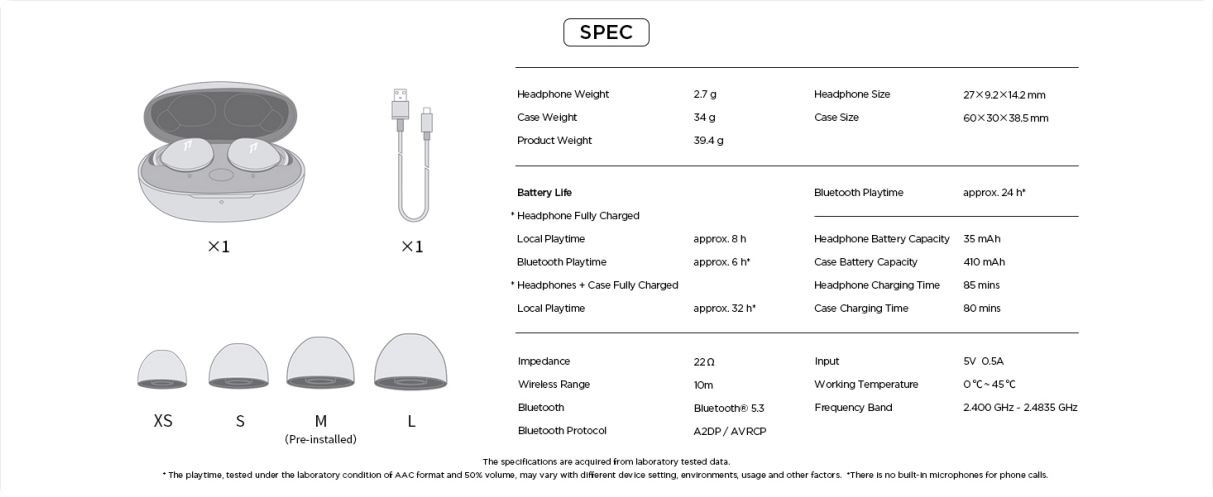

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Figure 6: Technical specifications overview.

Warranty and Support

Your 1MORE Sleep Earbuds Z30 come with a warranty. Please refer to the included Warranty Card for detailed terms and conditions. For further assistance, technical support, or inquiries not covered in this manual, please visit the official 1MORE website or contact their customer service directly.
Official 1MORE Store: Visit the 1MORE Store on Amazon