

ZHENYEMEI ZYM07

ZHENYEMEI 3D Bluetooth Sleep Mask Headphones ZYM07 Instruction Manual

Model: ZYM07

1. PRODUCT OVERVIEW

The ZHENYEMEI 3D Bluetooth Sleep Mask Headphones (Model ZYM07) combine a comfortable sleep mask with integrated Bluetooth 5.4 headphones, designed to provide a serene environment for sleep, relaxation, or travel. Its innovative design ensures complete light blocking and comfortable audio experience.

Key Features:

- **3D Eye Sockets Design:** New improved design with 1-1.2 inch eye sockets to protect eyelashes and ensure eye comfort. Features a unique triangular nose bridge for easy breathing and a snug fit.
- **HD Stereo Bluetooth 5.4:** Cutting-edge Bluetooth 5.4 technology for rich, high-fidelity sound, effectively blocking background noise.
- **100% Light Blocking:** Designed to block all light, creating a perfect dark environment for sleep, travel, or meditation.
- **Extended Battery Life:** Up to 10 hours of continuous playtime with just a 2-hour charge, ensuring uninterrupted sleep without low battery beeps.
- **Adjustable Headband:** Features a fully adjustable strap to reduce pressure on ears and head, ensuring a comfortable fit for various head sizes.
- **Soft & Breathable Material:** Made from ultra-soft, breathable cotton for comfort.



Restful Deep Sleep

Comfortable Sleeping in any Position

The ZHENYEMEI 3D Bluetooth Sleep Mask provides a comfortable and dark environment for restful sleep, even for couples.

2. SAFETY INFORMATION

Please read and adhere to the following safety guidelines to ensure safe operation and prevent injury or damage:

- Do NOT use while driving, cycling, or operating machinery to avoid distraction risks.
- Avoid charging in high-temperature environments.
- Never disassemble or puncture the battery.
- Limit continuous use to 2 hours to prevent hearing strain.

3. SETUP GUIDE

3.1 Charging the Device

Before first use, fully charge your sleep mask. Connect the provided USB charging cable to the mask's USB-C charging port and a compatible power source. The indicator light will show charging status.



A quick 2-hour charge via USB-C provides over 10 hours of continuous audio playback.

Your browser does not support the video tag.

Video showing the charging port access and removal of speakers from a sleep mask, similar to the ZHENYEMEI model.

3.2 Bluetooth Pairing

1. Ensure the sleep mask is charged and powered off.
2. Press and hold the power button on the mask until the LED indicator light flashes red and blue, indicating it's in pairing mode.
3. On your smartphone or other Bluetooth-enabled device, go to Bluetooth settings.
4. Search for available devices and select "ZYM07" (or similar name) from the list.
5. Once connected, the LED indicator light will turn solid blue.

Easily pair your sleep mask with your smartphone via Bluetooth for instant audio streaming.

4. OPERATING INSTRUCTIONS

4.1 Controls

The control panel on the front of the mask allows for easy management of your audio and calls:

- **Power Button:** Press and hold to power on/off. Short press to play/pause music or answer/end calls.
- **Volume Up (+):** Short press to increase volume.
- **Volume Down (-):** Short press to decrease volume.
- **Next Track:** Long press the Volume Up (+) button.
- **Previous Track:** Long press the Volume Down (-) button.



The integrated control panel allows for easy management of power, volume, and music tracks without removing the mask.

4.2 Wearing the Sleep Mask

Place the mask over your eyes, ensuring the 3D eye sockets align comfortably. Adjust the Velcro strap at the back to achieve a snug but not overly tight fit. Position the internal speakers over your ears for optimal sound quality.



The adjustable strap ensures a secure and comfortable fit for various head sizes, reducing pressure.



Enjoy seamless wireless audio and hands-free calling thanks to the upgraded Bluetooth 5.4 chip.

5. MAINTENANCE

5.1 Cleaning Instructions

The ZHENYEMEI 3D Bluetooth Sleep Mask is hand wash only. Before washing, ensure you remove all electronic components (Bluetooth module and speakers) from their pockets within the mask. Allow the fabric to air dry completely before reinserting the electronics.

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Video demonstrating the disassembly of the Bluetooth module from the sleep mask for cleaning purposes.

6. TROUBLESHOOTING

- **Device not powering on:** Ensure the mask is fully charged. Connect to a power source and check the charging indicator light.
- **Cannot pair with Bluetooth:** Make sure the mask is in pairing mode (flashing red and blue LED). Turn off and on your device's Bluetooth, then try searching again. Ensure no other devices are currently connected to the mask.
- **No sound or poor sound quality:** Check the volume levels on both the mask and your connected device. Ensure speakers are correctly positioned over your ears. Re-pair the device if necessary.
- **Light leakage:** Adjust the mask's position and the Velcro strap for a tighter fit around your face and nose bridge.

7. PRODUCT SPECIFICATIONS

Specification	Detail
Brand	ZHENYEMEI
Model	ZYM07
Bluetooth Version	5.4
Battery Life	Up to 10 Hours
Charging Time	2 Hours
Battery Type	Lithium Ion
Material Type	Cotton
Headphones Form Factor	Over Ear (Large)
Special Features	3D Eye Sockets Design, HD Stereo Bluetooth, 100% Light Blocking, Foldable, Adjustable Headband, Sound Isolation

8. WARRANTY AND SUPPORT

8.1 Warranty

The ZHENYEMEI 3D Bluetooth Sleep Mask Headphones come with a 24-Months Worry-free Warranty. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For any questions, technical assistance, or warranty inquiries, please contact our customer support team. We offer 24H*7D Online Service to assist you.

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