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ANSTEN HE-029

ANSTEN HE-029 Sleep Headphones User Manual

Model: HE-029

Introduction	Package Contents	Product Overview	Setup	Operating Instructions	Maintenance
	Troubleshooting	Specifications		Warranty & Support	

1. INTRODUCTION

Thank you for choosing the ANSTEN HE-029 Sleep Headphones. These innovative 2-in-1 headphones are designed to enhance your sleep quality with soothing sounds in sleep mode, and function as a high-resolution Bluetooth headset for daily use. Featuring a comfortable design ideal for side sleepers, long-lasting battery life, and intuitive touch controls, the ANSTEN HE-029 provides a seamless audio experience for relaxation and everyday listening.

2. PACKAGE CONTENTS

Please check the package contents carefully. If any items are missing or damaged, please contact customer support.

- 1 x ANSTEN HE-029 Sleep Headphones (Pair)
- 1 x Charging Case
- 1 x USB-C Charging Cable
- 1 x User Manual
- Additional Silicone Eartips (various sizes)

3. PRODUCT OVERVIEW

Familiarize yourself with the components and features of your ANSTEN HE-029 Sleep Headphones.



Figure 3.1: ANSTEN HE-029 Sleep Headphones in their charging case, with one earbud shown outside the case to highlight its compact design and touch surface.

3.1 Key Features

- **2-in-1 Functionality:** Designed for both sleep assistance and general audio listening.
- **Comfortable for Side Sleepers:** Soft silicone eartips ensure pressure-free comfort and a secure fit throughout the night.
- **Extended Battery Life:** Up to 6 hours of playback on a single charge, and up to 48 hours with the charging case.
- **Bluetooth 5.4:** Provides a fast, stable, and high-quality wireless connection.

- **IPX6 Water Resistance:** Resistant to sweat, rain, and moisture, suitable for various activities.
- **Intuitive Touch Controls:** Easy single-hand operation for music, calls, and sleep mode.
- **Lightweight Design:** Each earbud weighs only 3g for maximum comfort.

3.2 Noise Isolation and Sleep Mode

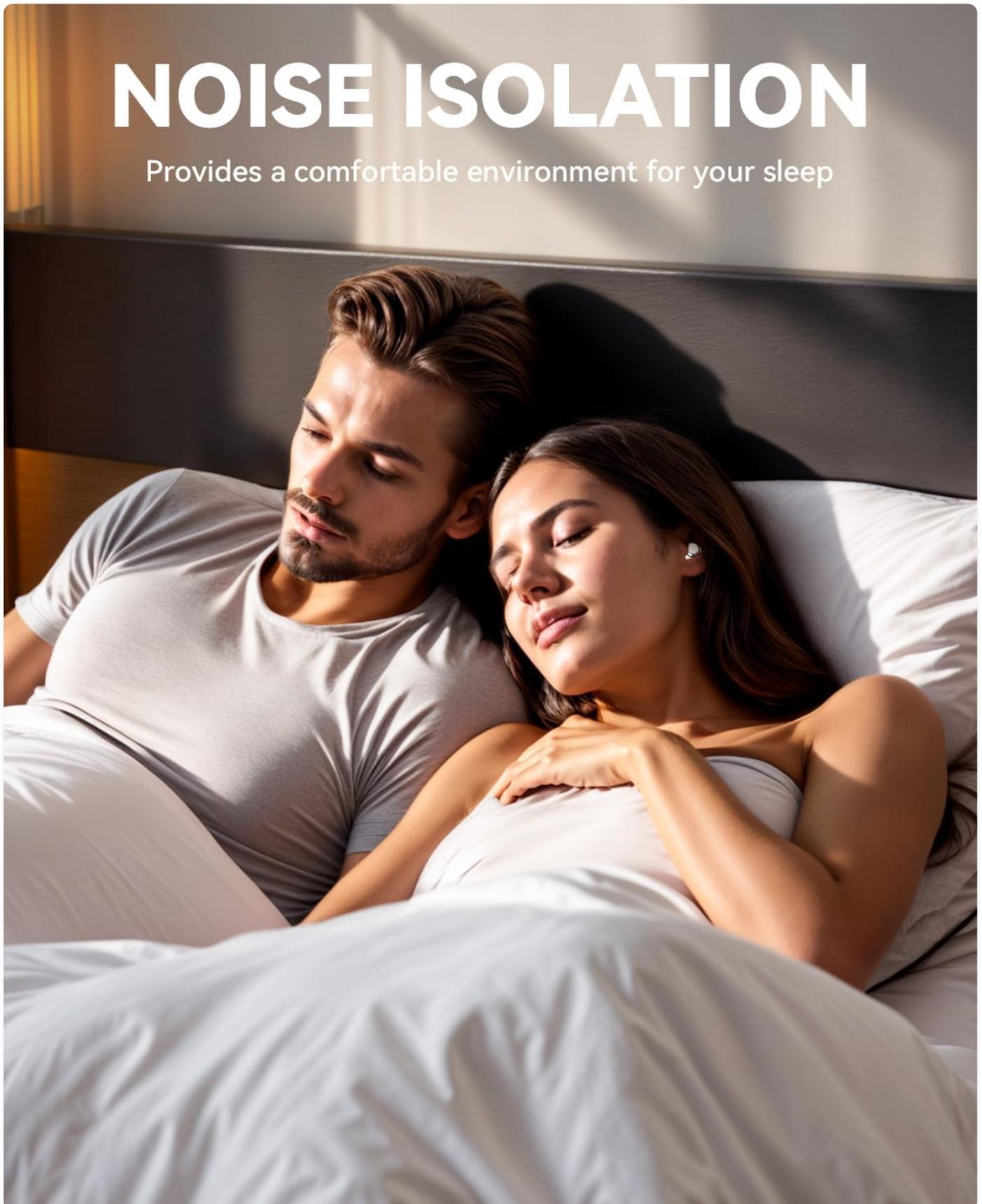
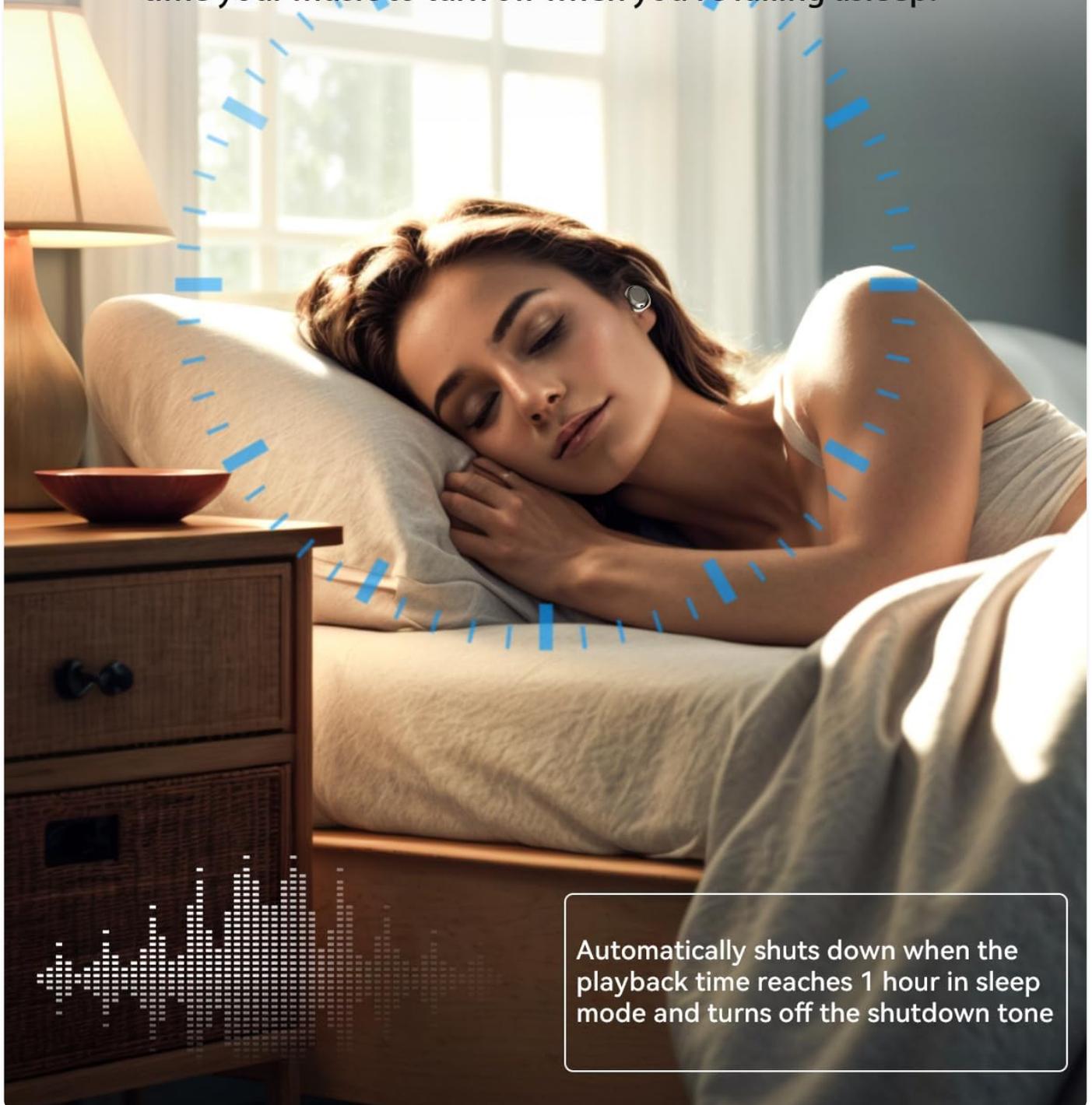


Figure 3.2: The headphones provide effective noise isolation, creating a comfortable environment for sleep by dampening ambient sounds.

SET SLEEP MODE

The headphones' Sleep Mode helps you block out noise and time your music to turn off when you're falling asleep.



Automatically shuts down when the playback time reaches 1 hour in sleep mode and turns off the shutdown tone

Figure 3.3: The dedicated Sleep Mode helps block out noise and can automatically turn off music after 1 hour of playback, preventing battery drain while you sleep.

3.3 Ergonomic Design and Internal Structure

ONLY 3G IN WEIGHT

Compact and lightweight for a comfortable night's sleep



Figure 3.4: Each earbud weighs only 3 grams, making them exceptionally lightweight and comfortable for extended wear, especially during sleep.

SMALL BUT STRONG

Internal details of the earphone disassembly

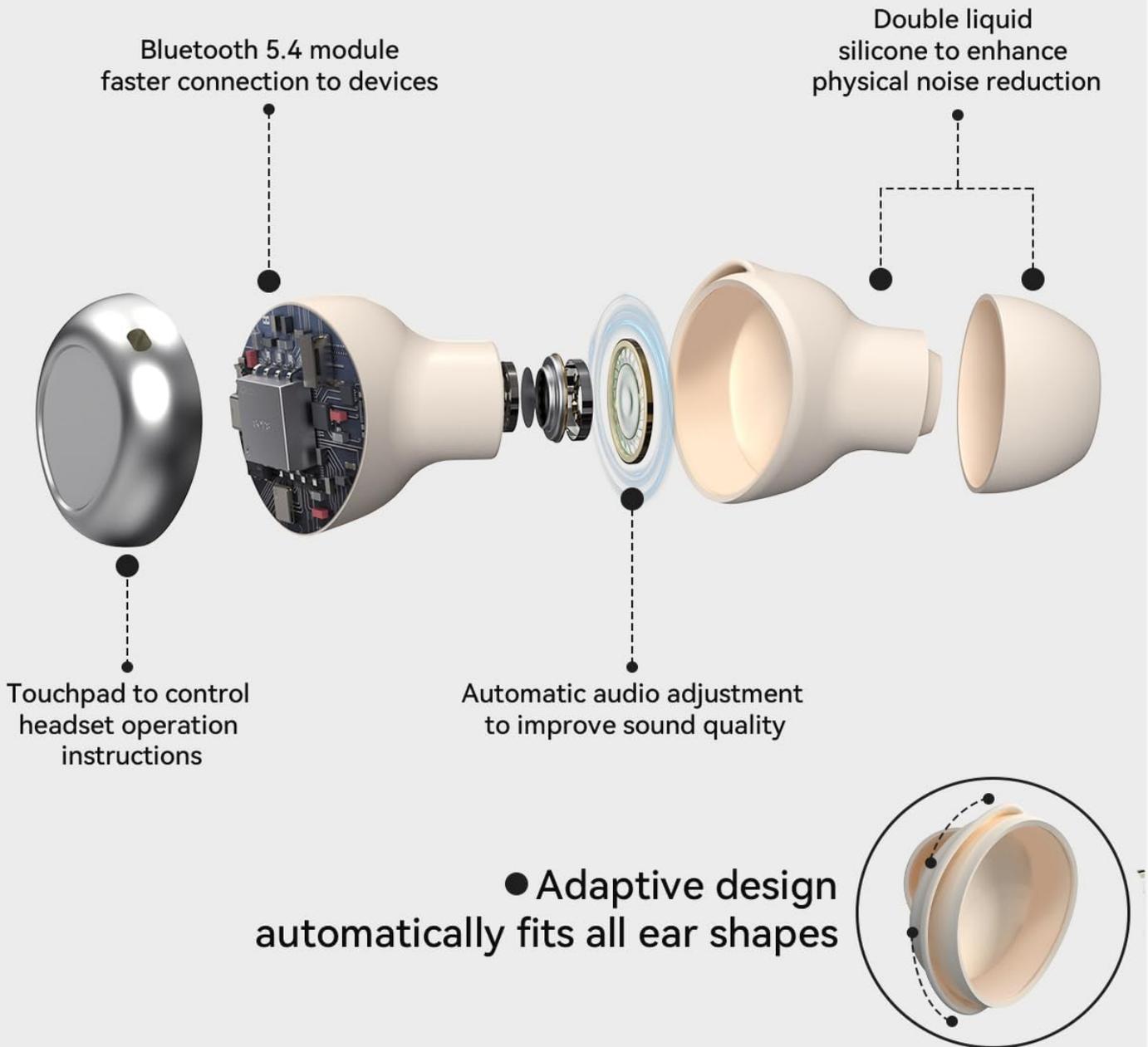


Figure 3.5: Internal components include a Bluetooth 5.4 module for fast connections, double liquid silicone for enhanced physical noise reduction, and an adaptive design that fits all ear shapes. The touchpad allows for easy control.

NO PRESSURE FOR SIDE SLEEPERS

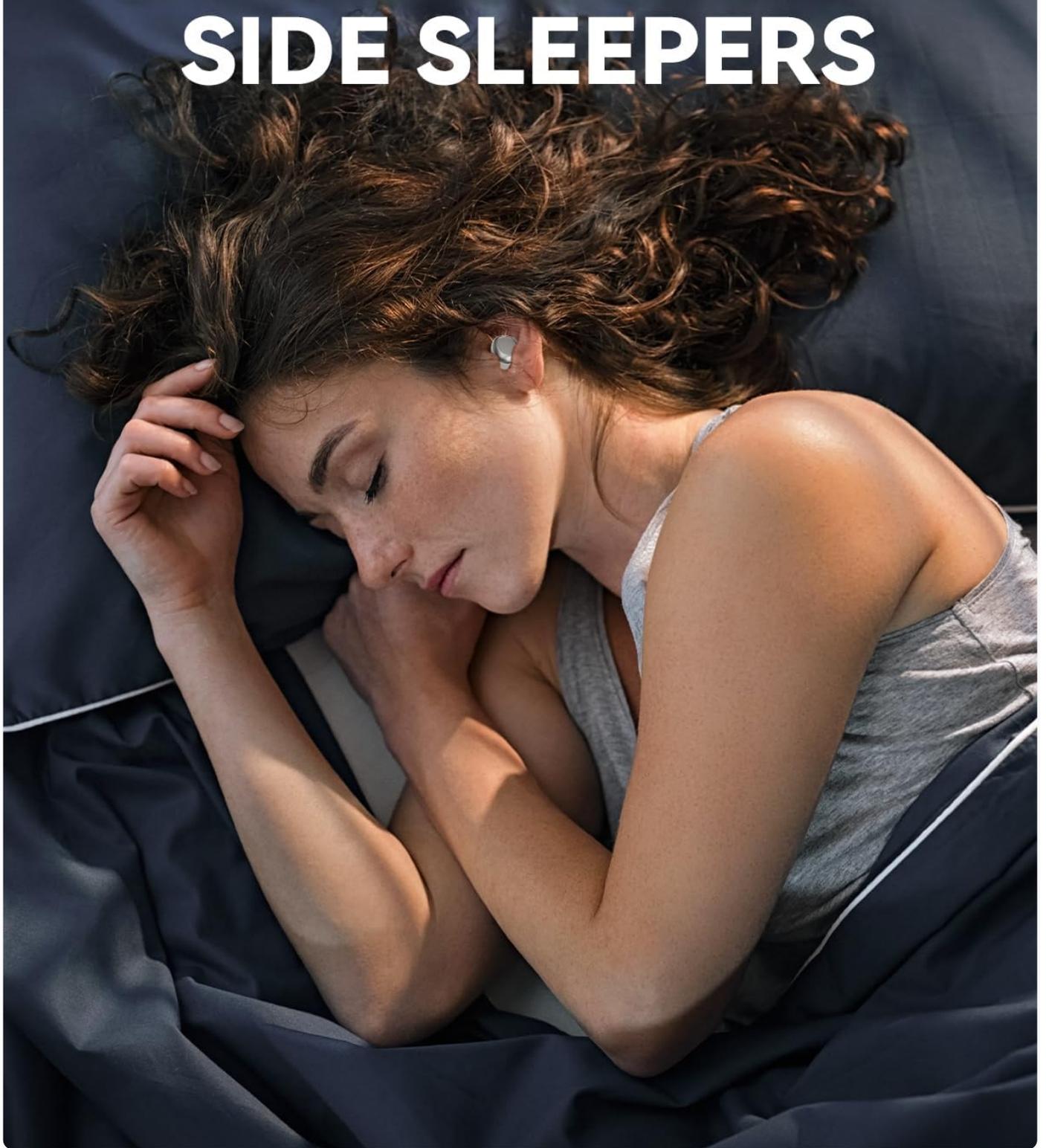


Figure 3.6: The low-profile design ensures no pressure or discomfort when sleeping on your side, making them ideal for all sleeping positions.

GOOD SLEEP WITH YOU

Features designed to help you sleep comfortably

No pressure when sleeping on your side

- Silicone material



Soft wearing feeling

- Made of soft material

HIFI sound quality

- Enjoy music sleep



Senseless Wearing

- 3g headphone weight



Deep Sleep

- Noise isolation



Figure 3.7: Summary of features designed for comfortable sleep, including silicone material for no pressure, soft wearing feeling, HiFi sound quality, 3g weight for senseless wearing, and deep sleep through noise isolation.

4. SETUP

4.1 Charging the Headphones and Case

Before first use, fully charge the headphones and the charging case.

1. Place the earbuds into the charging case, ensuring they are correctly seated.
2. Connect the USB-C charging cable to the charging port on the case and the other end to a USB power adapter (not included) or a computer's USB port.
3. The indicator lights on the case will show the charging status. Once fully charged, the lights will indicate completion or turn off.
4. A full charge provides approximately 6 hours of earbud use and up to 48 hours total with the charging case.

LONG SERVICE LIFE

Stress-free battery life to accompany you to sleep



6H Headphones
time
(80%volume)

48H Charging
Case time

Figure 4.1: The headphones offer 6 hours of continuous playback, extended to 48 hours with the portable charging case.

4.2 Pairing with a Bluetooth Device

The ANSTEN HE-029 uses Bluetooth 5.4 for quick and stable connections.

1. Open the charging case. The earbuds will automatically enter pairing mode.
2. On your device (smartphone, tablet, laptop), go to Bluetooth settings and turn Bluetooth on.
3. Search for available devices. Select "HE-029" from the list.
4. Once connected, you will hear a confirmation tone, and the earbuds will be ready for use.
5. The earbuds will automatically reconnect to the last paired device when taken out of the case, if Bluetooth is enabled on the device.

5. OPERATING INSTRUCTIONS

The ANSTEN HE-029 features intuitive touch controls on each earbud.

ONE CLICK OPERATION

More convenient use, more operations



Pause / playback	Sleep Mode	Voice Assistant	Answer	hang up	Reject
					
Touch 1 time	Tap 4 times	Long press for 2 seconds	Touch 1 time	Touch 2 time	Press 1.5s

Figure 5.1: Overview of touch controls for various functions including playback, sleep mode, voice assistant, and call management.

5.1 Music Playback

- **Play/Pause:** Tap either earbud once.
- **Next Song:** Triple-tap the right earbud.
- **Previous Song:** Triple-tap the left earbud.
- **Volume Up:** Double-tap the right earbud.

- **Volume Down:** Double-tap the left earbud.

5.2 Call Management

- **Answer/End Call:** Tap either earbud once.
- **Reject Call:** Press and hold either earbud for 1.5 seconds.

5.3 Sleep Mode

The Sleep Mode is designed to help you fall asleep by automatically turning off music after 1 hour.

- **Activate Sleep Mode:** Tap either earbud four times. You will hear a confirmation tone.
- **Deactivate Sleep Mode:** Tap either earbud four times again.

5.4 Voice Assistant

- **Activate Voice Assistant:** Press and hold either earbud for 2 seconds.

6. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your ANSTEN HE-029 Sleep Headphones.

6.1 Cleaning

- Regularly clean the earbuds, especially the eartips and charging contacts, with a soft, dry, lint-free cloth.
- If necessary, use a cotton swab lightly dampened with rubbing alcohol to clean hard-to-reach areas.
- Do not use abrasive cleaners or immerse the earbuds or charging case in water.
- Ensure the earbuds and charging case are completely dry before placing them back in the case or charging.

6.2 Storage

- When not in use, store the headphones in their charging case to protect them from dust and damage.
- Store in a cool, dry place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues with your ANSTEN HE-029 Sleep Headphones, please refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Headphones do not turn on.	Low battery.	Place earbuds in the charging case and charge fully.
Cannot pair with device.	Bluetooth is off on device; earbuds not in pairing mode; device too far.	Ensure Bluetooth is on. Open case to enter pairing mode. Keep device within 10 meters. Try forgetting "HE-029" on your device and re-pairing.
No sound or sound cutting out.	Earbuds not properly connected; low battery; interference.	Ensure earbuds are connected. Charge earbuds. Move away from sources of interference (e.g., Wi-Fi routers).
Touch controls not responding.	Earbuds are dirty; temporary software glitch.	Clean the touch surface. Place earbuds back in the case, close, then reopen to reset.

Problem	Possible Cause	Solution
Sleep Mode does not activate/deactivate.	Incorrect number of taps.	Ensure you are tapping four times quickly and clearly.

8. SPECIFICATIONS

Detailed technical specifications for the ANSTEN HE-029 Sleep Headphones.

Feature	Detail
Brand	ANSTEN
Model	HE-029
Connectivity Technology	Wireless (Bluetooth 5.4)
Ear Placement	In-Ear
Form Factor	True Wireless
Noise Control	Passive Noise Isolation (Physical Noise Reduction)
Battery Life (Headphones)	Up to 6 hours (at 80% volume)
Total Battery Life (with Charging Case)	Up to 48 hours
Water Resistance Level	IPX6 (Sweatproof, Rainproof)
Weight (per earbud)	Approximately 3g
Material	Acrylonitrile Butadiene Styrene (ABS), Silicone
Compatible Devices	Smartphones, Laptops, Tablets, other Bluetooth devices
Special Features	Built-in Voice Assistant, Sleep Mode Auto-off

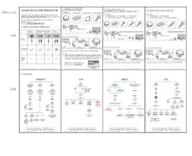
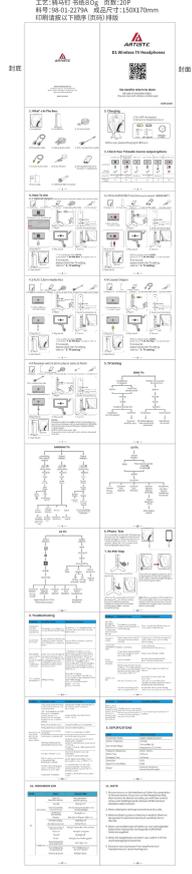
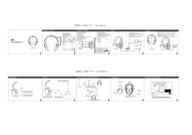
9. WARRANTY & SUPPORT

ANSTEN products are manufactured to the highest quality standards. For detailed warranty information and customer support, please refer to the warranty card included in your package or visit the official ANSTEN website.

If you experience any issues or have questions regarding your ANSTEN HE-029 Sleep Headphones, please do not hesitate to contact our customer support team. We are committed to providing excellent service and ensuring your satisfaction.

Contact Information: Please refer to the contact details provided on the ANSTEN official website or your purchase documentation.

Related Documents - HE-029

	<p>Ansten K1 Wireless Headphones for TV: Setup and Connection Guide</p> <p>Comprehensive guide to setting up Ansten K1 wireless headphones for TV viewing. Learn how to connect using Optical, RCA, or AUX audio outputs to Samsung, LG, and Sony TVs. Includes troubleshooting tips and detailed instructions.</p>
	<p>Ansten Wireless Headphones for Smart TV Watching User Manual</p> <p>User manual for Ansten wireless headphones, providing setup guides, features, and troubleshooting for smart TV audio, with support for optical, AUX, and RCA inputs.</p>
	<p>AS30 Wireless Gaming Headset User Manual</p> <p>User guide for the AS30 Wireless Gaming Headset, covering product overview, power on/off, pairing, connections, microphone usage, charging, and system settings for Windows.</p>
	<p>FCC Grant of Equipment Authorization for ANSTEN AS60 Wireless Headphones</p> <p>Official FCC Grant of Equipment Authorization for the ANSTEN AS60 wireless headphones, detailing technical specifications, frequency range, and compliance information from Shenzhen maosong keji youxian gongsi.</p>

HSV379HDMI coaxial extender instructions

Before using please:

- 1. Read the manual carefully before using the extender.
- 2. Connect the extender to the source and the TV side of the HDMI cable and power supply.



- 3. Connect the extender to the source and the TV side of the HDMI cable and power supply.
- 4. Connect the extender to the source and the TV side of the HDMI cable and power supply.
- 5. Connect the extender to the source and the TV side of the HDMI cable and power supply.

Quick installation:

- 1. Connect the extender to the source and the TV side of the HDMI cable and power supply.

- 2. Connect the extender to the source and the TV side of the HDMI cable and power supply.

- 3. Connect the extender to the source and the TV side of the HDMI cable and power supply.

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- 9. Connect the extender to the source and the TV side of the HDMI cable and power supply.

- 10. Connect the extender to the source and the TV side of the HDMI cable and power supply.

[HSV379HDMI Coaxial Extender: Instructions and Troubleshooting](#)

Comprehensive guide for the HSV379HDMI coaxial extender, covering setup, matters needing attention, and simple troubleshooting steps for optimal performance.



[Ansten K1 Wireless Headphones for TV: Setup and Connection Guide](#)

Comprehensive guide to setting up Ansten K1 wireless headphones for TV viewing. Learn how to connect using Optical, RCA, or AUX audio outputs to Samsung, LG, and Sony TVs. Includes troubleshooting tips and detailed instructions.