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ANSTEN Q40 Bluetooth Sport Headphones

User Manual

Model: Q40

INTRODUCTION

This manual provides detailed instructions for the ANSTEN Q40 Bluetooth Sport Headphones. Please read this manual carefully before using the product to ensure proper operation and to maximize its lifespan. Keep this manual for future reference.

WHAT'S IN THE Box

- 1 x Charging Case
- 2 x Open Ear Headphones (Left and Right)
- 1 x USB-C Charging Cable
- 1 x User Manual



Image: The ANSTEN Q40 open-ear headphones shown inside their charging case, which features a digital battery display. The headphones are a metallic purple color.

PRODUCT FEATURES

Open Ear Clip Design

The ANSTEN Q40 headphones feature a true open-ear design, allowing you to perceive ambient sounds while listening to music. This enhances safety, especially during activities like driving, walking, or cycling, by keeping you aware of your surroundings.

OPEN EAR CLIP

Comfortable Pressure-free



Image: A woman wearing the ANSTEN Q40 open-ear clip headphones, demonstrating how they sit comfortably on the ear without covering the ear canal. Text overlay indicates "OPEN EAR CLIP" and "Comfortable Pressure-free".

Lightweight Comfort

Designed for extended wear, these clip-on headphones are lightweight and feature a flexible earbud strap that conforms to the contours of the human ear. This ensures a secure fit without discomfort, preventing them from falling or shifting during movement. Each earbud weighs approximately 4 grams.

LIGHTWEIGHT COMFORT

Weighing only 4g, enjoy feather-light comfort



Image: Two ANSTEN Q40 earbuds, depicted as lightweight and floating amidst feathers, emphasizing their comfortable and feather-light design. Text overlay states "LIGHTWEIGHT COMFORT" and "Weighing only 4g, enjoy feather-light comfort".

High-Quality Sound and Call Clarity

Equipped with 11mm drivers, the Q40 headphones deliver 360° Hi-Fi stereo sound. They utilize a unique directional sound transmission technology to minimize sound leakage and protect privacy. For calls, the dual-microphone noise reduction feature filters out external noise, ensuring clearer conversations.

DIRECTED TRANSMISSION

Directional sound transmission



Image: A woman wearing the ANSTEN Q40 headphones, with an overlaid diagram illustrating the concept of directional sound transmission compared to non-directional sound, highlighting clear calls and reduced sound leakage.

Automatic Pairing and Touch Control

Featuring a Bluetooth 5.4 chip, the Q40 headphones offer a stable and fast automatic connection. A multi-function touch button on each earbud allows for easy control of music playback, volume, calls, and voice assistants.

SINGLE TOUCH

Quick, fast, switching function



Image: A close-up view of an ANSTEN Q40 earbud, highlighting the touch-sensitive control area with a fingerprint icon, indicating its single-touch functionality for quick and easy operation.

IPX7 Waterproof Rating

With an IPX7 waterproof standard, these wireless headphones are protected against sweat, rain, and dust. This makes them suitable for various activities such as running, hiking, intense workouts, or travel, allowing use in diverse weather conditions.

IPX7 WATERPROOF

Enjoy the experience without worrying about sweat or rain



Image: An ANSTEN Q40 earbud covered in water droplets, visually representing its IPX7 waterproof capability, ensuring durability against sweat and rain.

Long Battery Life

The headphones offer an extended playback time. Each earbud provides up to 6 hours of listening on a single charge, and the charging case extends the total playback time to approximately 18 hours.

LONG BATTERY LIFE

Extra-long usage time, refuse battery anxiety.



Headset life time: 6 hours



Charging case duration: 18 hours

Image: The ANSTEN Q40 headphones in their charging case, surrounded by a clock-like graphic, illustrating the long battery life.
Text indicates "Headset life time: 6 hours" and "Charging case duration: 18 hours".

Stable Fit for Active Lifestyles

The ergonomic design ensures the headphones remain stable and secure during intense physical activities, making them ideal for running, yoga, cycling, and daily work use.

STABLE FIT

Stays stable during intense exercise and won't fall off

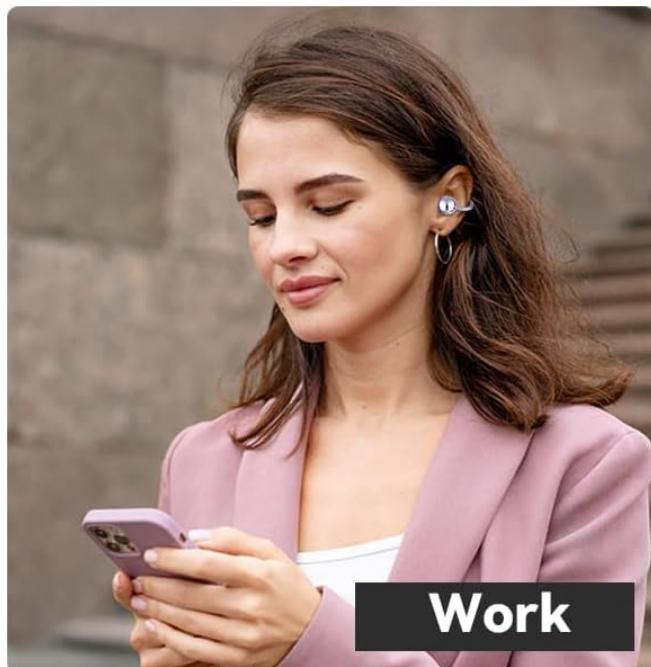
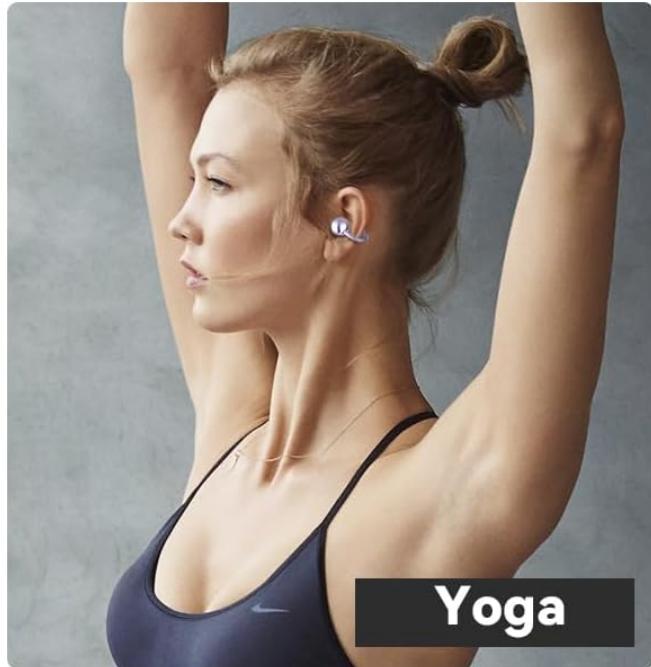
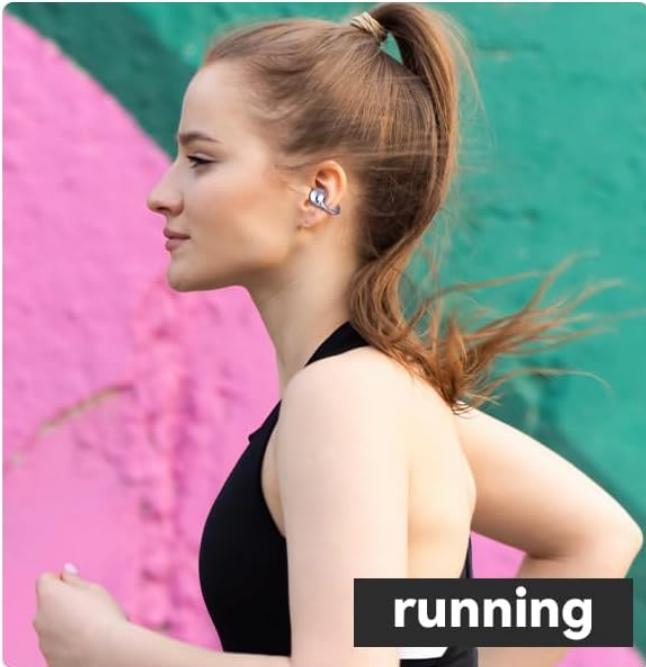


Image: A four-panel collage showing individuals engaged in different activities (running, yoga, cycling, working) while wearing the ANSTEN Q40 headphones, demonstrating their stable and secure fit for active use.

SETUP GUIDE

1. Charging the Headphones and Case

Before first use, fully charge the ANSTEN Q40 headphones and their charging case.

1. Place both earbuds into the charging case. Ensure 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 source

(e.g., computer USB port, wall adapter).

- The digital display on the charging case will show the battery percentage. The earbuds will also indicate charging status (usually via an LED light).
- Once fully charged, disconnect the charging cable.

2. Pairing with Your Device

- Ensure your device's Bluetooth is turned on.
- Open the charging case. The headphones will automatically enter pairing mode (indicated by flashing LED lights on the earbuds).
- On your device, search for Bluetooth devices. Select "ANSTEN Q40" from the list of available devices.
- Once connected, the earbud LEDs will stop flashing, and your device will confirm the connection.
- The headphones will automatically reconnect to the last paired device when taken out of the case, if Bluetooth is enabled on the device.

OPERATING INSTRUCTIONS

Touch Controls

The ANSTEN Q40 headphones feature intuitive touch controls on each earbud. The specific functions are as follows:

Action	Function
Single Tap (Left/Right Earbud)	Play/Pause music, Answer/End call
Double Tap (Right Earbud)	Next Track
Double Tap (Left Earbud)	Previous Track
Triple Tap (Left/Right Earbud)	Activate Voice Assistant (Siri, Google Assistant, etc.)
Long Press (Left/Right Earbud, 2 seconds)	Reject Incoming Call
Long Press (Left Earbud, 3 seconds)	Volume Down
Long Press (Right Earbud, 3 seconds)	Volume Up

Power On/Off

- Power On:** The headphones will automatically power on when removed from the charging case.
- Power Off:** Place the headphones back into the charging case and close the lid. They will automatically power off and begin charging.

MAINTENANCE

To ensure the longevity and optimal performance of your ANSTEN Q40 headphones, follow these maintenance guidelines:

- Cleaning:** Regularly wipe the earbuds and charging case with a soft, dry, lint-free cloth. Do not use abrasive cleaners, alcohol, or chemical solvents.
- Water Resistance:** While the headphones are IPX7 waterproof, they are not designed for swimming or prolonged

submersion. Ensure they are dry before placing them back in the charging case to prevent damage.

- **Storage:** When not in use, store the headphones in their charging case to protect them from dust and physical damage. Store in a cool, dry place away from extreme temperatures.
- **Charging:** Use the provided USB-C cable for charging. Avoid using damaged cables or chargers.

TROUBLESHOOTING

If you encounter issues with your ANSTEN Q40 headphones, refer to the following common solutions:

- **Headphones not pairing/connecting:**

- Ensure Bluetooth is enabled on your device.
- Make sure the headphones are fully charged.
- Place the headphones back in the case, close the lid, wait a few seconds, then open the lid again to re-enter pairing mode.
- Forget "ANSTEN Q40" from your device's Bluetooth settings and try pairing again.
- Try pairing with a different device to rule out device-specific issues.

- **No sound from one or both earbuds:**

- Check the volume level on both your device and the headphones.
- Ensure the earbuds are properly seated in your ears.
- Reconnect the headphones to your device.
- Try playing audio from a different application or source.

- **Charging issues:**

- Ensure the charging cable is securely connected to both the case and the power source.
- Try a different USB-C cable and/or power adapter.
- Clean the charging contacts on the earbuds and inside the case with a dry cotton swab.

- **Poor call quality:**

- Ensure the microphone is not obstructed.
- Move closer to your connected device to improve signal strength.
- Check for environmental noise that might be affecting the call.

SPECIFICATIONS

Feature	Detail
Brand	ANSTEN
Model	Q40
Connectivity Technology	Wireless (Bluetooth 5.4)
Ear Placement	Open Ear / Clip-on
Water Resistance Level	IPX7 (Impermeable)
Headphone Playtime	Up to 6 hours
Total Playtime (with case)	Up to 18 hours

Feature	Detail
Charging Time	Approx. 1.5 - 2 hours (for full charge)
Control Type	Touch Control
Microphone	Dual microphone with noise reduction
Weight (per earbud)	Approx. 4g
Material	Acrylonitrile Butadiene Styrene (ABS)
Frequency Response	20 Hz - 20,000 Hz
Impedance	14.2 Ohm

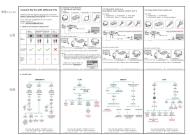
WARRANTY AND SUPPORT

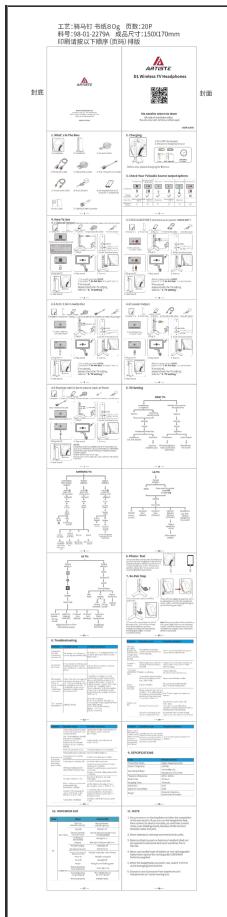
ANSTEN products are designed and manufactured to the highest quality standards. For any questions, technical support, or warranty claims, please contact ANSTEN customer service through the retailer where you purchased the product or visit the official ANSTEN website for contact information.

Please retain your proof of purchase for warranty purposes.

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Related Documents - Q40

	<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>Q40 Animal Chip Scanner Instruction Manual</p> <p>Instruction manual for the Q40 low-frequency tag scanner, detailing its features, operation, and technical specifications for animal management and resource tracking.</p>



[Ansten Wireless Headphones for Smart TV Watching User Manual](#)

User manual for Ansten wireless headphones, providing setup guides, features, and troubleshooting for smart TV audio, with support for optical, AUX, and RCA inputs.



[Power Q25 Pro User Manual - Wireless Earbuds](#)

User manual for the Power Q25 Pro wireless earbuds, detailing features, Bluetooth pairing, controls, charging, troubleshooting, and specifications.



[SOUNDPEATS Q40 HD Wireless Headphones FAQ and User Guide](#)

Find answers to common questions about SOUNDPEATS Q40 HD wireless headphones, including Bluetooth pairing, sound issues, charging, app connection, and troubleshooting.



[Mantis Q40 Quick Start Guide - APH](#)

Get started with your Mantis Q40 Braille reader from APH. This guide covers setup, basic operations, charging, and accessing the user manual.