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- › **1MORE** /
- › **1MORE HQ20 SonoFlow Mini Kids Bluetooth Headphones User Manual**

1MORE HQ20

1MORE HQ20 SonoFlow Mini Kids Bluetooth Headphones User Manual

Model: HQ20

INTRODUCTION

Thank you for choosing the 1MORE HQ20 SonoFlow Mini Kids Bluetooth Headphones. This manual provides essential information for the safe and effective use of your headphones. Please read it thoroughly before use and retain it for future reference.



Image: The 1MORE HQ20 SonoFlow Mini Kids Bluetooth Headphones in black, showcasing their over-ear design.

PACKAGE CONTENTS

- 1MORE HQ20 SonoFlow Mini Kids Bluetooth Headphones
- Charging Cable
- User Manual



Image: The retail packaging for the 1MORE HQ20 SonoFlow Mini Headphones, indicating included items.

SETUP

1. Charging the Headphones

Before first use, fully charge your headphones. Connect the provided charging cable to the charging port on the headphones and a USB power source. The indicator light will show charging status and turn off when fully charged. A 5-minute charge provides approximately 2.5 hours of playback, and a full charge offers up to 65 hours of listening time.

Extensive Battery Life

Lasting battery for endless exploration



65H
Playtime

5Min = 2.5H
Fast Charge

Image: Visual representation of the extensive battery life, highlighting 65 hours of playtime and 2.5 hours of playback from a 5-minute fast charge.

2. Powering On/Off

- **Power On:** Press and hold the Power button until the indicator light illuminates.

- **Power Off:** Press and hold the Power button until the indicator light turns off.

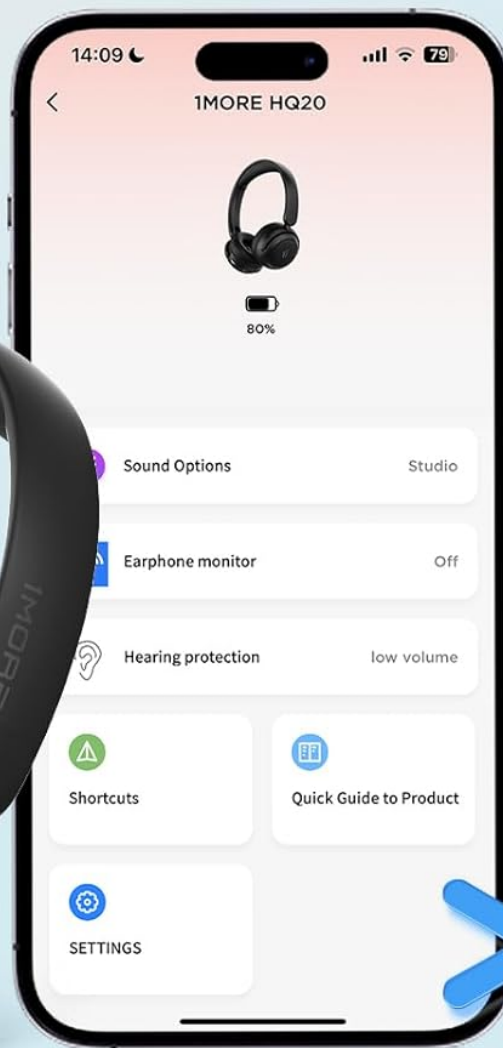
3. Bluetooth Pairing

1. Ensure the headphones are powered off.
2. Press and hold the Power button for approximately 5 seconds until the indicator light flashes blue and red, indicating pairing mode.
3. On your device (smartphone, tablet, computer), enable Bluetooth and search for "1MORE HQ20".
4. Select "1MORE HQ20" from the list of available devices to connect. Once connected, the indicator light will flash blue periodically.

The headphones support Bluetooth 5.0 and can connect to two devices simultaneously, allowing seamless switching between them.

Stable Connectivity and Smart Controls

1MORE APP
Multi-function
control



**Bluetooth
V5.3**



Image: The 1MORE HQ20 headphones demonstrating stable connectivity with a smartphone, featuring the 1MORE app for multi-function control and Bluetooth 5.3.

4. Adjusting for Comfort

The headphones feature an adjustable headband and rotating ear cups to ensure a comfortable and secure fit for various

head sizes. Adjust the headband until the ear cups sit comfortably over your ears, providing optimal sound and noise isolation.

Comfy Soft Wearing

181g
Lightweight



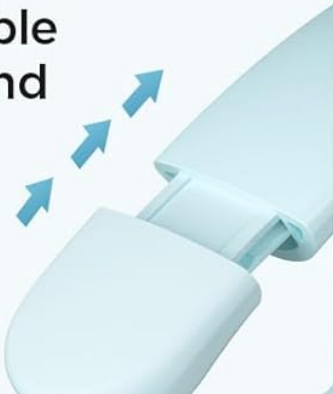
Protein Leather
Ear Cushions



Pressure-Relief
Headband Padding



Adjustable
Headband



Rotating Ear Cup
Design



Image: Detailed view of the comfortable design elements, including lightweight construction (181g), protein leather ear cushions, pressure-relief headband padding, adjustable headband, and rotating ear cup design.

1. Volume Control and Hearing Protection

The 1MORE HQ20 headphones are equipped with a 3-level automatic volume control system to ensure safe listening levels. This system detects excessive noise and automatically reduces volume to prevent hearing damage. You can adjust volume using the buttons on the headphones or through the connected device.

For advanced control and to customize hearing protection settings, use the 1MORE app. The app allows you to adjust volume levels and hearing protection modes (e.g., Low, Medium, High) to suit the environment and user preference. By default, the medium volume level is enabled upon startup.

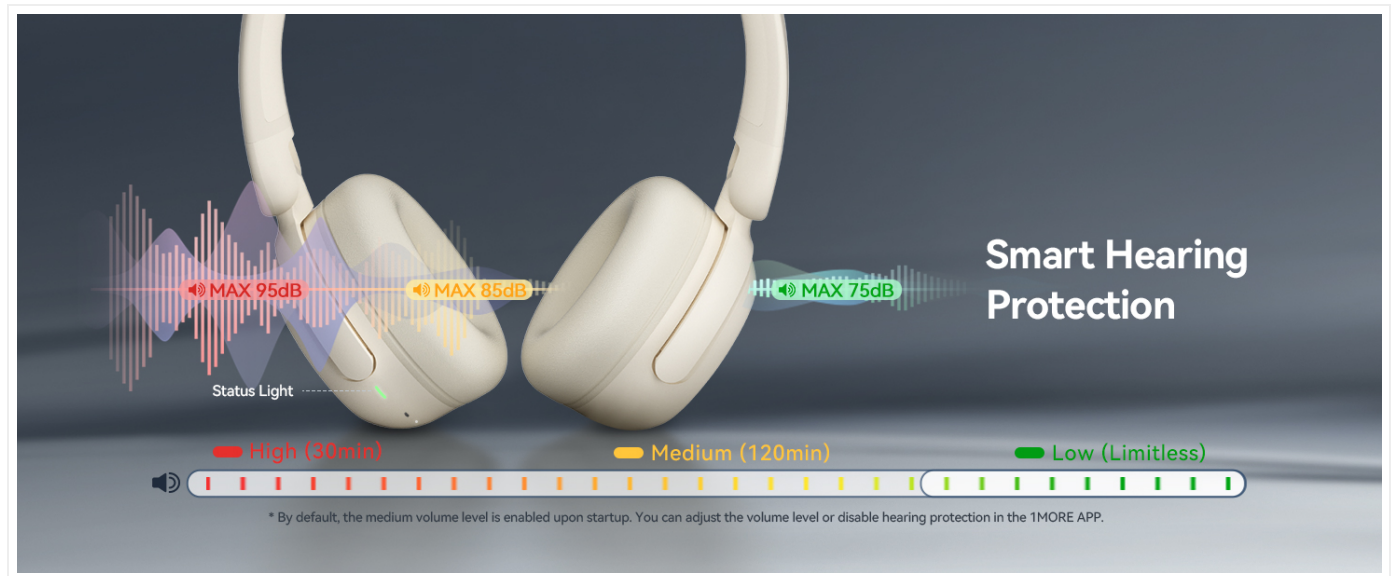


Image: Illustration of the Smart Hearing Protection feature, showing how the headphones manage sound levels (High, Medium, Low) and the corresponding decibel limits, with a status light indicator.

2. Audio Playback and Microphone

- **Music Playback:** Use the controls on the headphones or your connected device to play, pause, skip tracks, and adjust volume.
- **Calls:** The integrated microphone allows for clear voice capture during calls. Use the headphone controls to answer, end, or reject calls.
- **Real-time Playback:** The headphones are designed to enhance memory retention through active audio, making them suitable for educational content.

Real-time Playback

Enhances memory retention

Intelligent Noise Reduction
Instant Audio Feedback

High-definition Mic.
Crisp Audio Capture



Image: A child using the headphones, demonstrating the "Real-time Playback" feature which enhances memory retention, supported by intelligent noise reduction and a high-definition microphone for crisp audio capture.

3. Noise Isolation

The snug ear cups of the HQ20 headphones are designed to minimize environmental distractions, creating a focused

listening environment. This feature is beneficial for study sessions or when concentration is required.

1MORE HQ20

Hearing Protection Headphones



Block Out Distractions

Focus better with advanced noise isolation



Real-Time Playback

Boost memory retention with instant audio feedback



Smart Hearing Protection

Stay safe with intelligent volume control



Image: A child wearing the 1MORE HQ20 headphones, illustrating the benefits of blocking out distractions, real-time playback for memory retention, and smart hearing protection.

1. Cleaning

Gently wipe the headphones with a soft, dry cloth. Do not use harsh chemicals, cleaning solvents, or strong detergents. Avoid getting moisture into any openings.

2. Storage

The headphones feature a foldable design for easy storage and transport. When not in use, fold them and store them in a cool, dry place, ideally in a protective case to prevent damage.

3. Battery Care

To prolong battery life, avoid fully discharging the headphones frequently. Charge them regularly, even if not in constant use. Store at moderate temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Headphones do not power on.	Low battery.	Charge the headphones fully.
Cannot pair with device.	Headphones not in pairing mode; Bluetooth off on device; too far from device.	Ensure headphones are in pairing mode (flashing blue/red). Turn on Bluetooth on your device. Move headphones closer to the device (within 10 meters).
No sound or low volume.	Volume too low on headphones or device; hearing protection mode active.	Increase volume on both headphones and connected device. Check hearing protection settings in the 1MORE app and adjust if necessary.
Sound quality is poor.	Interference; device too far; low quality audio source.	Move away from sources of interference. Ensure device is within Bluetooth range. Try a different audio source.

SPECIFICATIONS

Model Name:	HQ20
Brand:	1MORE
Connectivity:	Bluetooth 5.0 (Wireless)
Bluetooth Range:	Up to 10 meters (33 feet)
Audio Driver:	40mm Dynamic Driver
Frequency Range:	20 Hz - 20,000 Hz
Impedance:	16 Ohm
Battery Life:	Up to 65 hours
Charging:	5-minute charge for 2.5 hours playback

Weight:	181 grams (approx. 6.4 ounces)
Ear Placement:	Over-Ear
Material:	Leather, Plastic (Protein Leather Ear Cushions)
Control Method:	Remote, App, Button
Special Features:	Smart Hearing Protection, Noise Isolation, Dual Device Connectivity, Foldable Design

WARRANTY INFORMATION

1MORE products are covered by a limited warranty from the date of purchase. The warranty period and terms may vary by region. Please refer to the official 1MORE website or your local distributor for detailed warranty information specific to your product and location. Keep your proof of purchase for warranty claims.

SUPPORT

For further assistance, technical support, or to view frequently asked questions, please visit the official 1MORE support website:




www.1more.com/support

You may also contact customer service through the contact information provided on the 1MORE website or your product packaging.



Related Documents - HQ20

	<p>1MORE SonoFlow Active Noise Cancelling Headphones User Manual</p> <p>User manual for the 1MORE SonoFlow over-ear Bluetooth headphones, featuring active noise cancellation, LDAC Hi-Res audio, 70-hour playtime, and app control. Includes setup, operation, safety, and compliance information.</p>
	<p>1MORE SonoFlow Mini HQ20 Wireless Headphones User Guide</p> <p>Comprehensive user guide for the 1MORE SonoFlow Mini HQ20 wireless headphones, covering setup, features, safety information, and warranty.</p>
	<p>1MORE SonoFlow SE Wireless Over-Ear Headphones HQ31 User Guide</p> <p>Comprehensive user guide for the 1MORE SonoFlow SE wireless over-ear headphones (Model HQ31), covering setup, controls, features, specifications, safety information, warranty, and FAQs.</p>

	<p>1MORE SonoFlow HQ51 Wireless ANC Over-Ear Headphones User Guide</p> <p>Comprehensive user guide for the 1MORE SonoFlow HQ51 wireless active noise-cancelling over-ear headphones, covering setup, controls, features, specifications, safety, warranty, and troubleshooting.</p>
	<p>1MORE SonoFlow Mini HQ20 Wireless Headphones - User Guide</p> <p>Comprehensive user guide for the 1MORE SonoFlow Mini HQ20 wireless headphones, featuring hearing protection, Bluetooth 5.3, detailed controls, specifications, safety information, and troubleshooting tips.</p>
	<p>1MORE SonoFlow Over-Ear Headphones HQ51 User Guide</p> <p>Comprehensive user guide for the 1MORE SonoFlow Over-Ear Headphones HQ51, covering setup, features, troubleshooting, and warranty information.</p>

Documents - 1MORE – HQ20



[pdf] User Manual Instructions

Lukáš Chlebovský User Manual AlzaTurn on the headphones by pressing and holding power button for 2 seconds Enable Bluetooth your smartphone or device Select 1MORE HQ20 from the dwn alza cz manual 144774 |||

HQ20 User Manual Uzivatelsk manu Uzvatesk manu Hasznlati utasts Benutzerhandbuch English 3 13 Cestina 14 24 Slovencina 25 35 Magyar 36 47 Deutsch 48 59 2 Dear customer, Thank you for purchasing our product. Please read the following instructions carefully before first use and keep th...

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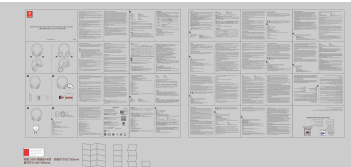


[pdf] User Manual Guide

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1MORE SonoFlow Mini Hearing Protection Study Headphones**HQ20** User Guide SonoFlow Mini **HQ20** www.1more.com **HQ20** L R R L 02 1 2 2S 1 1 3 Tiinlab Corporation 1 1 03 4 1MORE **HQ20** Type-C Hearing Conservation Light Hearing protection indicator light EN Power On: Press and hold for 2S ...

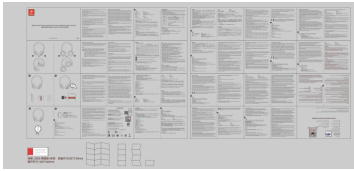
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[1MORE SonoFlow Mini HQ20 Wireless Headphones User Guide](#)

Comprehensive user guide for the 1MORE SonoFlow Mini HQ20 wireless headphones, covering setup, features, safety information, and warranty.

lang:en score:40 filesize: 4.51 M page_count: 1 document date: 2024-10-29



[1MORE SonoFlow Mini HQ20 Wireless Headphones - User Guide](#)

Comprehensive user guide for the 1MORE SonoFlow Mini HQ20 wireless headphones, featuring hearing protection, Bluetooth 5.3, detailed controls, specifications, safety information, and troubleshooting tips.

lang:en score:27 filesize: 4.31 M page_count: 1 document date: 2024-10-08

Report No.: BL-SZ2470946-701 

TEST REPORT

Applicant: Tiinlab Corporation
Address: No. 3333, Lixian Avenue, Tower A, 35th Floor, Tanglang City, Nanshan District, Shenzhen, China
Equipment Type: Wireless Headphones
Model Name: HQ20
Brand Name: 1MORE
FCC ID: 2ASDI-HQ20
Test Standard: FCC 47 CFR Part 2.1093 (refer to section 3.1)
Maximum SAR:
Sample Arrival Date: Sep. 23, 2024
Test Date: Oct. 22, 2024
Date of Issue: Oct. 22, 2024

ISSUED BY: Shenzhen BALUN Technology Co., Ltd. 

Tested by: Zhang Jiewei **Checked by:** Xu Rui **Approved by:** Tolan Tu (Testing Director)

Zhang Jiewei *Xu Rui* *Tolan Tu*


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Add: Block B, 1/F, South Science and Technology Park, Shuaibao Road, Nanshan District, Shenzhen, Guangdong Province, P. R. China

[\[pdf\] Test Report SAR Rating](#)

User SAR test report Tiinlab Corporation HQ20 Wireless Headphones 2ASDI 2ASDIHQ20 hq20


Report No.: BL-SZ2470946-701 TEST REPORT Applicant: Address: Equipment Type: Model Name: Brand Nam ... n Avenue, Tower A, 35th Floor, Tanglang City, Nanshan District, Shenzhen, China Wireless Headphones **HQ20** 1MORE 2ASDI-**HQ20** FCC 47 CFR Part 2.1093 refer to section 3.1 Head 1 g 0mm : 0.01 W/kg Extrem...

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Report No.: BL-SZ2470946-601 

TEST REPORT

Applicant: Tiinlab Corporation
Address: No. 3333, Lixian Avenue, Tower A, 35th Floor, Tanglang City, Nanshan District, Shenzhen, China
Equipment Type: Wireless Headphones
Model Name: HQ20
Brand Name: 1MORE
FCC ID: 2ASDI-HQ20
ISED Number: 24662- HQ20
Test Standard: RSS-Gen Issue 5 RSS-247 Issue 3 (refer to section 3.1)
Sample Arrival Date: Sep. 10, 2024
Test Date: Sep. 13, 2024 - Oct. 09, 2024
Date of Issue: Oct. 22, 2024

ISSUED BY: Shenzhen BALUN Technology Co., Ltd. 

Tested by: Julie Zhu **Checked by:** Ye Hongli **Approved by:** Sunny Zou (Technical Director)

Julie Zhu *Ye Hongli* *Sunny Zou*


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[\[pdf\] Test Report](#)

DELL DSS test report Tiinlab Corporation HQ20 Wireless Headphones 2ASDI 2ASDIHQ20 hq20


Report No.: BL-SZ2470946-601 TEST REPORT Applicant: Address: Equipment Type: Model Name: Brand Nam ... n Avenue, Tower A, 35th Floor, Tanglang City, Nanshan District, Shenzhen, China Wireless Headphones **HQ20** 1MORE 2ASDI-**HQ20** 24662- **HQ20** 47 CFR Part 15 Subpart C RSS-Gen Issue 5 RSS-247 Issue 3 refer to...

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Report No.: BL-SZ2470946-602 

TEST REPORT

Applicant: Tiinlab Corporation
Address: No. 3333, Lixian Avenue, Tower A, 35th Floor, Tanglang City, Nanshan District, Shenzhen, China
Equipment Type: Wireless Headphones
Model Name: HQ20
Brand Name: 1MORE
FCC ID: 2ASDI-HQ20
ISED Number: 24662- HQ20
Test Standard: RSS-Gen Issue 5 RSS-247 Issue 3 (refer to section 3.1)
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Julie Zhu *Ye Hongli* *Sunny Zou*

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DELL DTS test report BLE Tiinlab Corporation HQ20 Wireless Headphones 2ASDI 2ASDIHQ20 hq20

Report No.: BL-SZ2470946-602 TEST REPORT Applicant: Address: Equipment Type: Model Name: Brand Nam ... n Avenue, Tower A, 35th Floor, Tanglang City, Nanshan District, Shenzhen, China Wireless Headphones **HQ20** 1MORE 2ASDI-**HQ20** 24662- **HQ20** 47 CFR Part 15 Subpart C RSS-Gen Issue 5 RSS-247 Issue 3 refer to...

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1MORE SonoFlow Mini HQ20
Bluetooth fejhallgató

HASZNÁLATI ÚTMUTATÓ

1MORE SonoFlow Mini HQ20 Manual HJ v1.0 - 1. oldal
A dokumentum az angol nyelvű verzióra fordított. A 1MORE Europe B.V. tulajdonsága.
A 1MORE Europe B.V. minden jogát fenntartja a dokumentum használatát illetően.

[\[pdf\]](#) User Manual

1MORE SonoFlow Mini HQ20 Bluetooth fejhallgató mStoreMindig tartsa be az alábbi előírásokat a készülék használata során Ezzel csökkentheti tűz áramütés és egyéb balesetveszély kockázatát637208750aab007e3ed5fcf8209f3ba6 1more sonolfow mini hq20 manual humstore hu custom mstore image data srattached 637208750aab007e3ed5fcf8209f3ba6 srsltid AfmBOopQ9JNm0Oog1fremWVpQxoVE7kqzKqG 3RCbCuXvT8l85Vex7lf hu1more 3RCbCuXvT8l85Vex7lfmstore mStore1MORE kockázatátMindig hu637208750aab007e3ed5fcf8209f3ba6 AfmBOopEsBtD rvEldMmJ5vrdXchT1iqTwVp8il5xCUGkVauhW46 ZM4mstore |||

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