

ANSTEN HE029

ANSTEN Sleep Headphones Bluetooth 5.4 User Manual

Model: HE029

INTRODUCTION

The ANSTEN HE-029 Sleep Headphones are designed to provide a comfortable audio experience for both sleep and daily use. These 2-in-1 headphones offer gentle, soothing sounds in sleep mode to aid in achieving better sleep quality, while also functioning as a standard Bluetooth headset for clear, high-resolution music and calls in normal mode. Their compact and lightweight design, combined with soft silicone earplugs, ensures pressure-free comfort, especially for side sleepers.

PACKAGE CONTENTS



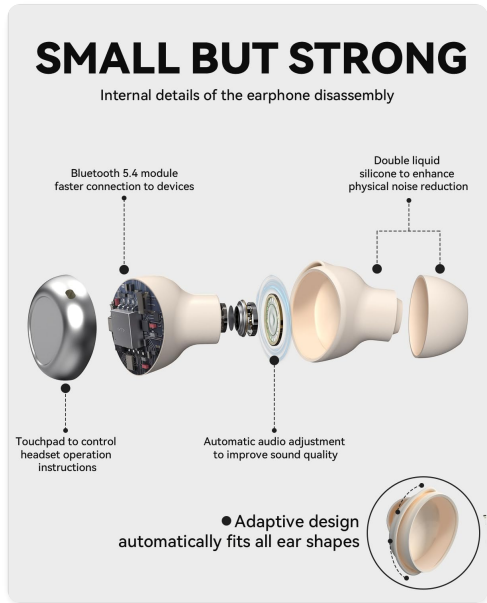
Your ANSTEN HE-029 package typically includes:

- ANSTEN HE-029 Sleep Headphones (Left and Right earbuds)
- Portable Charging Case
- USB Charging Cable
- User Manual (this document)

SETUP

1. Charging the Headphones and Case

Before first use, fully charge the headphones and the charging case. Place the earbuds into the charging case. Connect the USB charging cable to the charging case and a power source. The digital display on the case will indicate the charging status.



A full charge provides approximately 6 hours of playback for the headphones. The charging case provides up to an additional 42 hours, totaling 48 hours of battery life.

Note: Ensure the charging contacts on the earbuds and inside the case are clean and dry for optimal charging.

2. Bluetooth Pairing

1. **Initial Pairing:** Open the charging case. The headphones will automatically enter pairing mode.
2. **Activate Bluetooth:** On your device (smartphone, tablet, etc.), go to Bluetooth settings and turn on Bluetooth.
3. **Select Device:** Look for "ANSTEN HE-029" or a similar name in the list of available devices and select it to connect.
4. **Confirmation:** Once connected, you will hear an audio prompt, and the headphones will be ready for use.

The headphones are equipped with Bluetooth 5.4 for a fast and stable connection.

OPERATING INSTRUCTIONS

Wearing the Headphones

The ANSTEN HE-029 headphones are designed for maximum comfort, especially for side sleepers. Their soft silicone earplugs and lightweight design (approximately 3g per earbud) ensure a pressure-free fit.



Gently insert each earbud into the corresponding ear (L for left, R for right). Adjust them slightly until they feel secure and comfortable. The adaptive design automatically fits various ear shapes.

Touch Controls

The headphones feature a multifunction touch button on each earbud for easy control of various functions:

- **Play/Pause:** Single tap on either earbud.
- **Next Track:** Double tap on the right earbud.
- **Previous Track:** Double tap on the left earbud.
- **Answer/End Call:** Single tap on either earbud during an incoming call.
- **Reject Call:** Press and hold on either earbud during an incoming call.
- **Activate Voice Assistant:** Triple tap on either earbud (if supported by your device).



Sleep Mode Functionality

The dedicated sleep mode helps block out noise and can automatically turn off music when you fall asleep.



To activate sleep mode, refer to the specific instructions in your device's Bluetooth settings or the headphone's advanced features (if applicable). In sleep mode, the headphones are designed to automatically shut down after 1 hour of playback to conserve battery and ensure uninterrupted sleep.

The physical design of the earbuds provides effective noise isolation, creating a comfortable environment for sleep by reducing ambient sounds.



MAINTENANCE

- **Cleaning:** Regularly clean the earbuds and charging case with a soft, dry, lint-free cloth. For the ear tips, you may use a slightly damp cloth with mild soap, ensuring they are completely dry before reattaching. Do not use harsh chemicals or abrasive materials.
- **Water Resistance:** The headphones are IPX6 waterproof, meaning they are resistant to sweat, rain, and moisture. However, they are not designed for submersion in water. Avoid exposing them to excessive water or high humidity. Ensure they are dry before placing them back in the charging case.
- **Storage:** When not in use, store the headphones in their charging case to protect them from dust, dirt, and physical

- damage. Store in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the headphones frequently. Charge them regularly, even if not used for extended periods.

TROUBLESHOOTING

Problem	Possible Solution
Headphones not pairing.	Ensure headphones are charged. Place headphones back in the case, close it, then open it again to re-enter pairing mode. Turn off and on Bluetooth on your device. Forget "ANSTEN HE-029" from your device's Bluetooth list and try pairing again.
No sound or low volume.	Check volume levels on both headphones and your connected device. Ensure headphones are properly connected to your device. Clean any debris from the earbud speakers.
Headphones not charging.	Ensure the charging cable is securely connected to both the case and power source. Check if the charging contacts on the earbuds and inside the case are clean and free of obstruction. Try a different USB charging cable or power adapter.
Intermittent connection.	Ensure your device is within the Bluetooth range (typically 10 meters/33 feet) without significant obstacles. Avoid strong electromagnetic interference. Try resetting the headphones (refer to manufacturer's website if specific reset instructions are not provided here).

SPECIFICATIONS

Feature	Detail
Brand	ANSTEN
Model Number	HE029
Connectivity Technology	Bluetooth 5.4
Ear Placement	In Ear
Form Factor	True Wireless
Headphone Battery Life	Up to 6 hours (at 80% volume)
Total Battery Life (with case)	Up to 48 hours
Water Resistance Rating	IPX6
Weight (per earbud)	Approx. 3g
Noise Control	Noise Isolation (Physical Noise Reduction)

Feature	Detail
Color	White
Package Dimensions	11.1 x 7.9 x 4.3 cm

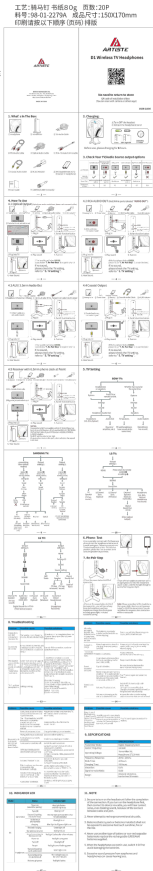
WARRANTY AND SUPPORT

ANSTEN products are manufactured to high quality standards. For warranty information, technical support, or customer service inquiries, please refer to the contact details provided on the product packaging or visit the official ANSTEN website. Please retain your proof of purchase for warranty claims.

For the most up-to-date information and support, please visit: www.ansten.com (Note: This is a placeholder URL as no specific support link was provided in the input data).




© 2025 ANSTEN. All rights reserved.

Related Documents



[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.

	<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>
	<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>HSV379HDMI Coaxial Extender: Instructions and Troubleshooting</p> <p>Comprehensive guide for the HSV379HDMI coaxial extender, covering setup, matters needing attention, and simple troubleshooting steps for optimal performance.</p>