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> WELLCARE Naturcare Sound Relaxation Machine WE-686 User Manual

## Wellcare WE-686

# WELLCARE Naturcare Sound Relaxation Machine WE-686 User Manual

Model: WE-686

## 1. INTRODUCTION

The WELLCARE Naturcare Sound Relaxation Machine WE-686 is designed to create a soothing atmosphere using white noise and seven natural sounds. It aims to promote relaxation, improve sleep quality for all ages, and help individuals focus by masking environmental noises. This manual provides essential information for safe and effective use of your device.

## 2. SAFETY INFORMATION

Please read and understand all safety instructions before using this product.

- **Electrical Safety:** This device is powered by electricity. To reduce the risk of electric shock, do not expose it to water or moisture.
- **Power Source:** Use only the provided switching adapter or 4 AA batteries (not included).
- **Child Safety:** This product is not a toy. Keep it out of reach of young children.
- **Volume Levels:** While designed for sleep therapy, avoid prolonged exposure to high volume levels to protect hearing. The maximum volume is approximately 70 dB for adults at 7.87 inches. For infants, keep the volume even lower, ideally around 30-45 dB.
- **Hearing Limitations:** This product does not block background noise and may not be hearable by people with moderate or severe hearing loss.
- **Medical Disclaimer:** WELLCARE Naturcare Sound Relaxation products have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

## 3. PACKAGE CONTENTS

Ensure all items are present upon unboxing:

- WELLCARE Naturcare Sound Relaxation Machine (Model WE-686)
- Instruction Manual

- AC/DC Power Adapter (optional, may be included depending on package)
- AA Batteries (optional, 4 required, not included)



Image: The WELLCARE Naturcare Sound Relaxation Machine WE-686, instruction manual, optional AC/DC adapter, and optional AA batteries.

## 4. PRODUCT OVERVIEW

The Naturcare Sound Relaxation Machine features a spherical design with intuitive controls for ease of use.

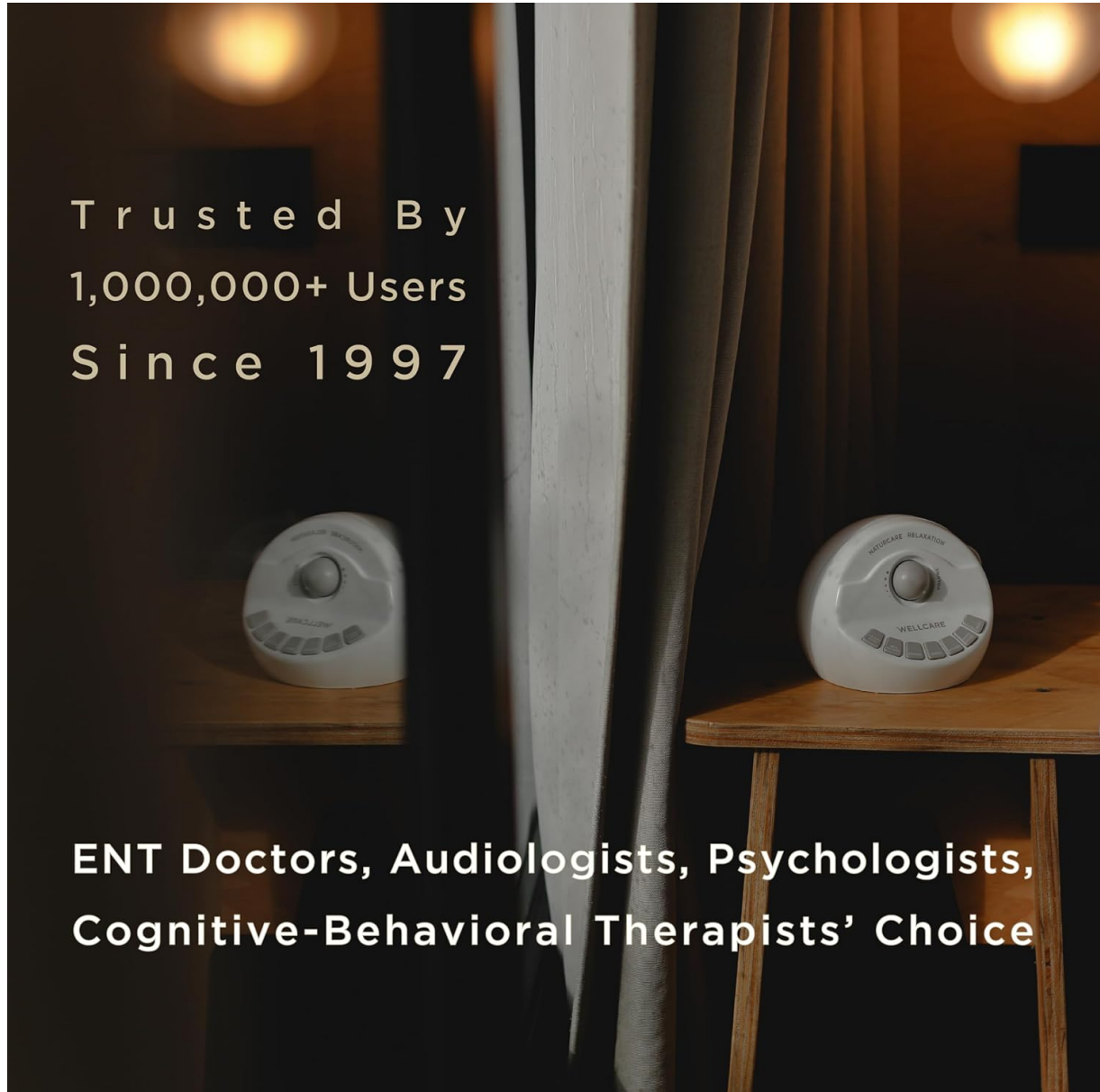


Image: Top view of the device, highlighting the large stepless volume knob and individual sound selection buttons.

### Key Features:

- **7 Natural Sounds:** Heartbeat, Sea Waves, Brook, Birds, Woods, White Noise, and Rain.
- **Stepless Volume Control:** A large, easy-to-turn knob allows for precise volume adjustment.
- **Timer Function:** Includes a 30-minute auto-off timer for convenience. Continuous play option also available.
- **Dual Power Options:** Can be powered by an AC/DC adapter or 4 AA batteries.
- **Portable Design:** Compact and lightweight, suitable for various environments including home, office, or travel.

## 5. SETUP

## 5.1 Battery Installation

1. Locate the battery compartment on the underside of the device.
2. Remove the battery compartment cover.
3. Insert 4 AA batteries, ensuring correct polarity (+/-).
4. Replace the battery compartment cover securely.

**Note:** If the product is not used for an extended period, remove all batteries to prevent leakage and damage.



Image: The device showing the battery compartment and power adapter connection point.

## 5.2 Power Connection (Optional)

Alternatively, you can power the device using the AC/DC adapter:

1. Plug the small end of the AC/DC adapter into the DC jack on the side of the device.
2. Plug the other end of the adapter into a standard electrical outlet.

The device can be operated with either batteries or the adapter. Batteries are not required if using the adapter.

Your browser does not support the video tag.

Video: Demonstrates battery installation and power connection for the Naturcare Sound Relaxation Machine.

## 6. OPERATING INSTRUCTIONS

## 6.1 Power On/Off and Timer Settings

1. Locate the slide switch on the side of the device.
2. Slide the switch to the 'ON' position for continuous play.
3. To activate the 30-minute auto-off timer, slide the switch to the 'TIMER' position. The device will automatically turn off after 30 minutes.
4. To turn off the device, slide the switch to the 'OFF' position.

## 6.2 Adjusting Volume

1. Use the large stepless volume knob located at the center of the device to adjust the sound level.
2. Rotate clockwise to increase volume, counter-clockwise to decrease.
3. For sleeping, the recommended sound level is below 45 dBA. Keep the volume at the lowest hearable level. For infants, keep the volume even lower.

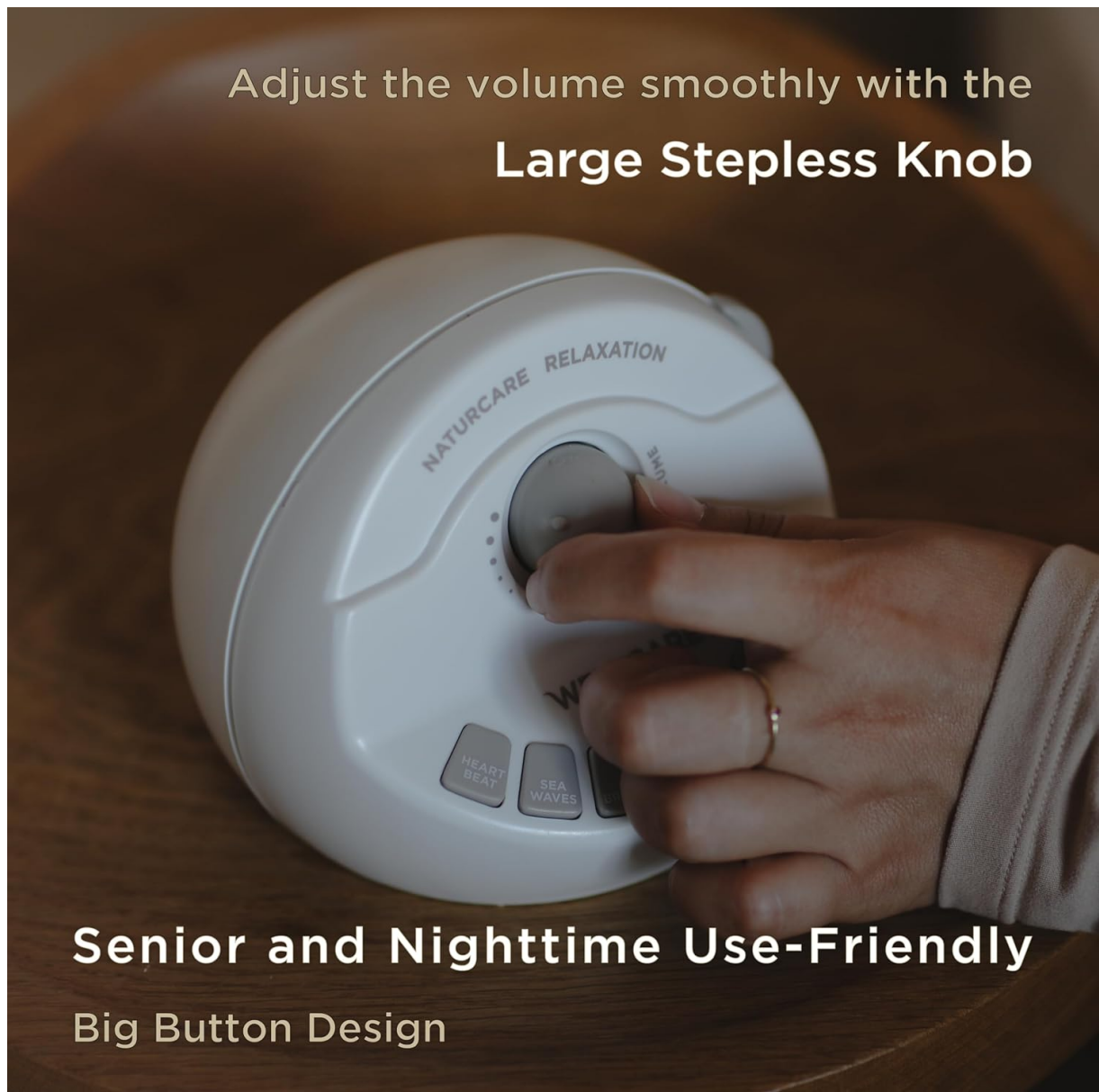


Image: A hand demonstrating the adjustment of the stepless volume knob.

## 6.3 Selecting Sounds

1. Press the corresponding button for your desired sound: Heartbeat, Sea Waves, Brook, Birds, Woods, White Noise, or Rain.
2. Only one sound can be active at a time. Pressing a new sound button will switch the active sound.

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Video: Demonstrates the selection of the 7 natural sounds on the device.

## 7. SOUND MODES AND USAGE RECOMMENDATIONS

The Naturcare Sound Relaxation Machine offers a variety of sounds to suit different needs:

- **Heartbeat:** Tailored for baby sleep, mimicking a mother's heart to provide a sense of safety.
- **Sea Waves & White Noise:** Excellent for calming babies and masking background noise for adults.
- **Brook, Birds, Woods, Rain:** Medium-frequency soothing sounds that mimic nature, ideal for stress relief, meditation, and restful sleep.

This device creates a consistent personal sound space that can help you focus, reduce stress, and ease sensitivity to certain ambient sounds. It is suitable for use in various settings such as outings, travel, office, study, in-car, yoga, and home.

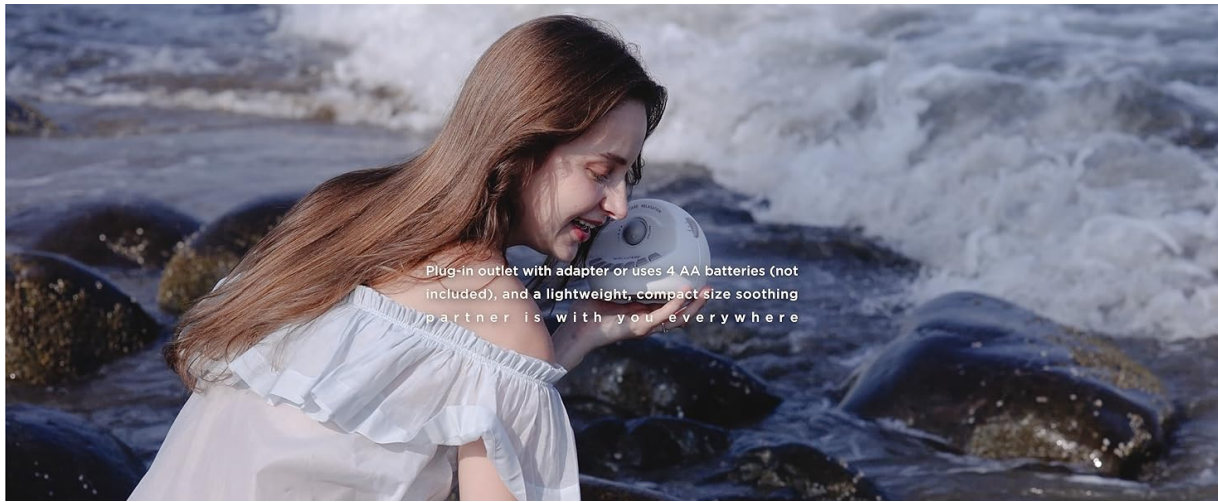


Image: The device displaying the seven natural sound options: Heartbeat, Sea Waves, Brook, Birds, Woods, White Noise, and Rain.

## 8. MAINTENANCE

To ensure the longevity and optimal performance of your Naturcare Sound Relaxation Machine:

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse in water.
- **Storage:** Store the device in a cool, dry place when not in use. If storing for an extended period, remove the batteries.
- **Battery Care:** Replace batteries when the sound quality diminishes or the device stops functioning. Always use fresh batteries of the same type.

## 9. TROUBLESHOOTING

If you encounter issues with your device, please refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not turn on.	No power, dead batteries, or adapter not connected properly.	Check battery installation and replace if necessary. Ensure AC/DC adapter is securely plugged into both the device and the power outlet.
No sound or low sound.	Volume too low or incorrect sound selected.	Increase the volume using the stepless knob. Ensure a sound button is pressed and active.

Problem	Possible Cause	Solution
Sound cuts out unexpectedly.	Timer activated or low battery power.	Check if the slide switch is set to 'TIMER'. If so, switch to 'ON' for continuous play. Replace batteries if running on battery power.

## 10. SPECIFICATIONS

Feature	Detail
Model Number	WE-686
Product Dimensions	5.12 x 5.12 x 3.94 inches
Item Weight	15.52 ounces (440 Grams)
Power Source	AC/DC Adapter (optional) or 4 AA Batteries (not included)
Material Type	Acrylonitrile Butadiene Styrene (ABS)
Color	White
Sound Options	7 Natural Sounds (Heartbeat, Sea Waves, Brook, Birds, Woods, White Noise, Rain)
Timer	30-minute auto-off

## 11. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your product packaging or visit the official Wellcare website. Keep your purchase receipt for warranty claims.