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**ANSTEN HE029**

# ANSTEN Sleep Headphones User Manual

Model: HE029

## PRODUCT OVERVIEW

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The ANSTEN HE-029 invisible 2-in-1 earbud is designed to enhance sleep quality with soft, relaxing sounds in sleep mode. It also functions as a standard Bluetooth earbud, delivering clear, high-fidelity music. These noise-reducing sleep headphones support call functions.



Image: ANSTEN HE-029 Sleep Headphones shown with their charging case. The earbuds are compact and designed for comfortable wear.

Key features include an in-ear design for effective noise shielding, ensuring undisturbed sleep. Please note, these headphones do not feature Active Noise Cancellation (ANC).

# NOISE ISOLATION

Provides a comfortable environment for your sleep



Image: A couple sleeping peacefully, illustrating the noise isolation capability of the ANSTEN Sleep Headphones, providing a comfortable environment for rest.

The earbuds are crafted with soft silicone earplugs for pressure-free comfort, making them suitable for all-night wear, even for side sleepers. Each earbud weighs only 3g, contributing to their lightweight and comfortable design.

# ONLY 3G IN WEIGHT

Compact and lightweight for a comfortable night's sleep



Image: Visual representation highlighting the ultra-lightweight design of the ANSTEN Sleep Headphones, weighing only 3 grams per earbud.

Equipped with the latest Bluetooth 5.4 chip, these wireless headphones offer faster and more stable high-quality transmission. They are also IPX6 waterproof certified, making them resistant to sweat, rain, and humidity.

# SMALL BUT STRONG

Internal details of the earphone disassembly

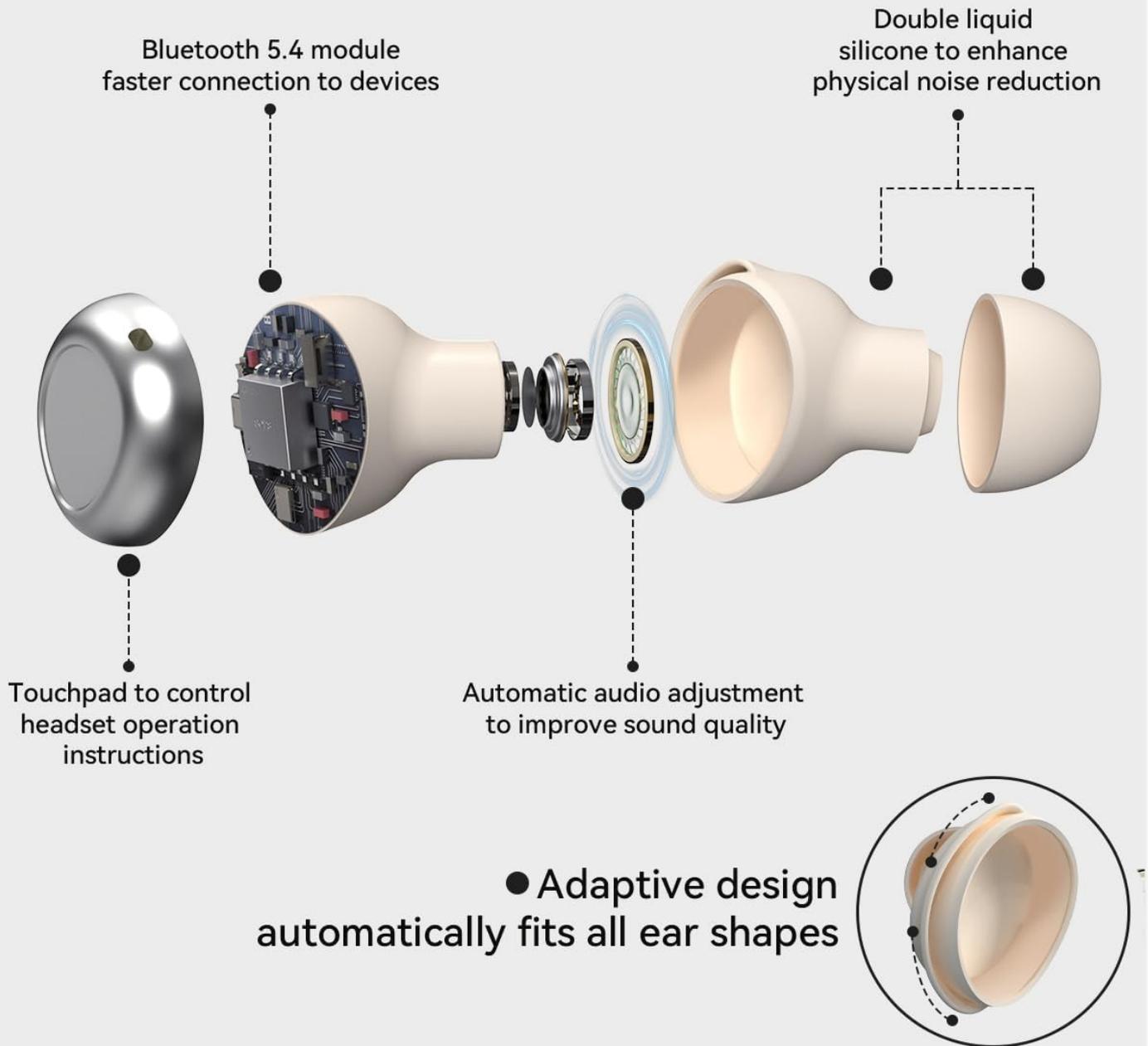


Image: An exploded diagram showing the internal components of the ANSTEN Sleep Headphone, including the Bluetooth 5.4 module, double liquid silicone for noise reduction, touchpad, and automatic audio adjustment.

## SETUP

### Initial Charging

Before first use, fully charge the ANSTEN Sleep Headphones and their charging case. Place the earbuds into the

charging case. The indicator lights on the case will show the charging status. A full charge provides up to 6 hours of headphone use and up to 48 hours 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

Image: The ANSTEN Sleep Headphones charging case, illustrating the extended battery life of 6 hours for headphones and 48 hours with the case.

## Bluetooth Pairing

1. Ensure the earbuds are charged and placed in the charging case.

2. Open the charging case. The earbuds will automatically enter pairing mode.
3. On your device (smartphone, tablet, etc.), enable Bluetooth.
4. Search for "ANSTEN HE029" or a similar name in the list of available Bluetooth devices.
5. Select the device name to connect. Once connected, you will hear a confirmation tone.

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

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### Touch Controls

The ANSTEN Sleep Headphones feature a multi-function touch button on each earbud for easy control. Specific touch gestures allow you to manage playback, calls, and modes.

- **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 for 2 seconds during an incoming call.
- **Activate Sleep Mode:** Triple tap on either earbud. (Refer to Sleep Mode section for details).

### Sleep Mode Functionality

The dedicated Sleep Mode helps block out external noise and can automatically turn off music as you fall asleep. When in Sleep Mode, the headphones will automatically shut down after 1 hour of continuous playback to conserve battery and ensure undisturbed sleep.

# SET SLEEP MODE

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

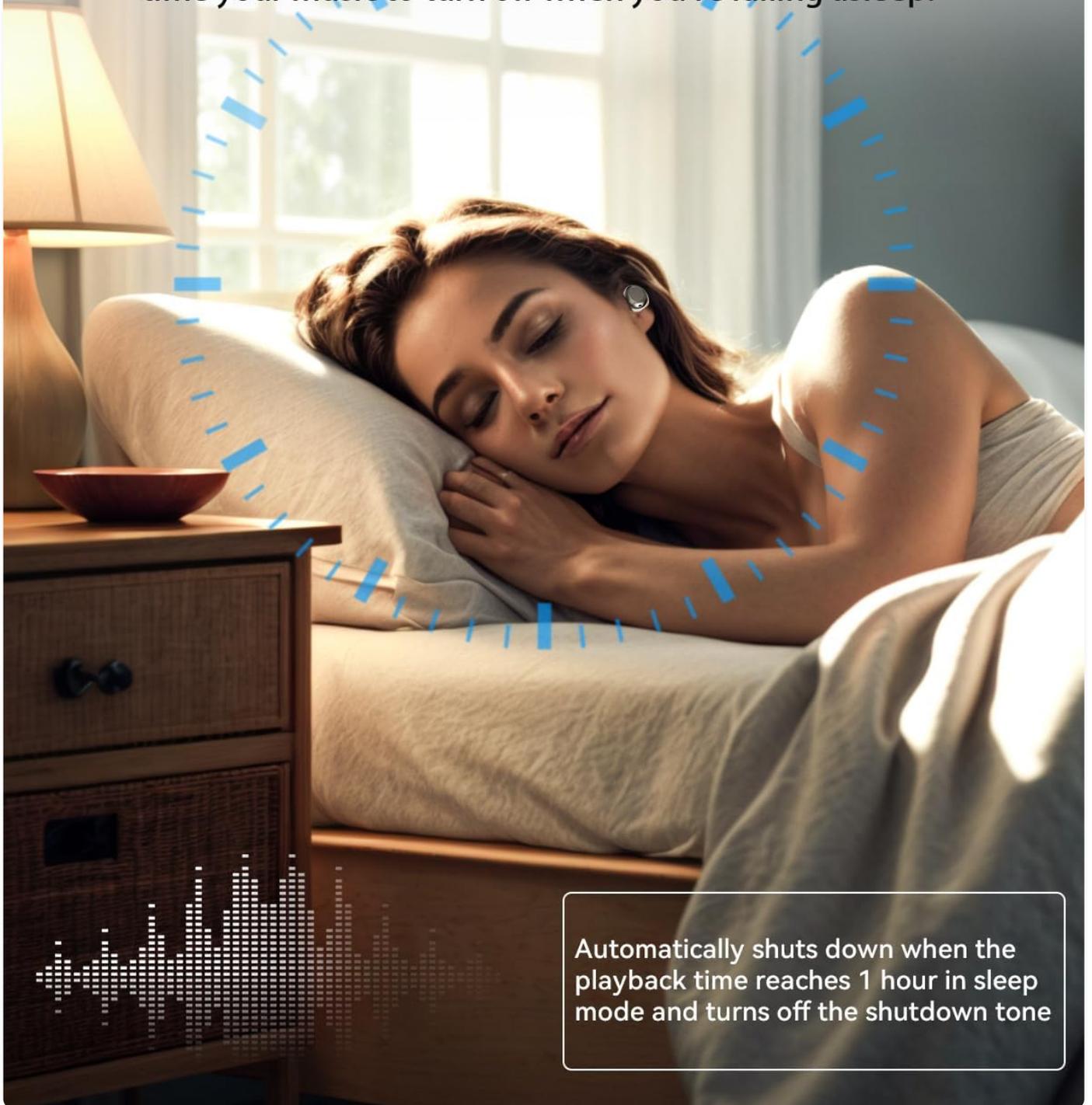


Image: A woman sleeping comfortably with the ANSTEN Sleep Headphones, illustrating the "Set Sleep Mode" feature which automatically turns off music after one hour.

## MAINTENANCE

### Cleaning

- Gently wipe the earbuds and charging case with a soft, dry, lint-free cloth.

- For the silicone ear tips, you may remove them and rinse with lukewarm water, then dry thoroughly before reattaching.
- Do not use abrasive cleaners, alcohol, or chemical solvents.

## Water Resistance (IPX6)

The ANSTEN Sleep Headphones are IPX6 water-resistant, meaning they can withstand strong jets of water. This makes them suitable for use during workouts where sweat is present, or in light rain. However, they are not designed for submersion in water. Do not swim or shower with the headphones.

## 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.

## TROUBLESHOOTING

Problem	Solution
Headphones not pairing/connecting.	<ul style="list-style-type: none"> <li>• Ensure earbuds are charged and in pairing mode.</li> <li>• Turn off and on Bluetooth on your device.</li> <li>• Forget/remove "ANSTEN HE029" from your device's Bluetooth list and try pairing again.</li> <li>• Ensure no other devices are connected to the headphones.</li> </ul>
No sound from one or both earbuds.	<ul style="list-style-type: none"> <li>• Check the volume level on your device and the headphones.</li> <li>• Ensure earbuds are properly seated in your ears.</li> <li>• Reconnect the headphones to your device.</li> <li>• Clean any debris from the earbud speakers.</li> </ul>
Charging case not charging.	<ul style="list-style-type: none"> <li>• Ensure the charging cable is securely connected to both the case and the power source.</li> <li>• Try a different charging cable or power adapter.</li> </ul>
Headphones automatically turn off too soon.	<ul style="list-style-type: none"> <li>• If in Sleep Mode, they will turn off after 1 hour. This is normal behavior.</li> <li>• Ensure earbuds are fully charged. Low battery can cause unexpected shutdowns.</li> </ul>

## SPECIFICATIONS

Feature	Detail
Model	HE029
Brand	ANSTEN

Feature	Detail
Connectivity Technology	Wireless (Bluetooth 5.4)
Ear Placement	In-ear
Form Factor	In-ear
Noise Control	Passive Noise Reduction (No Active Noise Cancellation)
Material	Acrylonitrile Butadiene Styrene (ABS)
Water Resistance Level	IPX6 (Waterproof)
Headphone Playtime	Up to 6 hours (at 80% volume)
Total Playtime with Charging Case	Up to 48 hours
Earbud Weight	Approx. 3g per earbud
Package Dimensions	11 x 7.6 x 4.2 cm
Item Weight	110 grams (total package)
Included Components	1x Sleep Headphones

## WARRANTY AND SUPPORT

### Warranty Information

ANSTEN products are designed and manufactured to the highest quality standards. For specific warranty details, please refer to the warranty card included with your product or visit the official ANSTEN website. Typically, a limited warranty covers manufacturing defects from the date of purchase.

### Customer Support

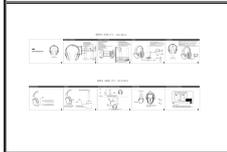
If you encounter any issues or have questions regarding your ANSTEN Sleep Headphones, please contact ANSTEN customer support. Contact information can usually be found on the product packaging, the official ANSTEN website, or through the retailer where the product was purchased.

For online support, you may visit the ANSTEN store page on Amazon: [ANSTEN Store on Amazon](#).

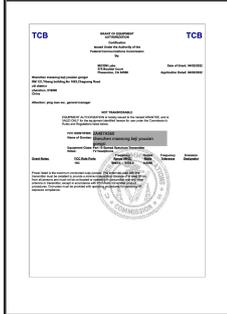
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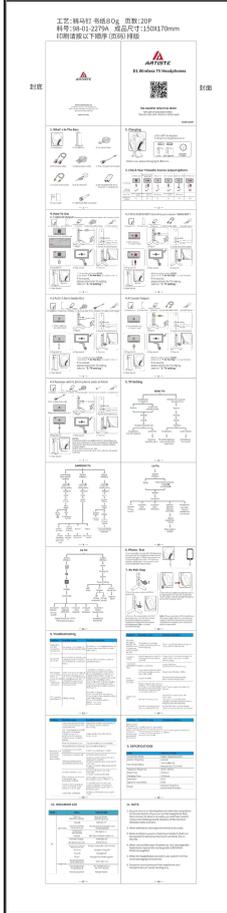
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 Comprehensive guide for the HSV379HDMI coaxial extender, covering setup, matters needing attention, and simple troubleshooting steps for optimal performance.



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 User guide for the AS30 Wireless Gaming Headset, covering product overview, power on/off, pairing, connections, microphone usage, charging, and system settings for Windows.



[FCC Grant of Equipment Authorization for ANSTEN AS60 Wireless Headphones](#)  
 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.



[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.