soundcore Sleep A20 Tiny Comfortable Effective Noise Blocking Sleep Earbuds User Guide

Home » **Soundcore** » soundcore Sleep A20 Tiny Comfortable Effective Noise Blocking Sleep Earbuds User Guide 📄
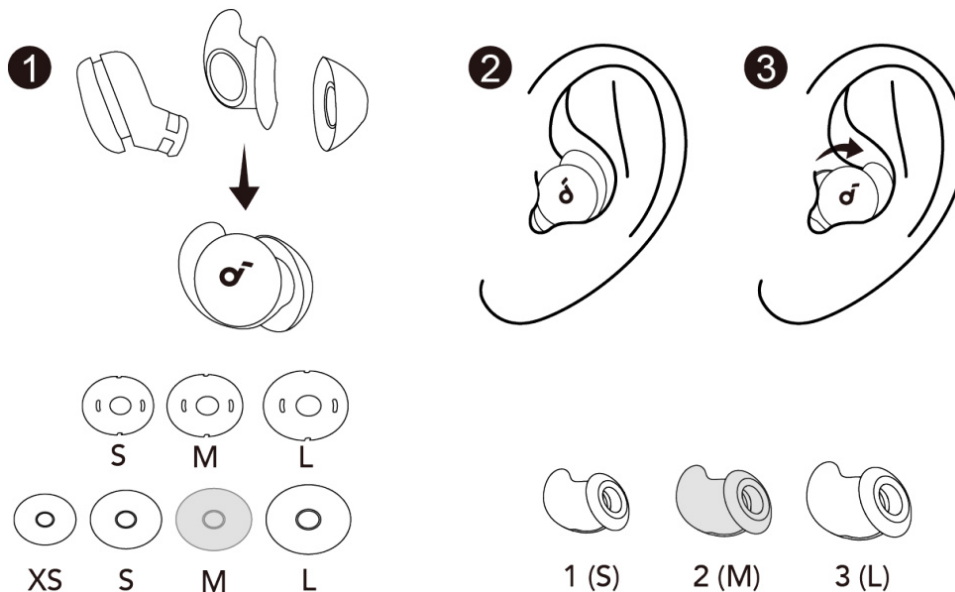
Contents

APP

Download the soundcore app to customize controls, listen to soothing sounds, manage your sleep, update firmware, and explore more.

If your earbuds cannot connect with the soundcore app, update it to the latest version in your mobile app store.

Click this link to download: **http://dl-soundcore.soundcore.com/qcdl?flow=soundcore**
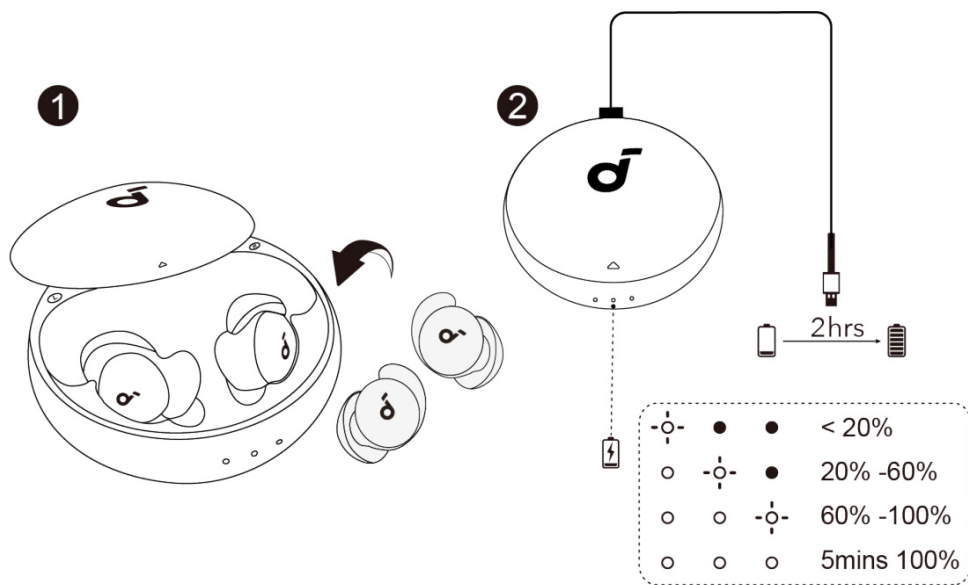
WEARING

Choose the ear tips and ear wings that fit your ears best. The earbuds come with the M sizes of ear tips and ear wings pre-installed.

Please note that the Sealed Eartips are for noise blocking, while the Breathable Eartips allow for more airflow (no noise blocking effect).
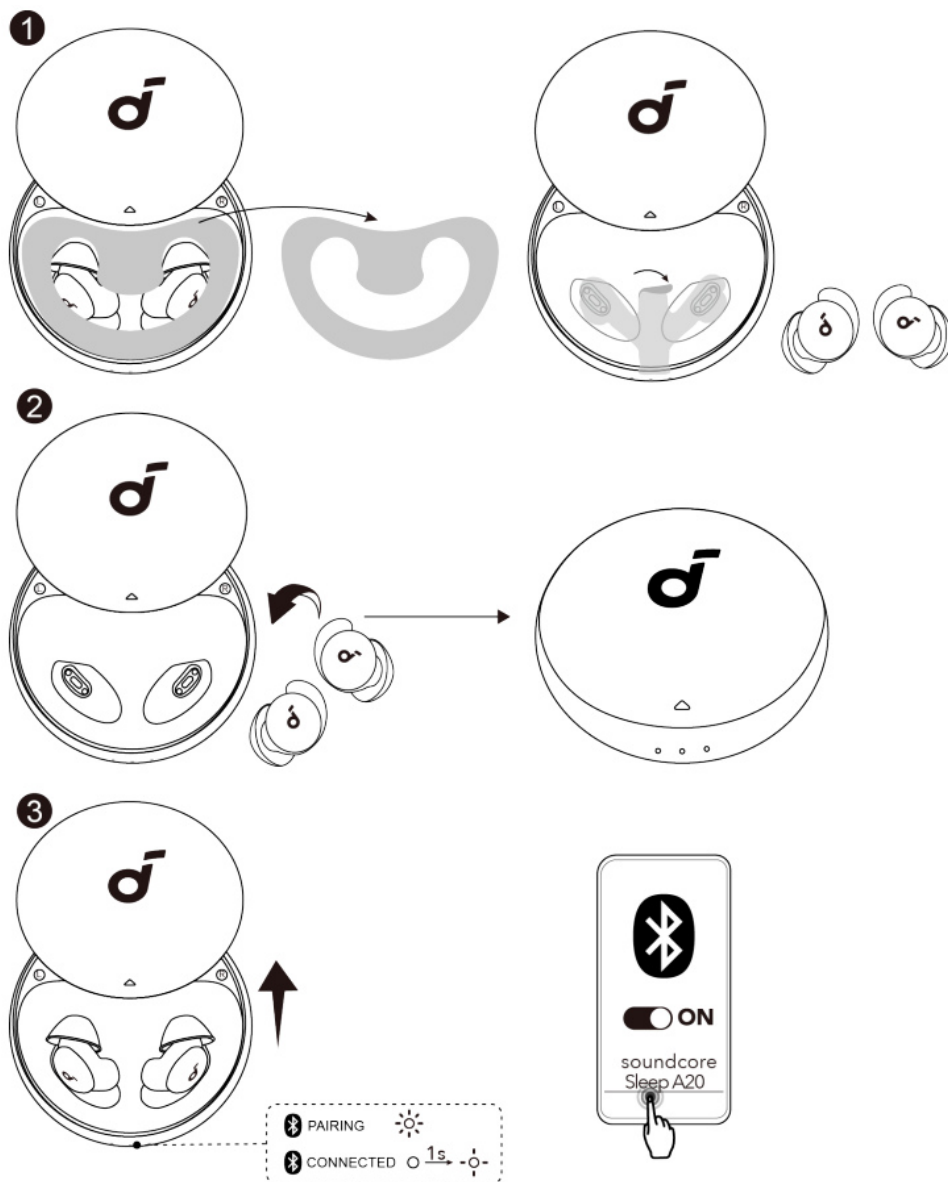
To better block out noises, insert the earbuds into your ear canals and turn gently until the ear wings are wedged against your ear ridges.

CHARGING

-ọ-	●	●	< 20%
○	-ọ-	●	20% -60%
○	○	-ọ-	60% -100%
○	○	○	5mins 100%

1. Place the earbuds in the charging case and close it.
   • Fully dry off the earbuds and the USB charging port before charging.
2. Connect the charging case to the power supply by using the provided USB-C charging cable.
   • It is recommended that you charge the earbuds with a 5V charger (not included).
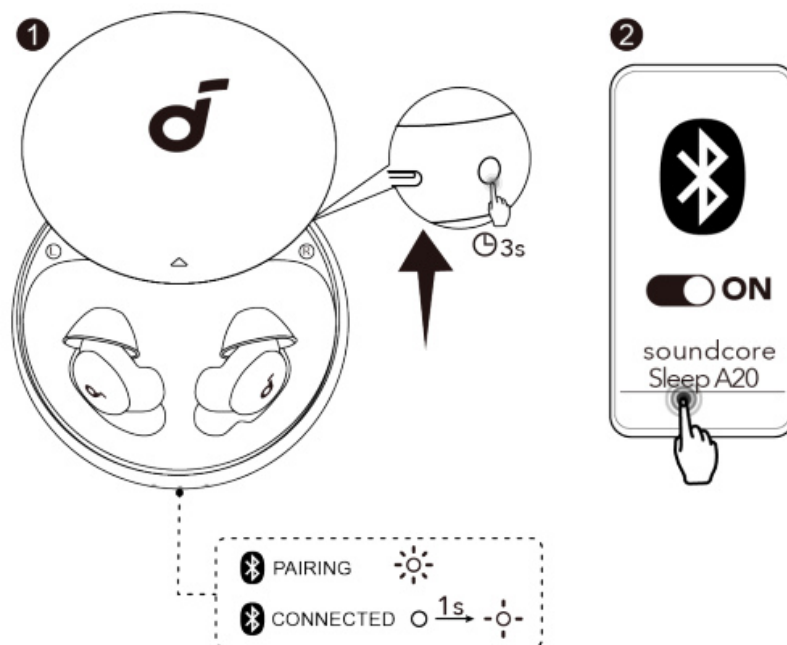   • Fully charge both the earbuds and the charging case before the first use.

POWERING ON & PAIRING

After removing the insulation stickers on the earbuds, return earbuds to the charging case, then activate Bluetooth pairing by closing and reopening the case lid. Subsequently, the earbuds will automatically power on and enter Bluetooth pairing mode. Select "soundcore Sleep A20" on your device's Bluetooth list to connect.

When pairing, the second LED indicator on the charging case will start flashing. After the pairing is successful, the second LED indicator will stay on for 1 second and then go off.
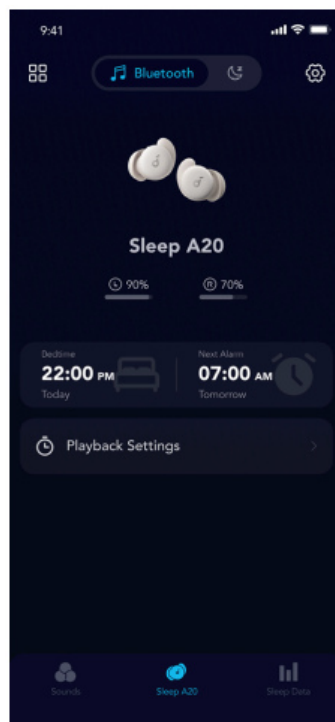
PAIRING WITH ANOTHER DEVICE

Place the earbuds in the charging case and leave the case open. Press and hold the button on the charging case for 3 seconds to enter pairing mode.
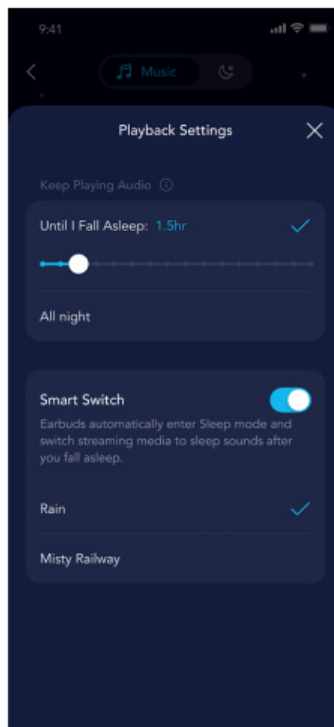
USING SLEEP A20 WITH APP

Selecting Listening Mode

You can switch between Bluetooth Mode and Sleep Mode via the soundcore app or by tapping the left earbud twice. The touch controls can also be customized in the app.
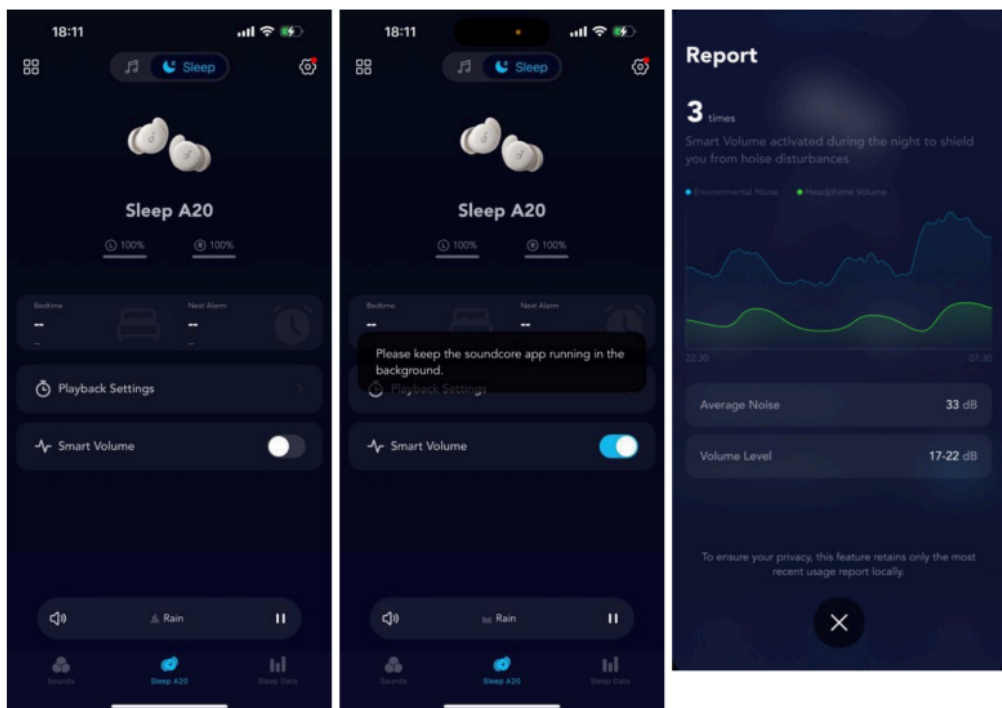
- Bluetooth Mode: Connect to other third-party apps for your favorite audio content.
- Sleep Mode: Listen to the soothing sounds downloaded onto your earbuds without having to interact with apps or other devices. This ensures a sound sleep free from disturbance by phone notifications and alert tones.

Smart Switch and Playback Settings

- Smart Switch: Enable this feature to automatically switch from Bluetooth Mode to Sleep Mode when you fall asleep. You can also choose the audio you want to use after sleep (e.g. sleeping sounds or masking sounds).
- Playback Settings: Customize the duration of playtime.
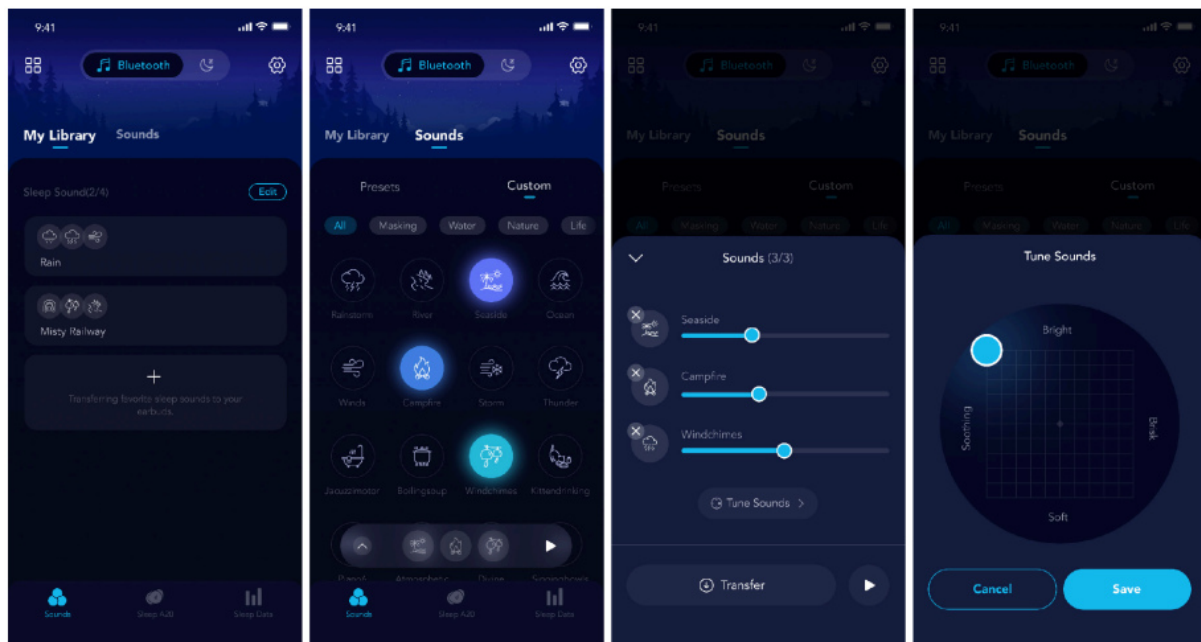
Smart Volume

Smart Volume: In Sleep mode, the mic of your phone will detect changes in ambient noise. When there is a consistent increase or decrease in volume, the audio volume will dynamically adjust according to external noise changes, providing a noise masking effect that is more adaptive to dynamic environments.
Notes:

1. Sleep A20 does not have an ANC feature.
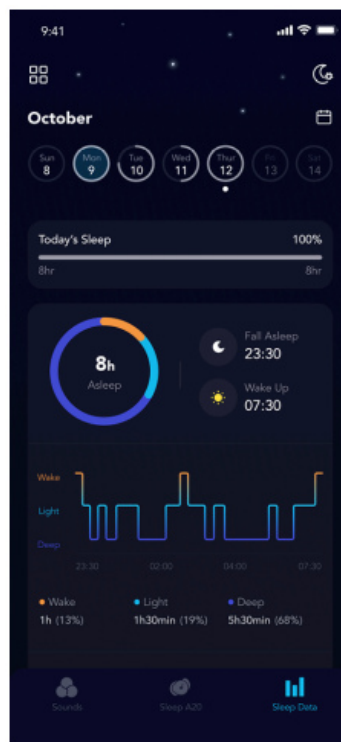2. This feature is only effective in Sleep mode.

3. It is necessary to ensure that the earbuds are connected to the smartphone, and the app must continue to be active (do not manually close the app).

4. The earbuds themselves do not have microphones; they rely on the smartphone's microphone to monitor ambient noise levels (only detecting changes in environmental volume, without recording or recognizing the content of the sound in any form).

5. This feature requires more than half an hour of use before a corresponding report will appear (you will see a one-time monitoring result either when you manually turn off the feature or before the next use).

6. This feature provides a maximum volume limit of 65dB. The earbud volume will not continuously change with the external environment's volume level (in compliance with the World Health Organization's recommendations for hearing protection).
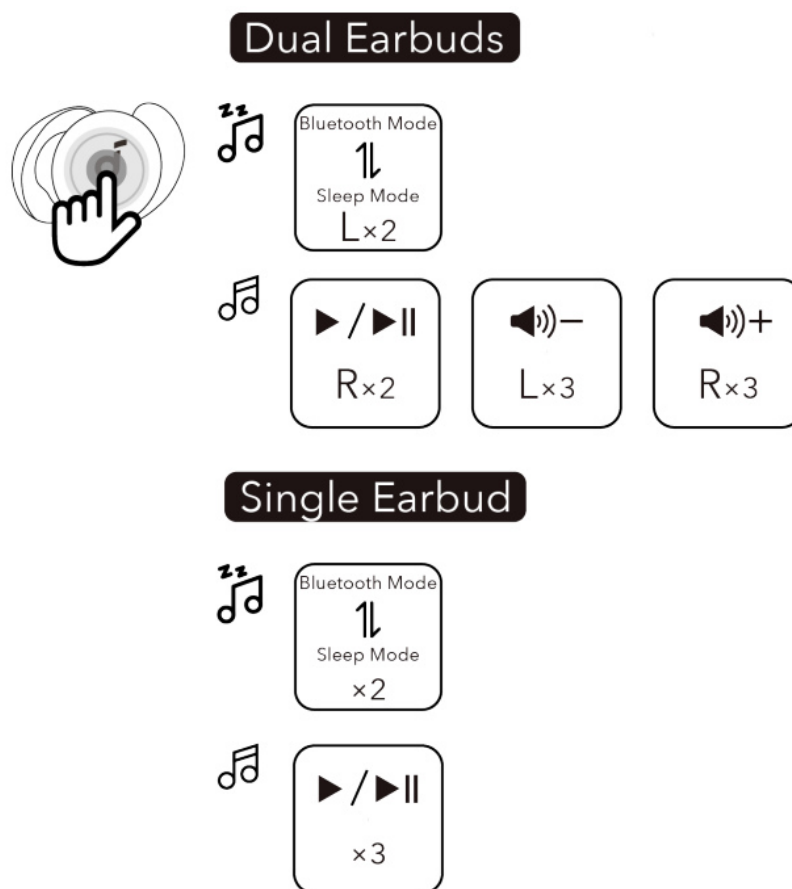
Sounds

In My Library, you can transfer a total of four Sleep Sounds tracks into your earbuds.
For each track, you can mix up to three white noise sounds and fine tune them for your ideal listening ambiance.
After the adjustments are made, Tap Transfer to upload your customized audio mix to the earbuds.
Please note that once the audio has been transferred, it cannot be modified.

Sleep Monitoring

- Sleep Monitoring: The earbuds can monitor your sleep data (including sleep stage, sleep positions and the frequency of rolling over) to provide a detailed report.

CONTROLS

Dual Earbuds

	Bluetooth Mode ⇅ Sleep Mode	
	L×2	

| ▶/▶‖ R×2 | ◀))− L×3 | ◀))+ R×3 |

Single Earbud

Bluetooth Mode ⇅ Sleep Mode
×2

▶/▶‖
×3

×2 Tap twice   ×3 Tap three times
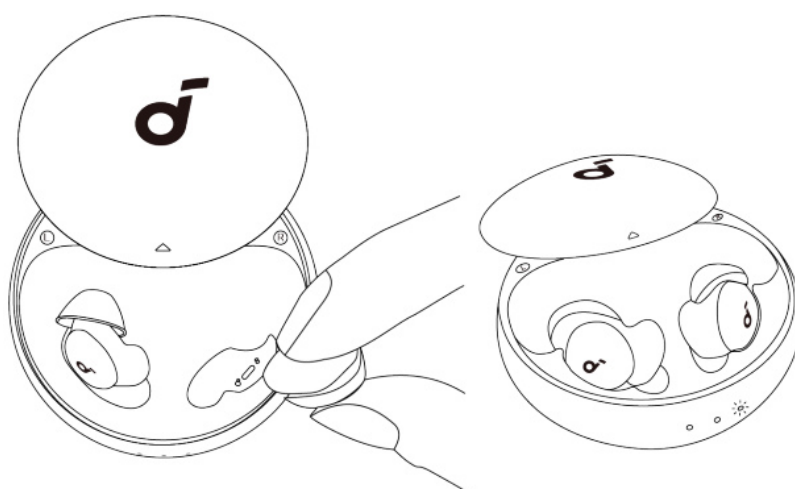
* Please note that you need to tap with a bit of force for the earbuds to recognize the command.

		Using Dual Earbuds	**Using Single Earbud**
🎵	Switch listening modes (Bluetooth Mode / Sleep Mode)	Tap twice firmly (L)	Tap twice firmly
🎵	Play / Pause	Tap twice firmly (R)	Tap three times firmly
	Volume up	Tap three times firmly (R)	/
	Volume down	Tap three times firmly (L)	/

* You can customize more controls in the soundcore app.
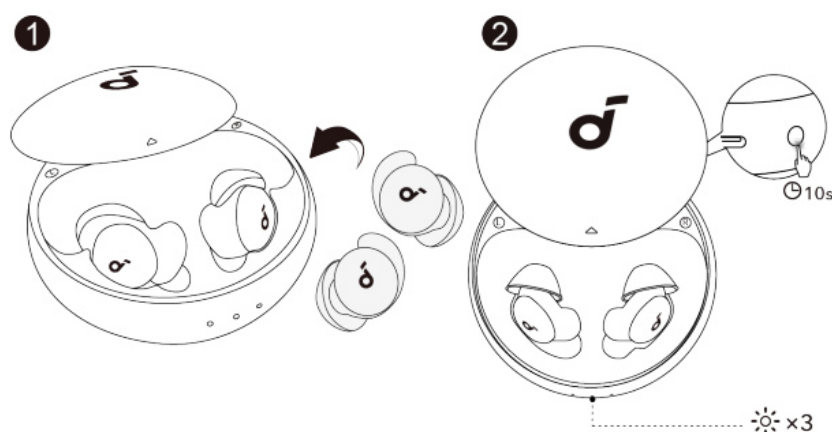
POWERING OFF

To power off, place the earbuds in the charging case by aligning the charging contactors of both the earbuds and charging case, and then close the lid.
Once the corresponding earbud is back into the case, the first (left earbud) or the third LED indicator (right earbud) will stay on for three seconds and then go off.
* When taken out, the earbuds will automatically power off after 10 minutes if they are not connected. The duration can be set in the soundcore app.
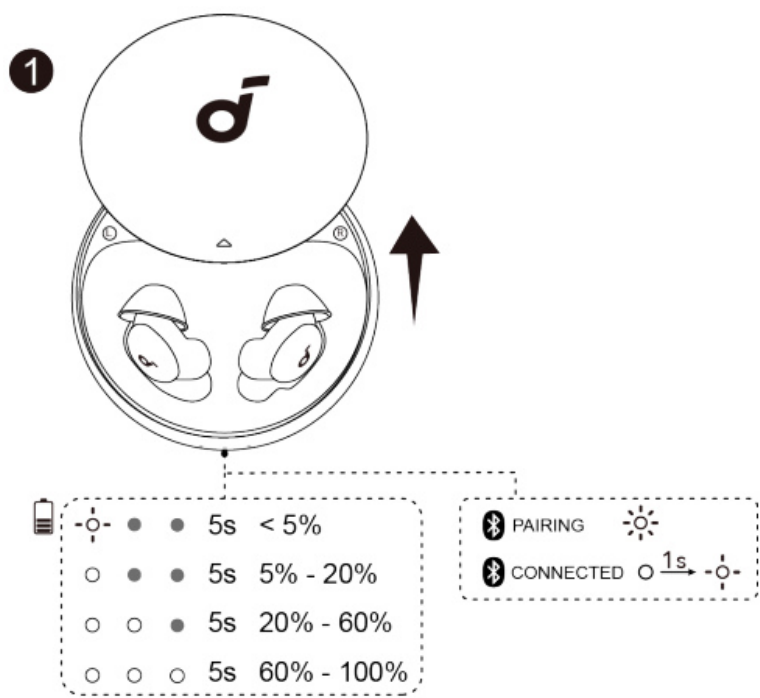
RESET

Reset if the earbuds have issues pairing with each other or with other devices.
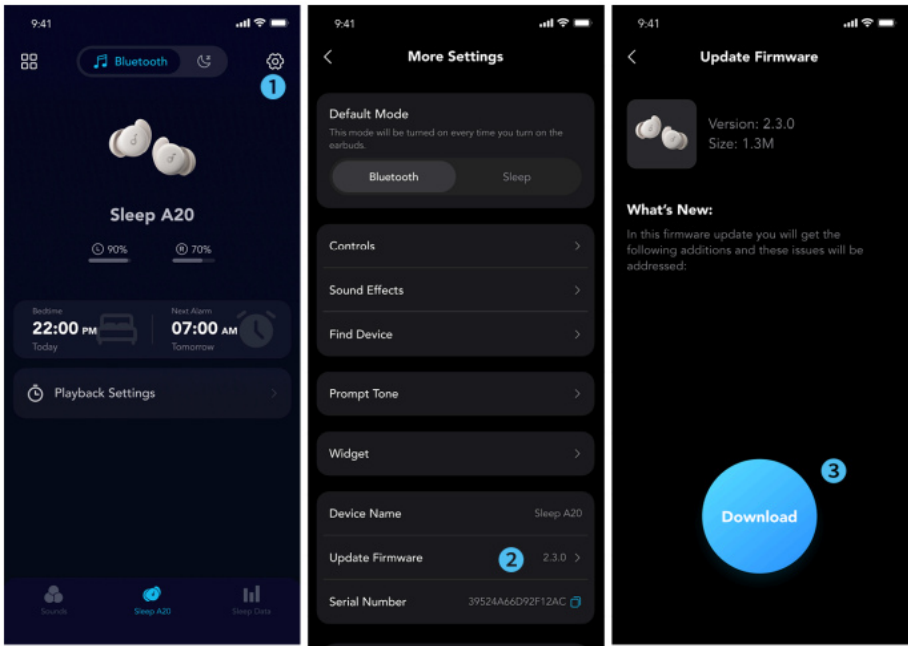Delete the pairing history from your Bluetooth device first. Place the earbuds in the charging case and leave the case open. Press and hold the button on the charging case for 10 seconds until the LED indicators rapidly flash white 3 times.
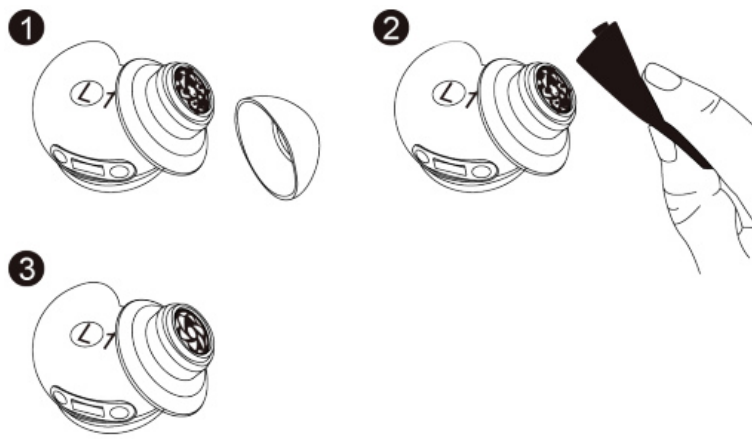
LED LIGHT GUIDE

☀	Flashing white rapidly
-○-	Flashing white slowly
○	Steady white
●	Light off

FIRMWARE UPDATE

You will be informed once the new version of firmware is detected when you connect the earbuds with the app. Ensure the earbuds are placed in the charging case and the case remains open until the firmware update is completed. During the update, ensure the earbuds are being charged and avoid any usage.

CLEANING

Dust, earwax or other debris can accumulate in the earbuds. To maintain optimal sound quality, regularly clean your earbuds via using a cotton swab slightly moistened with rubbing alcohol to gently wipe the metal mesh filter under the rubber ear tips.

SPECS

Specifications are subject to change without notice.

Input	5V/0.45A
Rated output power	5V/0.076A (0.038A per port)
Battery capacity	580mAh/2.158Wh
Charging time	2h
Playtime (Bluetooth Mode)	10h
Playtime (Sleep Mode)	14h
Frequency response	20~20000Hz
Impedance	16ohm
Waterproof level (Earbuds)	IPX4
Bluetooth version	BT5.3
Bluetooth range	2.4GHz

Phone call function is not supported on soundcore Sleep A20. Please use your mobile phone to answer a call.

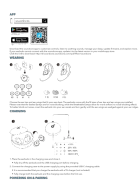**Regulations and Compliance Information**
Hereby, Anker Innovations Limited declares that this device is in compliance with The Product Security and Telecommunications Infrastructure (Security
Requirements for Relevant Connectable Products) Regulations 2023. For the Statement of Compliance, visit the website: **https://uk.soundcore.com/pages/psti-related**.
Note: The 'x' of SN Code: xxxxxxxxxxxxxxx is a variable, see below table.

Variable 'x'	Range of variable	Content
Seventh	0-9 or A-F	Denotes the hardware version which is not effected on the safety compliance.
Eighth	8,9,A,B,C…	Denotes the year, 8 means 2018, 9 means 2019, A means 2020, B means 2021, C means 2022, and so on.
Ninth and tenth	01,02,03…	Denotes weeks, 01 means the first week in this year, 02 means the secondary week in this year, and so on.
Eleventh	1-7	Denotes date, 1 means Monday, 2 means Tuesday…, 7 means Sunday and so on.
The last five	00001-99999	Denotes serial No.

Documents / Resources

soundcore Sleep A20 Tiny Comfortable Effective Noise Blocking Sleep Earbuds [pdf] User Guide
A6611, Sleep A20 Tiny Comfortable Effective Noise Blocking Sleep Earbuds, Sleep A20, Tiny Comfortable Effective Noise Blocking Sleep Earbuds, Comfortable Effective Noise Blocking Sleep Earbuds, Effective Noise Blocking Sleep Earbuds, Noise Blocking Sleep Earbuds, Blocking Sleep Earbuds, Sleep Earbuds, Earbuds

References

- **App**
- **PSTI Related - soundcore UK**
- **User Manual**