

## INSTRUCTIONS

ANLEITUNG      INSTRUÇÕES      指示書  
 INSTRUCCIONES      説明書      명령  
 ISTRUZIONI      说明书      تامليل عت

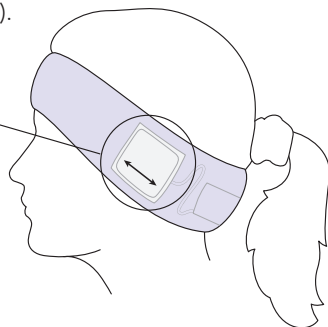


Scan this QR code or visit [www.SleepPhones.com/instructions](http://www.SleepPhones.com/instructions) to read this User Guide as well as Warranty Information and Legal disclosures in additional languages.

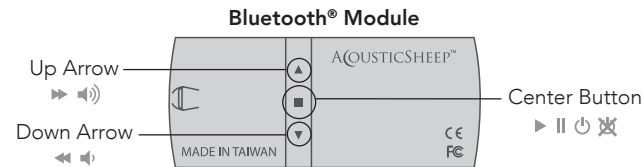
## WEARING YOUR EFFORTLESS™ HEADPHONES

- 1 Holding the headphones, you'll notice the flat speakers – one on each side – inside of the headband.
- 2 Place the headband on your head (tag goes at the back of your head).
- 3 Once the headband is on, adjust the speakers so they are positioned directly over your ears. This will ensure great sound quality.

Please Note: The speakers move inside of the headband, independently of the headband.



## BASIC EFFORTLESS™ HEADPHONE USAGE



**Power On:** Press and hold center button for 5 seconds

**Volume:** Click the arrows to increase or decrease the volume

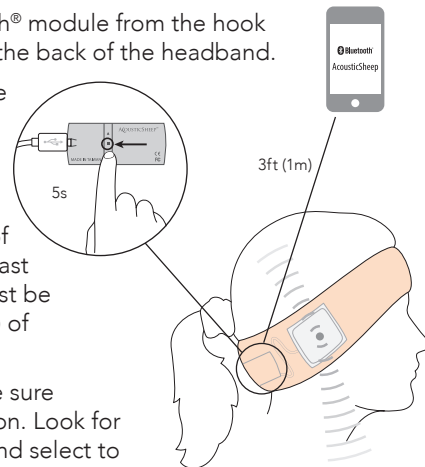
**Power Off:** Press and hold the middle square button on the Bluetooth® module for 3 seconds until you hear descending tones through the speakers

**Skip Tracks:** Double click arrows to skip tracks

**Play/Pause:** Click the center button once to play or pause

## PAIRING YOUR EFFORTLESS™ HEADPHONES

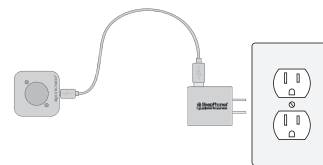
- 1 Remove the Bluetooth® module from the hook and loop opening at the back of the headband.
- 2 Hold down the square button for 5 seconds until you hear ascending tones through the speakers followed by a series of double beeps and a fast blinking red light. Must be within 3 feet (1 meter) of your device.
- 3 On your device, make sure Bluetooth® is turned on. Look for 'ACOUSTICSHEEP' and select to pair. Pairing may take up to 30 seconds.



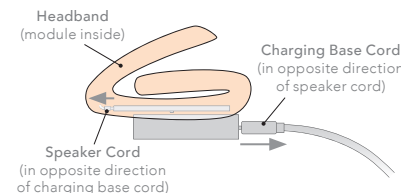
## EFFORTLESS™ CHARGING INSTRUCTIONS

- 1 Assemble charging mechanism (micro-USB into Effortless™ base\*, USB into wall adapter\*\*) and plug USB adapter into wall outlet.

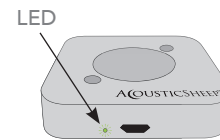
Your Effortless™ base will have a solid orange light indicating that it is ready to be used.



- 2 Lay your Effortless™ headband on the base with the module inside, buttons facing down, and the plugs in opposite directions.



- 3 Your Effortless™ is charged when the light on the base is solid green (it will take approximately 3 hours to fully charge).



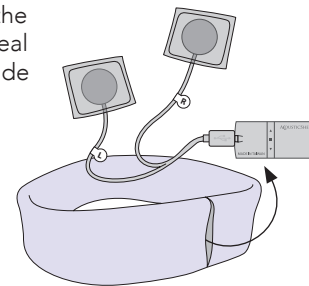
### Effortless™ LEDs

- Solid** ●: Powered on, no device connected
- Blinking** ●: Effortless™ is charging correctly
- Blinking** ●: Improper charging position
- Solid** ●: Effortless™ is fully charged

\* Inserting the micro-USB into the base upside down could damage it and prevent it from charging.  
 \*\* Use only the cable and wall adapter provided.

## WASHING INSTRUCTIONS

- 1 Open the hook and loop at the back of the headband to reveal the speaker components inside the headband.
- 2 Remove the Bluetooth® module and then reach in to remove the speakers, one at a time, from the headband.
- 3 Once the speakers are removed, you can machine-wash the headband.
- 4 Reinsert one speaker at a time, and move each about four inches from the hook and loop opening on either side of the headband.
  - Right speaker has red stitching
  - Left speaker has green stitching
  - Softer gray side should face towards the ear
  - White side should face away from the ear
- 5 Then insert the Bluetooth® module into the headband and close the hook and loop opening.



## PROLONG THE LIFE OF YOUR HEADPHONES

- When disconnecting the cord, grasp and pull the plug and not the cord.
- Do not leave components in a wet or dirty headband.
- Wash your headband regularly (remove all components before washing).

## TROUBLESHOOTING

**Not Sure if Fully Charged?** Refer to “Effortless™ LEDs” chart.

**Unable to Pair for the First Time?** When you turn on the module, make sure to continue holding down the button for a full 5 seconds until you hear ascending tones followed by a series of beeps. The beeps indicate that the module is in pairing mode.

**Unable to Pair?** If your Bluetooth® enabled device is unable to pair with the Bluetooth® module, you may need to reset the module and/or your device. To reset the Bluetooth® module, turn it on then hold both the “up” and “down” arrow buttons down for 7 seconds. Once the reset function is complete, there will be 2 long tones. The Bluetooth® module must be turned off and then turned back on for it to enter into pairing mode.

**Unable to Find Device while Pairing?** If your AcousticSheep® module was previously paired with another device, it will automatically pair with that device if the device is within range. Make sure that the Bluetooth® on all other previously paired devices is turned off when you are pairing with a new device.

### No Sound When Paired

- Slide the speakers inside the headband (gray side of speakers towards the ear) to position them over your ears.
- Check the volume on your Bluetooth® audio player and wireless Bluetooth® module located inside the headband.
- Make sure the wireless Bluetooth® module is charged.
- If your paired Bluetooth® device is separated from your SleepPhones® Effortless™ headphones for more than 5 minutes, the headphones will automatically power off. Try powering them back on (not all apps or software support Bluetooth®).
- Turn off the module and restart the pairing process.

## WARRANTY INFORMATION AND LEGAL DISCLOSURES


### BATTERY

This AcousticSheep® product contains a rechargeable lithium ion battery. It should only be charged with the charging cable and wall adapter provided with this product. Lithium batteries last longer if they are charged after every use. They do not need (and prefer not) to be fully discharged before recharging. AcousticSheep® provides a battery replacement and recycling service that you can access through our website. Please DO NOT attempt to open this product or replace the battery yourself. Opening the product voids the limited warranty.

### WARNINGS

WARNING: SleepPhones® or RunPhones® may be a strangulation hazard. They should not be used by children, the elderly, or by anyone who may strangle on the cord.

WARNING: Use of a headset that covers both ears will impair your ability to hear other sounds. Use of such a headset while operating a motor vehicle or riding a bicycle may create a serious hazard to you and/or others, and is illegal in most states and regions.

 WARNING: Exposure to high volume sound levels may damage your hearing. The louder the volume, the less time is required before your hearing could be affected. You may experience different sound levels when using your headset or headphones with different music and different devices. If you experience hearing discomfort, you should stop listening to the device through your headset or headphones and have your hearing checked by your doctor.

To protect your hearing, hearing experts suggest that you:

- Set the volume control in a low position before putting your headset or headphones on your ears and use them at the lowest possible volume.
- Avoid turning up the volume to block out noisy surroundings. Whenever possible, use your headset or headphones in a quiet environment with low background noise.
- Limit the amount of time you use headsets or headphones at high volume levels.
- Turn the volume down if the sound from the headset or headphones prevents you from hearing people speaking near you.

**If you live in North America and still can't find the information you need, please call our customer service team for assistance before returning the products to your retailer under their return policy.**

Tel: 877-838-4790 Email: [service@acousticsheep.com](mailto:service@acousticsheep.com)

If you live outside of North America, please visit our website [www.SleepPhones.com](http://www.SleepPhones.com) or [www.RunPhones.com](http://www.RunPhones.com) to locate your country's distributor.

 Bluetooth® Wireless Headphones  
AcousticSheep LLC

**FCC NOTICE TO USERS** FCC ID: S9HZJRNFY10

Changes or modifications not expressly approved by AcousticSheep LLC could void the user's (or your) authority to operate the equipment. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off

and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

For the product FCC registration label, please see the Bluetooth® wireless module contained inside of the headband.

### RF EXPOSURE


THIS DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES. It is designed not to exceed the limits for exposure to radio waves recommended by international guidelines.

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance.

### DECLARATION OF CONFORMITY

AcousticSheep LLC declares that this product is in compliance with:

- The essential requirements and other relevant provisions of Directive 1999/5/EC
- All other relevant EU Directives.

 In compliance with WEEE Directive (2002/96/EC), please dispose of this product by taking it to your local collection point or recycling center for electronic devices.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

- Limit the amount of time you use headsets or headphones at high volume levels.
- Turn the volume down if the sound from the headset or headphones prevents you from hearing people speaking near you.

### LIMITED ONE-YEAR WARRANTY

Please refer to [www.SleepPhones.com/warranty](http://www.SleepPhones.com/warranty) for full details regarding the AcousticSheep LLC Limited Warranty.

### CUSTOMER SERVICE

The answers to most setup and performance questions can be found in the FAQs at [www.SleepPhones.com/faqs](http://www.SleepPhones.com/faqs) or [www.RunPhones.com/faqs](http://www.RunPhones.com/faqs).

Visit [www.SleepPhones.com/instructions](http://www.SleepPhones.com/instructions) to read this User Guide as well as Warranty Information and Legal disclosures in additional languages.

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# EFFORTLESS™



Bluetooth® Wireless Headphones with Induction Charging

## USER GUIDE

# Welcome to the AcousticSheep® Family!

This User Guide has helpful tips and info for using and enjoying your new AcousticSheep® SleepPhones® or RunPhones® Effortless™.

Still have questions? Contact our customer service team M-F from 8-5pm EST at **877-838-4790** or at [service@acousticsheep.com](mailto:service@acousticsheep.com).

Enjoy!