



# BLUETOOTH SLEEP HEADPHONES

THE MOST COMFORTABLE HEADPHONES FOR BEDTIME

## USER MANUAL



Bluetooth  
Compatible



Padded Wireless  
Speakers



Built-in  
Microphone



Perfect for  
Side Sleepers



Machine  
Washable



10 Hours  
Playtime

# WELCOME TO THE SLEEP ZEN FAMILY!

Here is our guide to help you utilize the Sleep Zen Sleep Headphones.

Our mission is to empower you with the tools you need for the most rejuvenating sleep imaginable.



# FEATURES

- Made from premium material.
- Built-in microphone for answering or calling.
- Hand-washable after removing the Bluetooth modules.
- Compatible with any Bluetooth enabled devices.
- Universal micro-USB cable.



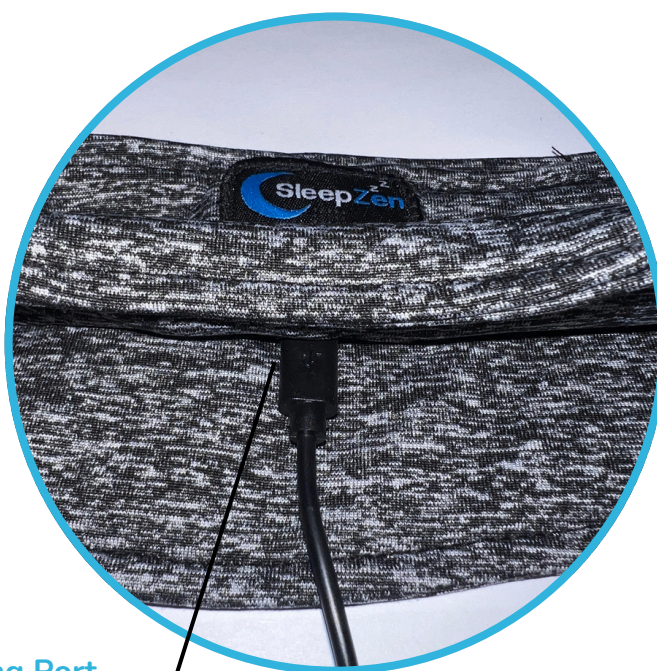
# SPECIFICATIONS

- Bluetooth Version: 5.0 + EDR
- Frequency: 2.402 Ghz-2.480 GHz
- Standby time: up to 120 hours
- Music playing time: up to 10 hours
- Transmission distance: 15 m(45ft)
- Battery: Li-ion 3.7V/180mAh
- Charging time: 2 hours
- Talking time: up to 12 hours



# CHARGING THE DEVICE

- Fully charge the battery before using your Sleep Zen Sleep Headphones for the first time.
- Use the USB cable (included with purchase) and plug the small end into the charging port of the band. The image below shows how to locate the charging ports on the Sleep Zen Sleep Headphone.
- Now plug the larger end of the USB cable into your PC or Laptop.
- While charging, there will be a red LED status light on the control panel.
- It will take about 2 hours for the battery to become fully charged. You will know it's complete, when the red light on the control panel changes to blue.




Micro-USB Charging Port

# INSTRUCTIONS

## 1. POWER ON:

Hold down the Play/Pause  button for 4 seconds to turn on your Sleep Zen Sleep Headphones.

## 2. POWER OFF:

Hold down the Play/Pause  button for 4 seconds to shut off your Sleep Zen Sleep Headphones.




V+ (long press)  
Next Song (short press)

Power On/Off (long press)  
Play/Pause (short press)

V- (long press)  
Previous Song (short press)

# PAIRING TO YOUR DEVICE

- Hold down the Play/Pause  button located on the control panel for 4 seconds until you see a red and blue flashing light.
- Open your settings on your phone or device and find the Bluetooth section.
- Once there, click on search for a new device.
- After your Bluetooth searches for a new device, there will be a list of names. Find and select the name “Sleep Zen - Sleep Headphones”, to pair with your Sleep Zen Sleep Headphones.
- If a password is requested, use: 0000.
- Next time you turn on the Sleep Zen Sleep Headphones, it will automatically connect to your device.
- ! Keep note, the Sleep Zen Sleep Headphones will shut down after 3 minutes, if the connection fails.





| LED Status Color              | Meaning               |
|-------------------------------|-----------------------|
| Rapidly flashing blue and red | Pending to be Paired  |
| Slowly flashing blue          | Connected to a device |



When turned on, the Bluetooth Sleep Headphones will automatically connect to the last connected device if available. if no previously paired device detected, it will keep pairing mode



## TAKING CALLS




- To take an incoming call, press the Play/Pause  button.
- If you are listening to music, it will automatically stop.
- To end a call, press the Play/Pause  button.
- You also have the option to re-dial the most recent number on your call history, simply double click the Play/Pause  button.
- To reject an incoming call, long press the Play/Pause  button for 2 seconds.

## PLAYING SOUNDS

Select your music or sounds from your phone, via YouTube, music apps, sleep sound apps, ASMR apps, and more from your phone or device. You can use the buttons on your control panel to Play/Pause or Skip.

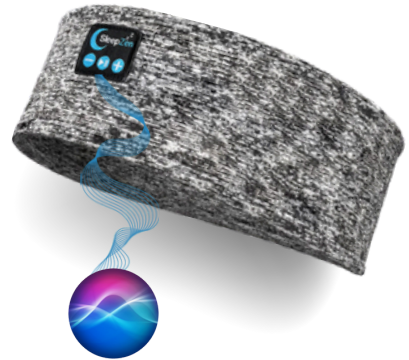


LED Status Light

-  Play/ Pause / Answer / Hang Off / Redial
-  Volume Up/Next Song
-  Volume Down/Previous Song







# ACTIVATE SIRI (ON IOS DEVICES)

■ Double click the  button.

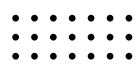


## BUTTONS INTERFACE



-  Volume Up (long press) ;  
Next Song (short press)
-  Volume Down (long press)  
Previous Song (short press)
-  Power on & Power off (long press)
-  Play or Pause (short press)
-  Answer or Hang Up (short press)
-  Redial (double click)





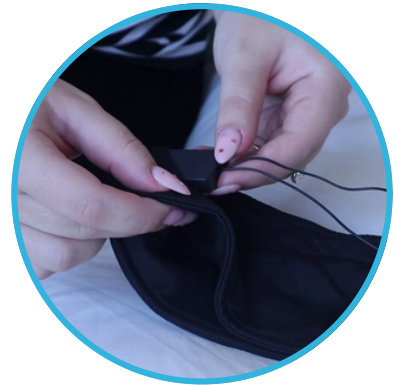
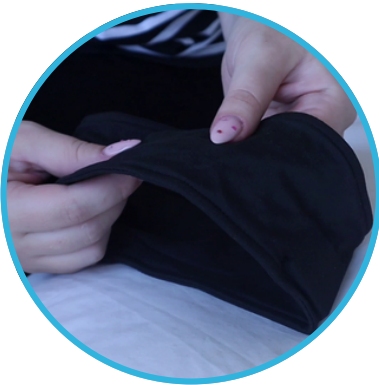
# CLEANING YOUR SLEEP ZEN SLEEP HEADPHONE

Sleep Zen Bluetooth Sleep Headphones are machine washable and safe to put in the dryer. All electrical components are removable and easy to re-assemble once the band is completely dried. Here are the video tutorials to help guide you. Click the links below to watch the video tutorials:

## [Sleep Zen Bluetooth Sleep Headphones Tutorial Links:](#)

[Removing Internal Electronics](#)

[Replacing Internal Electronics](#)



# WARRANTY

We provide a 6 month warranty with every purchase. This covers any mechanical defects as well as minor rips/tears in the Sleep Zen Bluetooth Sleep Headphones. Mechanical issues due to excessive force used when removing internal electronics to wash your Sleep Zen Sleep Headphones will not be covered.

# WARNINGS

- DO NOT expose the product to liquids or moisture.
- DO NOT attempt to drop, open, scratch the product or anything that could compromise the integrity of the electronic components.
- DO NOT store the product near acidic or alkaline materials.
- Remove the electronic components before washing.
- Keep away from fire.
- NOTE: If the product has not been used for 3-6 months, you must charge it for 3-4 hours before use.





# FAQ'S

## CAN I WASH MY SLEEP HEADPHONES?

Yes! All electronic components are removable: you can take those out, put the headband in the washer, and easily assemble again. Make sure the band has fully dried before putting everything back in.

## ARE THE SLEEP HEADPHONES COMFORTABLE ENOUGH TO SLEEP IN?

The lightweight and breathable cooling materials are like pajamas for your ears. They've been specifically designed for long nights & are sure to satisfy your comfort needs.

## WHAT DOES THE 6 MONTH WARRANTY INCLUDE?

Our 6 month warranty comes with every purchase. It covers any mechanical defects such as the speakers stop working or the control panel is defective,

## DOES IT HAVE PRE-RECORDED SOUNDS?

No, but you can connect your Sleep Headphones to any Bluetooth device to listen to any type of sounds from all your apps, including streaming, music, podcasts, relaxing sounds, and more!

## CAN I TAKE CALLS WITH MY SLEEP HEADPHONES?

Yes! Your Sleep Headphone has a built-in microphone, so you can use it to make phone calls.

## HOW DO I REMOVE THE SPEAKERS FROM MY SLEEP HEADPHONES?

It is very easy to do. Here are the video tutorials to help guide you. Please see below: [Removing Internal Electronics](#) & [Replacing Internal Electronics](#)

# CONTACT US

To contact our customer support team, we can gladly assist you by:



[+27 71 823 4961](tel:+27718234961)



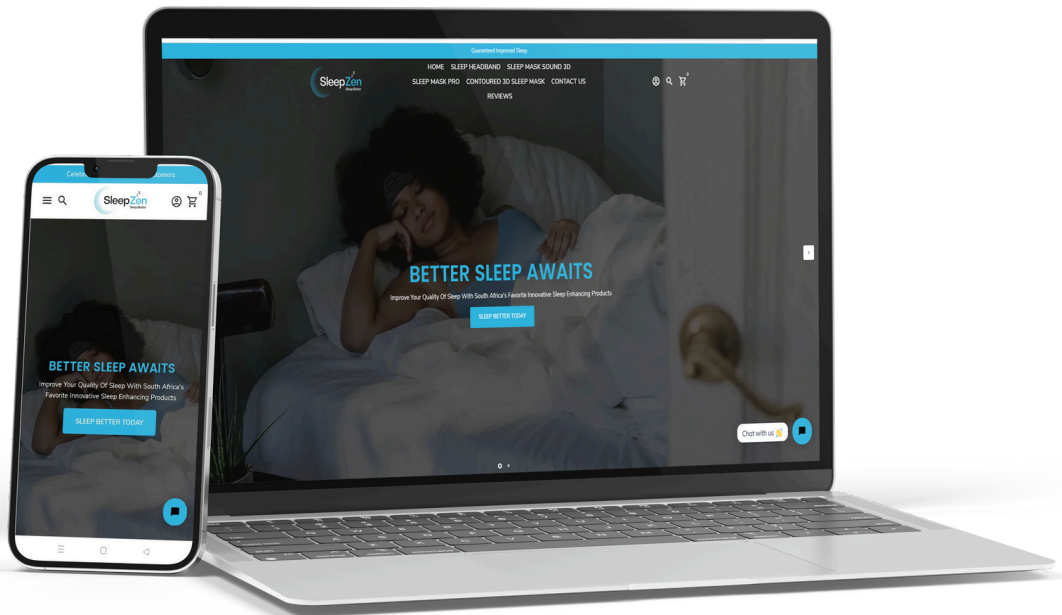
[support@sleepzen.co.za](mailto:support@sleepzen.co.za)

For more information on your Sleep Zen Bluetooth Sleep Headphones, please visit the link below:

<https://sleepzen.co.za/pages/faqs>

For information on our Refund Policy, please visit the link below:

<https://sleepzen.co.za/pages/returns-exchanges-refunds>





# THANK YOU!

To our Zen Sleeper,

We want to take this opportunity to personally thank you for your purchase.  
We're here to guide, inspire, and celebrate the pursuit of better sleep.

We invite you to embark on this journey with us - a journey to discover your inner zen  
in every slumber.

Thank you for trusting Sleep Zen, where better sleep awaits.

Sincerely,  
The Sleep Zen Team