



SLEEP MASK SOUND ULTRA

THE BEST SLEEP MASK WITH BUILT IN HEADPHONES

USER MANUAL



Bluetooth
Compatible



Padded Wireless
Speakers



Built-in
Microphone



Built-in Timer
(30-120 min)



Built in White
Noise



Machine
Washable



FEATURES

- Bluetooth Compatible
- Padded Wireless Speakers
- Built-in Microphone
- Built-in White Noise
- Hand Washable
- Built-in Timer (30–120 min)

INTENDED USE

The Sleep Zen™ Sleep Mask Sound Ultra is suitable for Bluetooth-compatible devices like mobile phones. Users can listen to music and conduct phone calls hands-free.

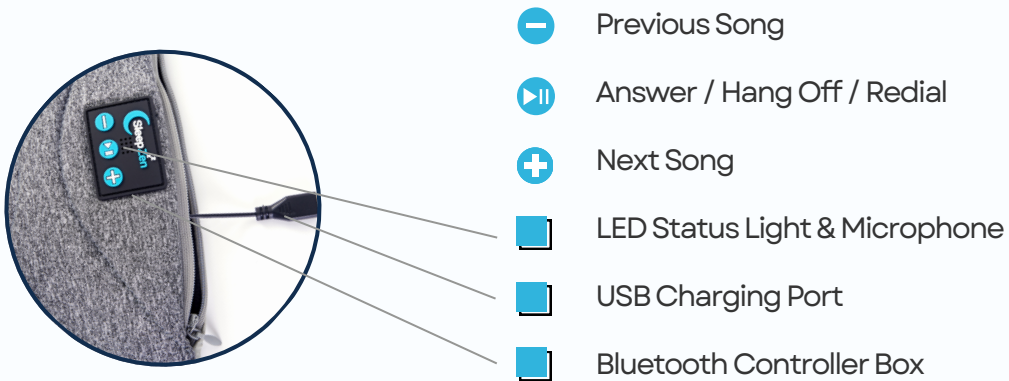
This product is for personal use only and is not intended for commercial applications.

SAFETY PRECAUTIONS

- Keep away from children and animals, as small parts can be swallowed.
- Supervise children using the product – it is not a toy.
- Keep at least 10 cm distance between the headphones and a pacemaker/ICD.
- Do not expose the mask to high temperatures (above 70°C).
- Only charge between 10°C and 40°C.
- Do not crush, pierce, immerse in liquid, or short-circuit the battery.
- Recharge at least every 3 months if not in use for long periods.



PRODUCT INTERFACE



HOW TO ENTER WHITE NOISE MODE

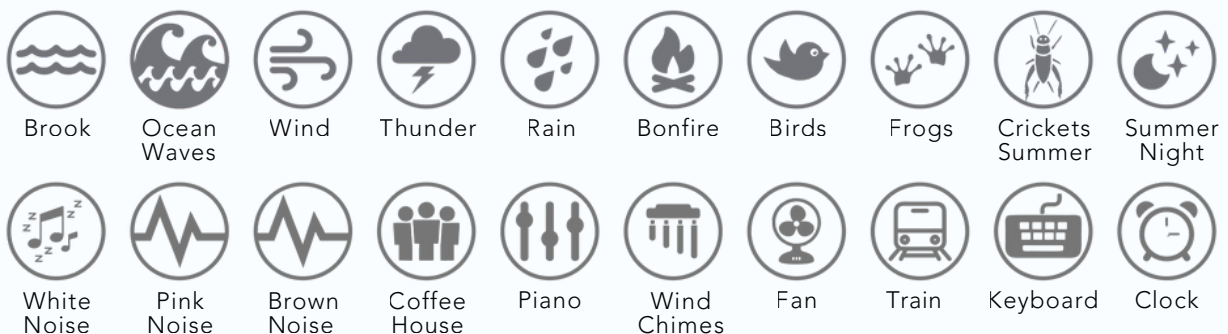
Double press the button in quick succession. Bluetooth disconnects automatically. LED flashes blue twice slowly.

BUILT-IN WHITE NOISE BUTTON CONTROLS

- Short Press to play or pause.
- Long Press to select previous sound.
- Long Press to select next sound.
- Short Press to increase volume.
- Short Press to decrease volume.



20 BUILT IN SLEEP SOUNDS AVAILABLE



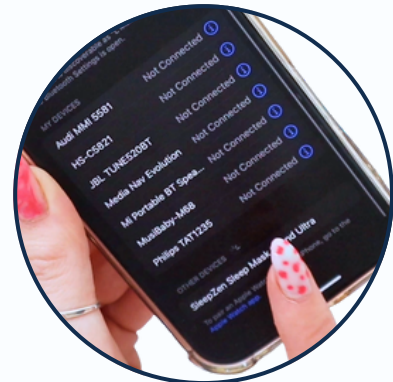


HOW TO SWITCH TO BLUETOOTH MODE

Double press  button again.

HOW TO USE THE BLUETOOTH MODE

-  Long Press for 3 seconds until LED flashes red and blue.
-  Switch on Bluetooth on your device.
-  Select “SleepZen Sleep Mask Sound Ultra”.
-  Enter passcode 0000 if prompted.
-  Once paired, LED flashes blue slowly.
-  It will auto-connect next time to the last paired device.



BLUETOOTH MODE BUTTON CONTROLS

Play/Pause	Adjust Volume Short Press	Select Songs Long Press
Short Press  button	 button to increase volume	 button for next song
	 button to decrease volume	 button for previous song

CALL HANDLING

- Answer:** Short Press the  button.
- Reject:** Long Press the  button for 2 seconds.
- End Call:** Short Press the  button.
- Redial:** Double Press the  button quickly.





TIMER FUNCTION

The mask has 30, 60, and 120 min auto shut-off options.

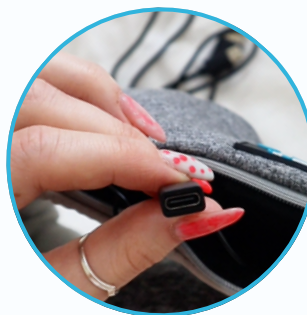
Double Press the  button to cycle through times.

 Red = 30 min,  Blue = 60 min,  Green = 120 min.

 Green flashes twice when timer is cleared

HOW TO CHARGE THE SLEEP MASK

-  Ensure mask is off.
-  Open zipper to find charging port.
-  Connect USB cable to port and power source.
-  Red = charging,  Blue = fully charged.
-  **Charge time:** approx. 2–3 hours.





LED INDICATORS

- **Red & Blue Flashing:** Pairing Mode
- **Blue Flashing:** Bluetooth Connected
- **Red Solid:** Charging
- **Blue Solid:** Charging Complete
- **Red Solid (10 sec):** 30 min timer set
- **Blue Solid (10 sec):** 60 min timer set
- **Green Solid (10 sec):** 120 min timer set
- **Green Flashes Twice:** Timer Cleared

SPECIFICATIONS

- **Bluetooth Version:** V5.2
- **Frequency:** 2.402–2.480 GHz
- **Charge Time:** 2–3 hours
- **Speaker Unit:** 32Ω / 20 mm
- **Transmission Range:** 20 m (66 ft)
- **Power:** RMS 10 mW x 2
- **Battery:** 3.7V 300mAh Rechargeable Li-polymer

WASHING GUIDELINES

- Remove electronics before washing.
- Hand wash or delicate machine wash.
- Wash with cold water.
- Do not dry clean, bleach, iron, or tumble dry

PACKAGE CONTENTS

- 1 x Sleep Zen™ Sleep Mask Sound Ultra
- 1 x User Manual
- 1 x USB Charging Cable
- 1 x Travel Pouch





WARNING

Avoid excessive volume, especially over extended periods. Listening at maximum volume for long durations can lead to hearing damage. Always stay aware of your surroundings.

FAQS



CAN I WASH MY SLEEP MASK?

Yes. The electronics are removable, allowing you to safely wash the fabric mask by hand or on a gentle machine cycle.



HOW LONG DOES THE BATTERY LAST?

On a full charge, the Sleep Mask Sound Ultra provides up to 12–15 hours of playtime. You can also set the 1/2/3-hour auto-off timer to preserve battery life.



CAN I WEAR THE SLEEP MASK SOUND ULTRA ALL NIGHT?

Yes. The Ultra is made with breathable, cooling fabric and ultra-soft thin speakers, making it safe and comfortable to wear throughout the entire night.



DOES IT PLAY SOUNDS WITHOUT BLUETOOTH?

Yes. The Ultra comes preloaded with calming sleep sounds (white noise, rainfall, ocean waves, and more) and works even without Bluetooth. Perfect for when you want to switch off your phone.



DOES IT COME IN DIFFERENT SIZES?

Our Sleep Mask features an adjustable Velcro strap that provides a secure fit for all head sizes, eliminating the need for measuring or guessing your size.



HOW DO I CHARGE IT?

Charging is simple – just unzip the mask, connect the module with the included USB-C cable, and recharge.



WILL I GET ANNOYING LOW-BATTERY NOTIFICATIONS?

No. Unlike cheaper alternatives, the Sleep Zen Ultra won't wake you up with loud "low battery" or "power off" voice prompts.

WHERE ARE YOU BASED?

We are a proudly South African brand based in Johannesburg, South Africa.

HOW LONG DOES DELIVERY TAKE?

 Standard delivery: 3–5 working days
 Express delivery: 1–2 working days (Excluding the date of order if placed after 12pm)

IS BLUETOOTH 100% SAFE?

Bluetooth has been around for over 20 years and operates with extremely low-power frequencies – much lower than WiFi or cell phones. It's completely safe for everyday use.

DO YOU OFFER A WARRANTY?

Yes. Every Sleep Zen™ product comes with a 1-year warranty. If you experience any defects, we'll replace it free of charge.

DOES IT HAVE A FLASHING LIGHT WHILE IN USE?

No – the indicator light only flashes briefly when powered on. Once paired, the light turns off completely.

CONTACT US

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



+27 71 823 4961



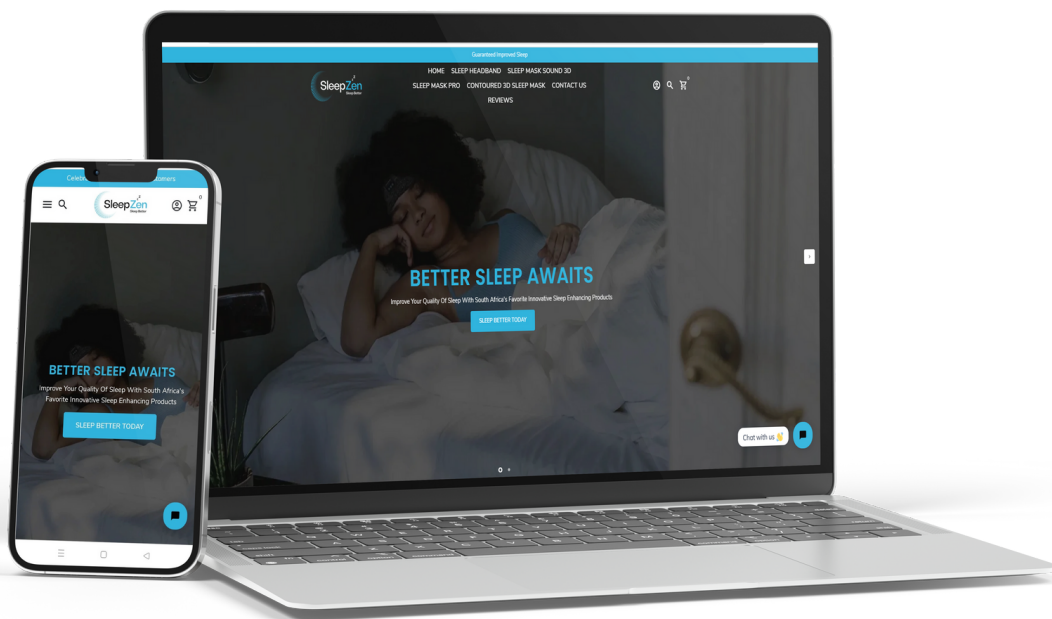
support@sleepzen.co.za

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