

1. TURNING ON YOUR SLEEP PHONES® SIMPLE MODULE

- Find the button on the SleepPhones® Simple module located inside the headband.
- **PRESS** and **HOLD** the button for 3 seconds until you hear "power on" through the speakers.

2. OPERATING INSTRUCTIONS

VOLUME: Click the button on the SleepPhones® Simple module to change the volume. Each click will increase or decrease the volume by 15%.

NEXT SONG: Double-click the button to skip to the next song.

TIMER: The default timer is 1 hour. To change the amount of time a song plays, a long click followed by a short click will advance the timer options. Each timer option will announce on the speakers. For example, you will hear, "2 hours until automatic power off."

Timer options are:

30 minutes: will play your favorite track for 30 minutes

1 hour: will play your favorite track for 1 hour

2 hours: will play your favorite track for 2 hours

8.5 hours: double click to advance to the next track to find the best track that you prefer and you can listen to your favorite for 8.5 hours

Play once then power off: will flow through all 17 tracks which are 30 minutes each and power off when it reaches the last track

Play until batteries are low: will also flow through all 17 tracks, but will keep playing until the battery dies

POWER OFF: The SleepPhones® Simple will turn off automatically according to the timer option.

To turn off the module manually, **PRESS** and **HOLD** the button for 3 seconds until you hear "power off."

Once set, the system remembers your favorite volume, song and timer option. It would be possible to use the SleepPhones® Simple with a simple press of the button each night.



3. CHARGING INSTRUCTIONS

- Disconnect your speakers from the SleepPhones® Simple module.
- Plug in the micro-USB cable into the charging port of the SleepPhones® Simple module.
- Plug the other end of the cable into a standard USB port (such as a computer, TV, or wall USB charger).

While charging, there will be a pulsing red light next to the raised button in the center of the SleepPhones® Simple module.

When fully charged, it will change to a solid red light. Reconnect the speakers back into the SleepPhones® Simple module via the micro-USB port.

