

# SleepPhones®: ASMR Edition

Headphones with Built In ASMR Content



## USER GUIDE

# Welcome to the AcousticSheep™ Family!

This User Guide has helpful tips and info for using and enjoying your new SleepPhones®: ASMR Edition.

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!

AcousticSheep LLC worked with 16 top ASMR artists from all over the world to create the exclusive preloaded recordings for SleepPhones®: ASMR Edition.

Enjoy eight hours of deeply relaxing ASMR content that includes everything from rhythmic tapping to light scratching to peaceful Italian whisperings.

Slip the soft, stretchy headband over your ears. Then tap a small button in the back of the headband to cue hours of ASMR. No ads, no blue light from a device, and no scrolling—just lots of incredibly relaxing ASMR for you to enjoy.

## TABLE OF CONTENTS

<b>Wearing Your New Headphones.....</b>	<b>5</b>	<b>Seafoam Kitten’s ASMR.....</b>	<b>17</b>
<b>Prolong the Life of Your Headphones ...</b>	<b>5</b>	<b>Diamond ASMR.....</b>	<b>18</b>
<b>Basic Module Usage.....</b>	<b>6</b>	<b>ASMR Mamá Susurros.....</b>	<b>19</b>
<b>Charging Instructions.....</b>	<b>7</b>	<b>Brittany ASMR .....</b>	<b>20</b>
<b>Washing Instructions.....</b>	<b>8</b>	<b>Whisper Audios ASMR .....</b>	<b>21</b>
<b>Troubleshooting .....</b>	<b>9</b>	<b>Doncella Susurros ASMR.....</b>	<b>22</b>
<b>The ASMRtists</b>		<b>ASMR with Allie.....</b>	<b>23</b>
ASMR Psychetruth.....	11	<b>Be Calm with Becca ASMR.....</b>	<b>24</b>
Alana ASMR .....	12	<b>Queen Of Serene ASMR .....</b>	<b>25</b>
Christen Noel ASMR .....	13	<b>Tori ASMR.....</b>	<b>26</b>
Fairy ASMR.....	14	<b>Warranty Information and</b>	
Marno ASMR.....	15	<b>Legal Disclosures.....</b>	<b>27</b>
The One Liliun ASMR .....	16		

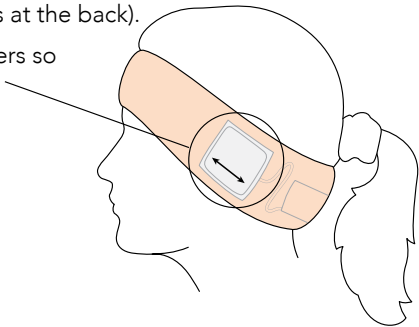


# Instructions and User Tips

## WEARING YOUR SLEEPPHONES®: ASMR EDITION 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).
- 3 Once the headband is on, adjust the speakers so they are positioned directly over your ears. This will ensure the best sound quality.

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



## 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).

## BASIC MODULE USAGE

**Power On:** Press and hold square button for 3 seconds until you hear “power on” through the speakers.

**Power Off:** Press and hold the square button for 3 seconds until you hear “power off” through the speakers.

**Volume:** Single click the button to increase or decrease the volume.

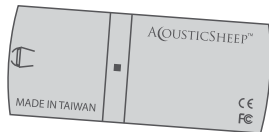
**Next Track:** Double click the button.

**Timer:** The default timer is 1 hour. Change the amount of time a song plays with a long click followed by a short click to advance the timer options, which will be announced through the speakers.

**Play once then power off** will flow through all tracks and power off when it reaches the last one.

**Play until batteries are low** will flow through all the tracks and keep playing until the battery dies.

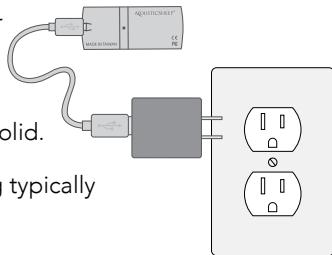
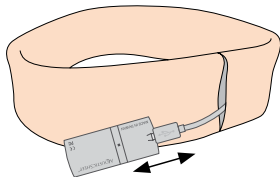
**30 minutes, 1 hour, 2 hours, or 8.5 hours** of your favorite track (select your timer option then double click to choose your track).



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

## CHARGING INSTRUCTIONS

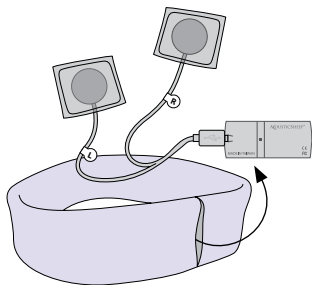
- 1 Open the hook and loop at the back of the headband.
- 2 Remove the module by unplugging it from the speakers.
- 3 Plug the micro-USB cable (USB symbol facing you) into the micro USB port on the Bluetooth® module (button facing you).
- 4 Plug the micro-USB cable into the USB port on your computer or any 5V output USB wall adapter. A pulsing red light will appear during charging.
- 5 The module is fully charged when the red light is solid.
- 6 We recommend charging after every use (charging typically takes up to 3 hours).



**Please Note:** Inserting the cable into the module upside down could damage your module, and it will not charge.

## 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 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 module into the headband and close the hook and loop opening.





## TROUBLESHOOTING

**Not Sure If Fully Charged?** If the red light is blinking while being charged, the module is not fully charged. If the red light is solid, the module is fully charged.

### **No Sound Through the Speakers?**

- Slide the speakers inside the headband (gray side of speakers towards the ear) to position them over your ears.
- Make sure the module is charged.
- Turn off the module and restart.



# Introducing the ASMRtists

We're proud to highlight the 16 talented ASMRtists you'll enjoy on SleepPhones®: ASMR Edition.


# ASMR Psychetruth

Softly spoken meditation to help you unwind


Corrina is a Texan who stumbled on ASMR videos while looking for help sleeping. As a holistic health coach, she immediately understood the value of ASMR and wanted to give it a try. Her favorite sounds are whispers and soft speaking in other languages, especially Russian!



 ASMR Psychetruth

 @asmrpsychetruth

 /ASMRpsychetruth

 psychetruth

 @Psychetruth

# Alana ASMR

Mic brushing, scratching, tapping, whispering

After watching ASMR videos for six years, Alana decided to create her own YouTube channel and the rest is history. Alana, who hails from Canada, defines her style as minimalistic and effective.



Alana ASMR



@\_alanamariee\_



@AlanaAsmr

# Christen Noel ASMR

Tapping, scratching, squishy sounds, whispering

Christen's husband introduced her to ASMR when they were dating. She spent the next few days watching ASMR videos and fell in love. Christen strives to create ASMR from the perspective of a caring friend.



 Christen Noel ASMR

 @christennoelasmr

 /ChristenNoelASMR

 @ChristenASMR

# Fairy Asmr


Italian whispering, mic brushing, multilayered sounds

As a young girl, Federica remembers the tingly feeling she'd get when people would turn book pages. The Italian says finding ASMR on YouTube in 2015 was the best discovery of her life.



 Fairy ASMR

 @fairyasmr

 /fairyasmr

# Marno ASMR

Scratching, hand rubbing, layered sounds

In 2017, Chris searched “video to help with sleep” on YouTube; since then, he’s watched ASMR nearly every night for sleep and relaxation. He describes his style as experimental and loves that ASMR helps him connect with people from all over the world.



Marno ASMR



@\_chrismarno



@\_chrismarno

# The One Liliu ASMR

Soft ASMR triggers

Tine is a Danish ASMR artist who sees her YouTube channel as a safe haven for people in need of relaxation. Her style ranges from soft to seductive and hypnotic.



 TheOneLiliu ASMR

 /TheOneLiliu



# Seafoam Kitten's ASMR

Tapping, crinkling, whispering


Nora is a Canadian who discovered ASMR while surfing YouTube. She started creating her own ASMR content in 2016. People quickly took to her playful and light-hearted style.



 Seafoam Kitten's ASMR

 @seafoamkittenasmr

 /SeafoamKitten

 @SeafoamKitten

# DiamondASMR

Tapping, typing, positive affirmations

Aleece watched ASMR videos for years before she decided to create her own ASMR content. The American favors role playing with some eating and triggers that do not rely on talking.



DiamondASMR




@aleecemcavoyy

# ASMR Mamá Susurros

Inaudible whispering with other triggers

One day while searching the internet, Spanish ASMR artist Ana found an ASMR video. She liked it so much that she decided to help other people by doing ASMR videos herself.



 ASMR Mamá Susurros

 @asmrmamasusurros

 /asmrmamasusurros

# Brittany ASMR

Assorted layered triggers

Brittany got into ASMR in 2013 after seeking out relaxation videos to deal with anxiety and agoraphobia. The American considers herself an “old school” ASMR artist who favors creating natural, lo-fi experiences for her listeners.



Brittany ASMR



@brittanyasmr



/brittanyasmrtist



@brittanyasmr

# Whisper Audios ASMR

Guided meditation

As a girl, Charlette experienced ASMR but never knew what it was. That changed in 2011 when she watched an ASMR video on YouTube. The Brit was hooked, eventually launching her own channel in 2013.



WhisperAudios ASMR



@whisperaudiosasmr

# Doncella Susurros ASMR

Water triggers, tapping, delicate mouth sounds

For years, Argentine ASMR artist Natali knew that certain sounds filled her with calm. She thought she was the only one until she discovered ASMR. Her style is experimental and fun—she’s even been known to inject humor into her tracks.



 Doncella SusurrosASMR

 @doncella\_susurrosasmr

 /DoncellaSusurrosASMR

 @DoncellaMakeup1

# ASMR with Allie

Progressive muscle relaxation, tapping

Aliesha is an Aussie who discovered ASMR while looking for ways to sleep better and de-stress. Her ASMR style is aimed at befriending the viewer and making him or her feel safe and comforted.



# Be Calm with Becca ASMR

Effective relaxation technique for anxiety

Becca is a Brit who discovered ASMR after a breakup left her battling insomnia. Her track is based on a relaxation technique she learned from a psychologist while on a flight to India. It's great for anyone with anxiety or needing respite from a busy day.



Be calm with Becca ASMR



@beccascollective



# Queen of Serene ASMR

Spoken sleep meditation with soft music

Krista is a Texas-based ASMR artist who enjoys exploring role playing and other experimental relaxation techniques. She often focuses on creating extended guided meditations to help people unwind.



QueenOfSerene ASMR



@thequeenofserene



@imqueenofserene

# Tori ASMR

Ear brushing, whispering

Tori is a California girl who turned to ASMR while experiencing extreme anxiety. Describing her approach as caring and gentle, she tries to connect to her listeners from the place of a friend.



Tori ASMR



@torii.perez

## WARRANTY INFORMATION AND LEGAL DISCLOSURES

### BATTERY

This AcousticSheep™ product contains a rechargeable lithium ion battery. It should only be charged with the charging cable 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 strangulate 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.


## WARRANTY INFORMATION AND LEGAL DISCLOSURES

 WAV Player Headphones  
AcousticSheep LLC

### 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).

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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