

尺寸:70 x 100 mm

智能睡眠眼罩 使用说明书

型号:S100

认识睡眠耳机

耳机使用

清除配对
耳机未与手机连接状态长按6下“+”按键后红灯长亮3秒,提示“嘟”后耳机重启复位成功,红蓝灯交替闪烁进入配对状态,手机搜索蓝牙名“S100”即可完成耳机与手机的连接。

佩戴耳机
耳机轻入耳即可

充电方式
USB-C充电线插入睡眠耳机连接电源即可充电,充电中红灯长亮,充满电蓝灯长亮30秒后熄灭。

功能要点

- 开机 长按2秒“o”多功能键开机,蓝灯闪烁。
- 关机 长按6秒“o”多功能键关机,红灯闪3下。
- 接听电话 来电时,按1下“+”多功能键接通电话。
- 挂断电话 在通话时,长按2秒“+”多功能键挂断电话。
- 拒接电话 来电时,长按2秒“+”多功能键拒接来电。
- 暂停/播放 播放音乐时,按1下“o”多功能键暂停音乐;再短按一下“o”多功能键,恢复播放音乐。
- 切换上一曲 播放音乐时,长按2秒“-”多功能键,播放上一首歌曲。
- 切换下一曲 播放音乐时,长按2秒“+”多功能键,播放下一首歌曲。
- 减音量 播放音乐时,按1下“-”多功能键,音量减一格。
- 加音量 播放音乐时,短按一下“+”多功能键,音量加一格。
- 开启语音助手 在待机状态下,长按2下“-”多功能键,可激活手机语音助手,再按2次“-”多功能键,关闭语音助手(苹果siri,安卓系统需手机支持)。
- 睡眠模式/定时关机 按2下“O”键设置定时关机。
 - a. 第一次按2下“O”键,进入定时模式下当前总音量降低30%,设置半小时后关机。
 - b. 第二次按2下“O”键,设置1小时后关机。
 - c. 第三次按2下“O”键,设置2小时后关机。
 - d. 第四次按2下“O”键,恢复音乐模式。
- 暂停/播放 播放音乐时,按1下“o”多功能键暂停音乐;再短按一下“o”多功能键,恢复播放音乐。
- 切换上一曲 播放音乐时,长按2秒“-”多功能键,播放上一首歌曲。

耳机参数

型号:S100
蓝牙名:S100
通信距离:约10米(无障碍环境下)
蓝牙版本:V5.3
电池类型:聚合物锂电池
支持协议:HFP/HSP/A2DP/AVRCP SPP/PBAP
电池容量:3.7V 200mAh
眼罩材质:聚酯纤维
尺寸:26*10*3.8cm
重量:79g
注:所有技术信息以实际性能为准

清洁方法

布质/硅胶材质
用软布蘸取少量中性洗涤剂(或清水)轻擦表面,自然晾干。

记忆棉材质
避免浸泡,用干布蘸小苏打粉轻拍去除汗渍和油脂。

三、日常保养建议

存放方式:
避免折叠挤压,建议平放或用专用支架悬挂。
远离高温、潮湿环境(如浴室、阳台)

四、注意事项

禁止操作:
勿将整机浸泡或用水冲洗。
勿用硬物刮擦皮革/类肤涂层。
清洁后确保所有部件完全干燥再组装使用。

附:清洁频率建议
日常擦拭:每次使用后清理汗渍。
深度清洁:每1-2个月根据使用频率调整。

头戴式睡眠耳机清洁与保养指南

安全提示:
1. 清洁前请确保耳机已关机并断开电源/蓝牙连接;
2. 避免液体渗入耳机内部,清洁时仅擦拭外部可拆卸部件;
3. 禁止使用酒精、漂白剂等腐蚀性清洁剂,以免损伤材质。

二、不可拆卸部件清洁步骤

耳罩垫清洁
拆卸:沿边缘轻轻撕开魔术贴,取下耳罩垫

中国制造

Smart Sleep Mask User Manual

Model: S100

Understand Sleep Earphone

Using Earphone

Clear Pairing
When the earphone is not connected to the mobile phone, quickly press the “+” button 6 times and the red light will stay on for 3 seconds. After a “beep” prompt, the earphone will restart and reset successfully. The red and blue lights will flash alternately to enter the pairing state. Using mobile phone to search the Bluetooth name “S100” and connect it. It's complete the connection between the earphone and mobile phone.

Wearing Earphone
Simply insert the earphones lightly into ears.

Charging Earphone
Insert the USB-C charging cable into the sleep earphone charging port and connect it to the power supply to charge. The red light stays on during charging, and the blue light stays on when fully charged, after 30 seconds turning off.

Main functions

- Power on
Press and hold the “o” multi-function button for 2 seconds to turn on the earphone, and the blue light will flash.
- Power off
Press and hold the “o” multi-function button for 6 seconds to turn off the earphone, and the red light will flash 3 times.
- Answer phone call
When calling, press the “+” multi-function button 1 time to answer the call.
- Hang up phone call
During a call, long press the “+” multi-function button for 2 seconds to hang up.
- Reject phone call
When receiving a call, press and hold the “+” multi-function button for 2 seconds to reject the call.
- Pause/play
When playing music, press the “o” multi-function button 1 time to pause the music. Press the “o” multi-function button 1 time again to resume playing music.
- play previous song
When playing music, long press the “-” multi-function button for 2 seconds to play the previous song.
- Play next song
When playing music, long press the “+” multi-function button for 2 seconds to play the next song.
- Decrease volume
When playing music, press the “-” multi-function button 1 time to decrease the volume by one step.
- Increase volume
When playing music, press the “+” multi-function button 1 time to increase the volume by one step.
- Activate voice assistant
In standby mode, press the “-” multi-function button 2 times to activate the phone's voice assistant. Press “-” multi-function button 2 times again to turn off voice assistant (Apple Siri, Android system requires phone support).
- Sleep mode/Timer shutdown
Press the “O” button for 2 times to set the timer shutdown.
 - a. Press the “O” button for 2 times for the first time to enter the timer mode and reduce the current total volume 30%, and set the shutdown after 30Mins.
 - b. Press the “O” button for 2 times for the second time to set the shutdown after 1 hour.
 - c. Press the “O” button for 2 times for the third time to set the shutdown after 2 hours.
 - d. Press the “O” button for 2 times for the fourth time to restore the music mode.

Earphone parameters

Model: S100
BT name: S100
BT distance: About 10 meters (in an accessible environment)
BT version: V5.3
Battery Type: Polymer Lithium Battery
Support protocol: HFP/HSP/A2DP/AVRCP SPP and PBAP
Battery capacity: 3.7V 200mAh
Mask material: Modal-Milk Silk fabric
Dimensions: 26*10*3.8cm
Weight: 79g
Note: All technical information is subject to actual performance

Cleaning method

Cloth/silicone material
Use a soft cloth dipped in a small amount of neutral detergent (or water) to gently wipe the surface and let it dry naturally.

Memory foam material
Avoid soaking, use a dry cloth dipped in baking soda to pat to remove sweat stains and grease.

III. Daily maintenance recommendations

Storage method:
Avoid folding or squeezing. It is recommended to place it flat or hang with a special bracket.
Keep away from high temperature and humid environments (such as bathrooms and balconies)

FCC Caution

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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: 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 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 into 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

IV. Precautions

Prohibited operations:
Do not soak or rinse the entire machine with water.
Do not scratch the leather/skin-like coating with hard objects.
After cleaning, make sure all parts are completely dry before assembling and using.

Appendix: Cleaning frequency recommendations

Daily wipe: Clean sweat stains after each use.
Deep cleaning: Adjust every 1-2 months according to the frequency of use.

II. Cleaning of non-detachable parts

Headphone shell: Wipe the surface with a dry cloth or glasses cloth, and the gaps can be cleaned with a toothpick wrapped in a soft cloth.
Buttons/Interfaces: Use a cotton swab dipped in 75% medical alcohol to gently wipe the gap between the buttons and the charging interface (the alcohol must be completely evaporated before use).

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