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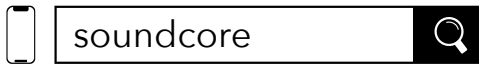
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APP



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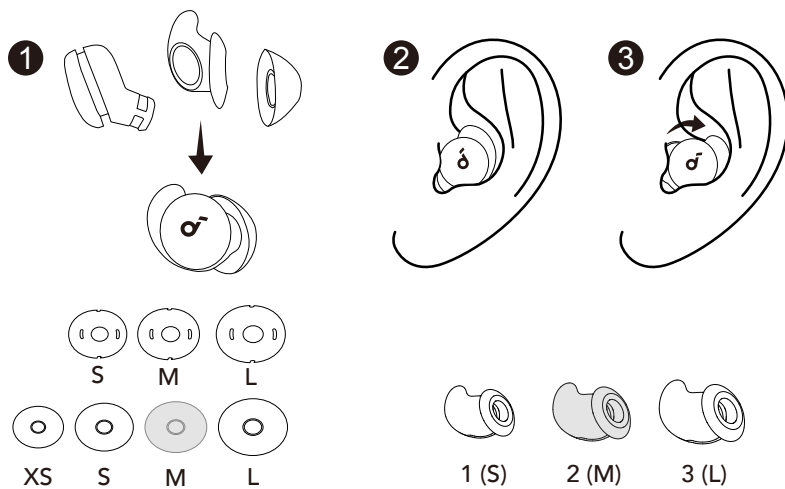


Download the soundcore app to customize controls, listen to soothing sounds, manage your sleep, update firmware, and explore more.

If your earbuds cannot connect with the soundcore app, update it to the latest version in your mobile app store.

Click this link to download: <http://dl-soundcore.soundcore.com/qcdl?flow=soundcore>

WEARING

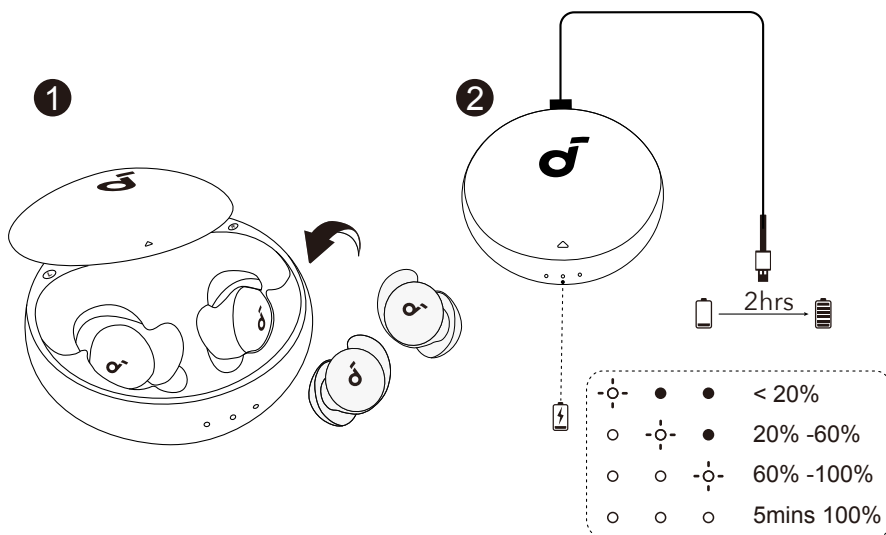


Choose the ear tips and ear wings that fit your ears best. The earbuds come with the M sizes of ear tips and ear wings pre-installed.

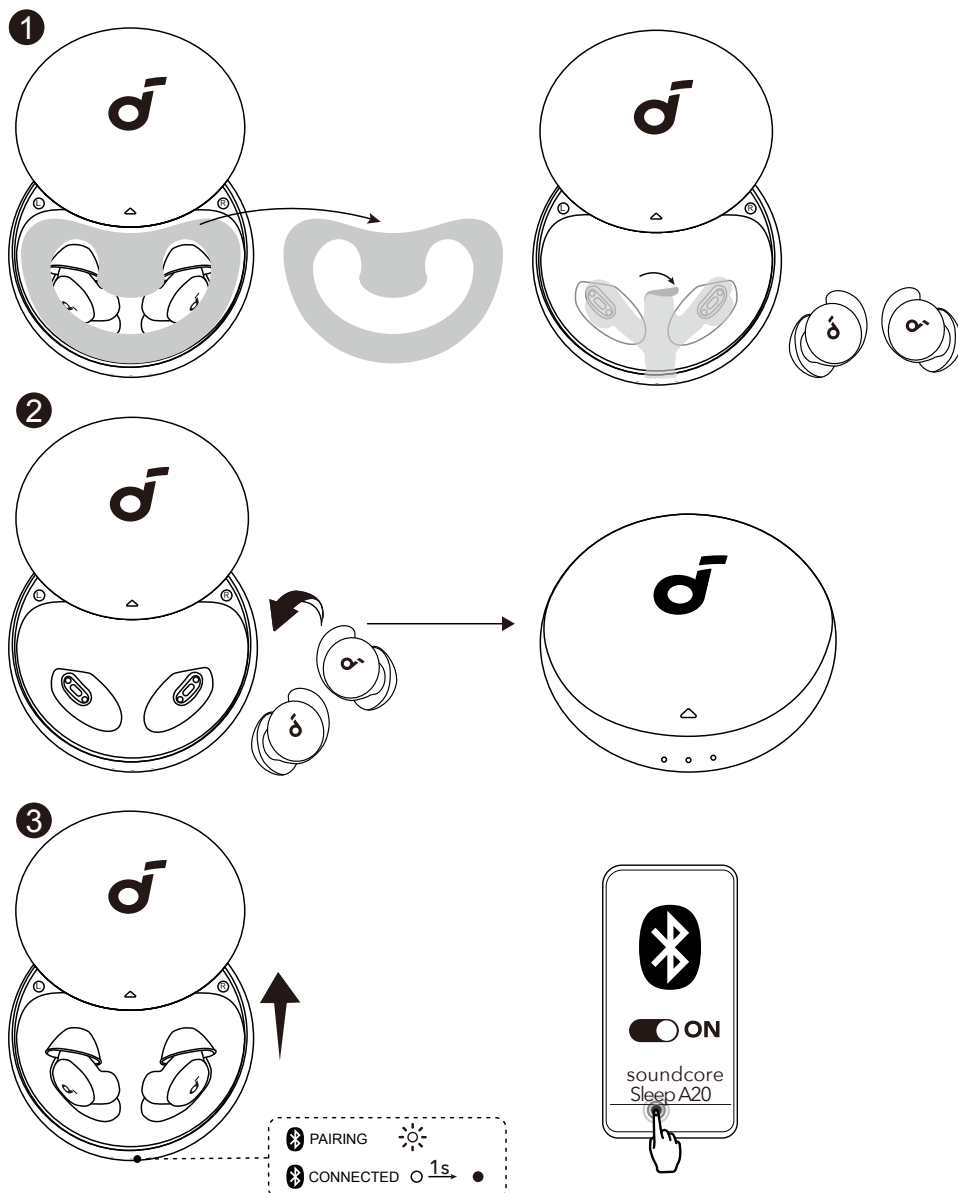
Please note that the Sealed Eartips are for noise blocking, while the Breathable Eartips allow for more airflow (no noise blocking effect).

To better block out noises, insert the earbuds into your ear canals and turn gently until the ear wings are wedged against your ear ridges.

CHARGING



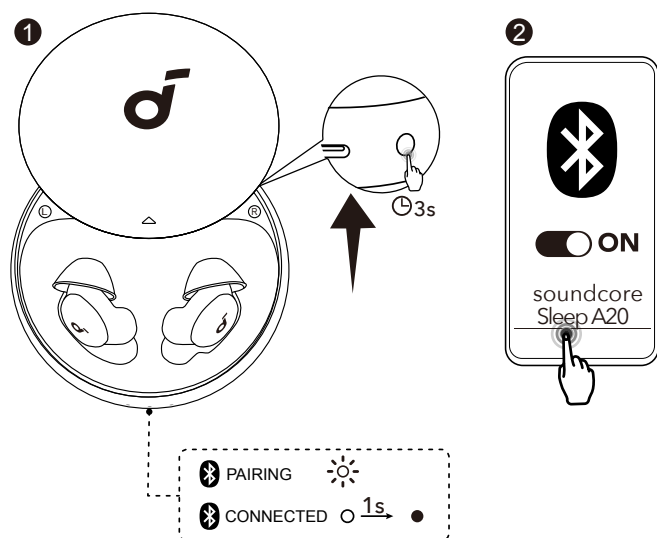
POWERING ON & PAIRING



After removing the insulation stickers on the earbuds, return earbuds to the charging case, **then activate Bluetooth pairing by closing and reopening the case lid**. Subsequently, the earbuds will automatically power on and enter Bluetooth pairing mode. Select **"soundcore Sleep A20"** on your device's Bluetooth list to connect.

When pairing, the second LED indicator on the charging case will start flashing. After the pairing is successful, the second LED indicator will stay on for 1 second and then go off.

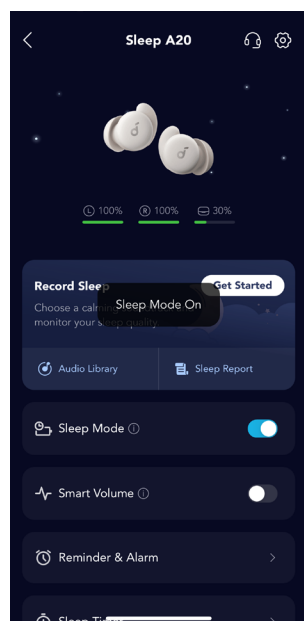
PAIRING WITH ANOTHER DEVICE



Place the earbuds in the charging case and leave the case open. Press and hold the button on the charging case for 3 seconds to enter pairing mode.

USING SLEEP A20 WITH THE APP

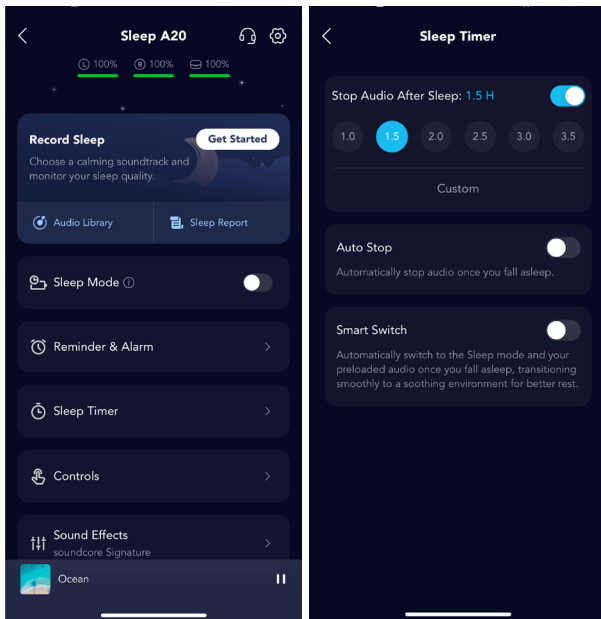
Selecting a Listening Mode



Switch between Bluetooth mode and Sleep mode by double-tapping the left earbud, or toggle Sleep mode on or off in the app. Tap controls can also be customized via the app.

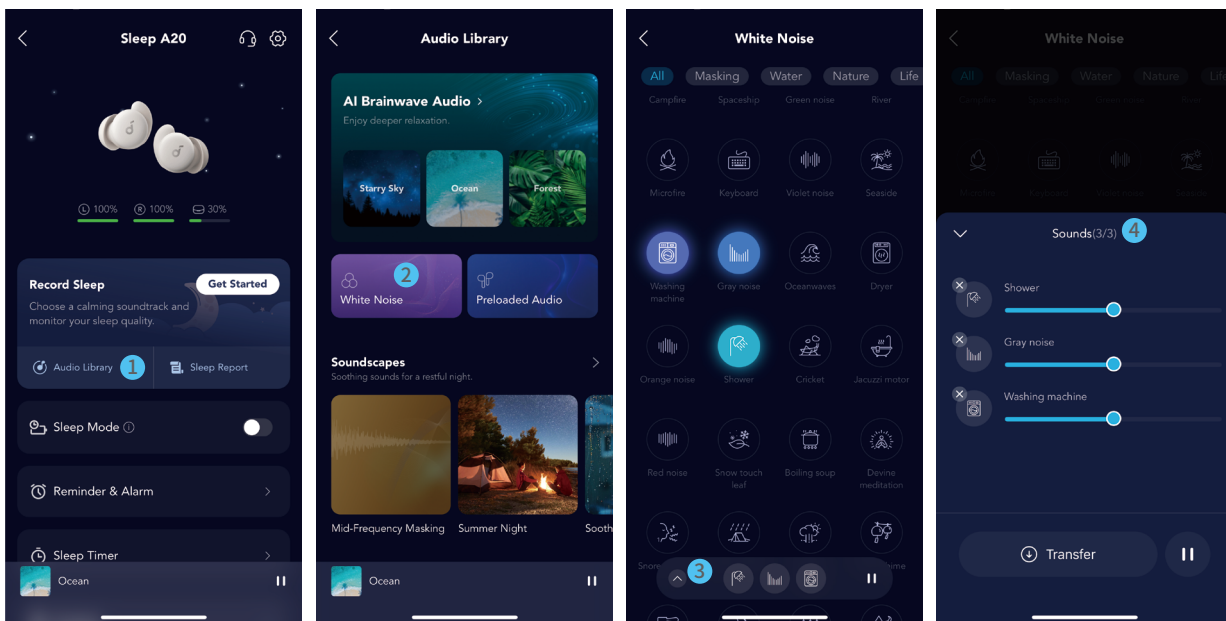
- **Bluetooth Mode:** Connect to other apps to stream your favorite audio content.
- **Sleep Mode:** Listen to the soothing sounds downloaded onto your earbuds, and enjoy your rest without interruptions from phone notifications.

Sleep Timer and Smart Switch



- **Sleep Timer:** Customize the playback duration.
- **Stop Audio After Sleep (Bluetooth and Sleep Modes):** Set the audio to automatically stop after 1 to 8 hours, in 30-minute intervals.
- **Auto-Stop (Bluetooth and Sleep Modes):** Automatically stops audio once it detects that you are asleep.
- **Smart Switch (Sleep Mode):** Enable this feature to automatically switch from Bluetooth mode to Sleep mode when you fall asleep.

Audio Library



In Audio Library, you can listen to brainwave audio or create and stream white noise mixes for noise masking, sleep, or meditation in Bluetooth mode.

You can also transfer selected audio to your earbuds for instant playback when powered on.

How to Transfer White Noise:

1. Go to **Audio Library** on the home page.
2. Tap **White Noise**.
3. Select your preferred sounds and mix up to 3 tracks.
4. Adjust the volume of each track in the **player settings**.
5. Confirm the mix and transfer it to your earbuds.

Supported Audio Types:

- Built-in white noise tracks
- Custom white noise mixes

Note: Audio downloads are only available in Bluetooth mode. The downloaded audio files can be used offline in Sleep mode.

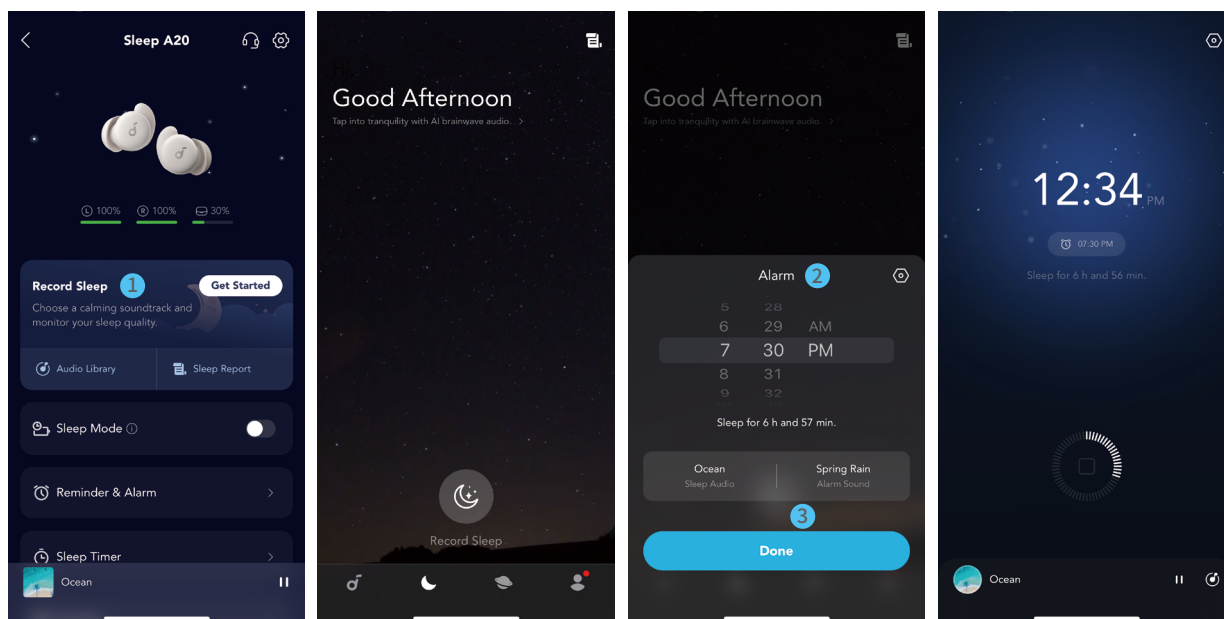
Sleep Monitoring



- **Sleep Monitoring:** The earbuds track your sleep, including stages, positions, and movements, delivering a detailed report on your sleep patterns.

Two Ways to Track Your Sleep:

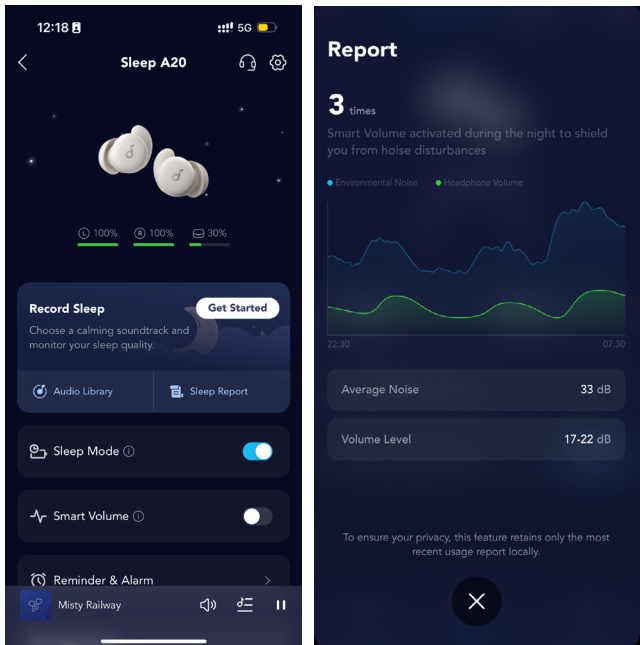
- **Manual Tracking via App (Bluetooth Mode):** Use **Record Sleep** to track sleep during specific periods. Set your wake-up time and alarm for an immersive experience.
- **Automatic Tracking via Earbuds (Bluetooth and Sleep Modes):** The earbuds use built-in sensors and algorithms to detect when you fall asleep and automatically track your data.



How to Track Your Sleep with the App:

1. Tap **Record Sleep** to begin the setup.
2. Set **Alarm** and **Sleep Audio**.
3. To start, tap **Done** and keep the app running to play sleep audio.
4. To stop, press and hold the button for 10 seconds. You can then view your detailed sleep report.

Smart Volume

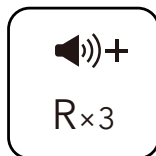
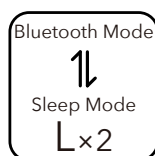


Smart Volume: In Sleep mode, your phone's microphone detects changes in ambient noise. When there's a persistent increase or decrease in noise levels, the audio volume adjusts automatically, providing a noise-masking effect that adapts to your environment.

Notes:

1. Sleep A20 does not feature ANC.
2. Smart Volume is only effective in Sleep mode.
3. Ensure the earbuds are connected to your smartphone and the app is running.
4. The earbuds do not have microphones; they use the smartphone's microphone to detect changes in ambient noise without recording or recognizing sound content.
5. A report will be generated after more than 30 minutes of using Smart Volume. It will appear when the feature is manually turned off or before the next use.
6. Smart Volume limits the maximum volume to 65 dB. Once this level is reached, the earbud volume will no longer adjust to increases in external noise levels, in compliance with World Health Organization hearing protection guidelines.

CONTROLS



×2 Tap twice ×3 Tap three times

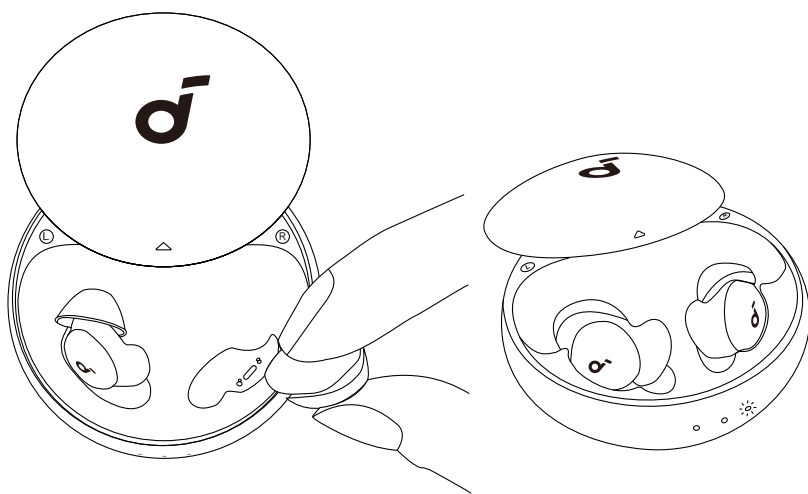
* Please note that you need to **tap with a bit of force** for the earbuds to recognize the command.

	Switch listening modes (Bluetooth Mode / Sleep Mode)	Tap twice firmly (L)
	Play / Pause	Tap twice firmly (R)
	Volume up	Tap three times firmly (R)
	Volume down	Tap three times firmly (L)

* You can customize more controls in the soundcore app.

When using dual earbuds, if you modify UI, it will also be effective when using a single earbud. Vice versa.

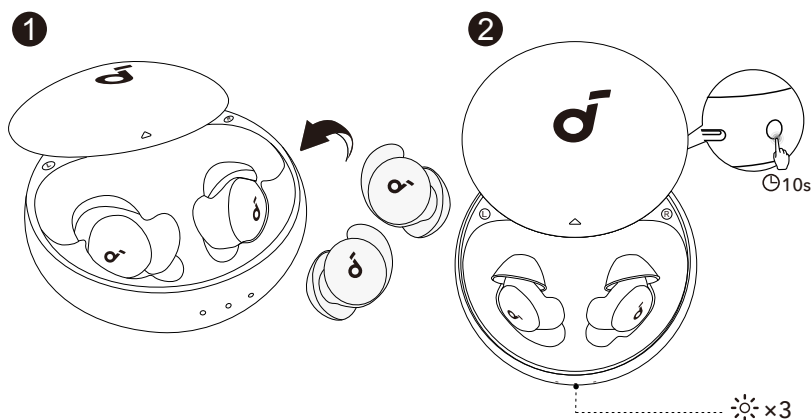
POWERING OFF



To power off, place the earbuds in the charging case by aligning the charging contactors of both the earbuds and charging case, and then close the lid.

Once the corresponding earbud is back into the case, the first (left earbud) or the third LED indicator (right earbud) will stay on for three seconds and then go off.

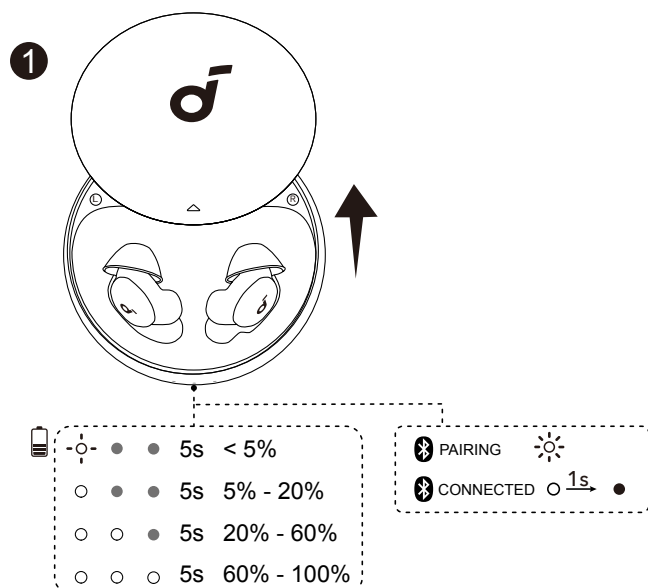
RESET



Reset if the earbuds have issues pairing with each other or with other devices.

Delete the pairing history from your Bluetooth device first. Place the earbuds in the charging case and leave the case open. Press and hold the button on the charging case for 10 seconds until the LED indicators rapidly flash white 3 times.

LED LIGHT GUIDE

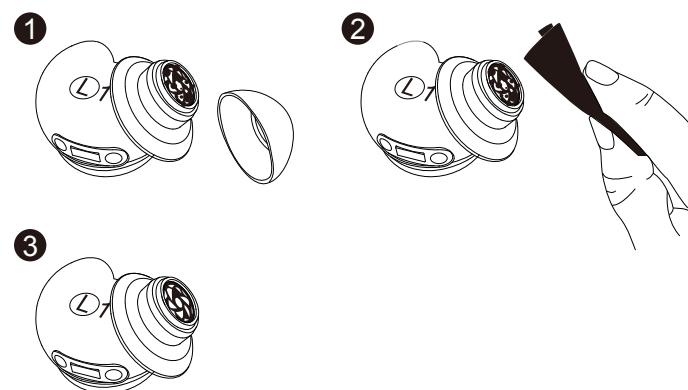


Flashing white rapidly	
Flashing white slowly	
Steady white	
Light off	

FIRMWARE UPDATE

You will be informed once the new version of firmware is detected when you connect the earbuds with the app. Ensure the earbuds are placed in the charging case and the case remains open until the firmware update is completed. During the update, ensure the earbuds are being charged and avoid any usage.

CLEANING



Dust, earwax or other debris can accumulate in the earbuds. To maintain optimal sound quality, regularly clean your earbuds via using a cotton swab slightly moistened with rubbing alcohol to gently wipe the metal mesh filter under the rubber ear tips.

SPECS

Specifications are subject to change without notice.

Input	5V/0.45A
Rated output power	5V/0.088A (0.044A)
Battery capacity	580mAh/2.158Wh
Charging time	2h
Playtime (Bluetooth Mode)	10h
Playtime (Sleep Mode)	14h
Frequency response	20~20000Hz
Impedance	16ohm
Waterproof level (Earbuds)	IPX4
Bluetooth version	BT5.4
Bluetooth range	10m

Phone call function is not supported on soundcore Sleep A20. Please use your mobile phone to answer a call.

Regulations and Compliance Information

Hereby, Anker Innovations Limited declares that this device is in compliance with The Product Security and Telecommunications Infrastructure (Security Requirements for Relevant Connectable Products) Regulations 2023. For the Statement of Compliance, visit the website: <https://uk.soundcore.com/pages/psti-related>.

Note: The 'x' of SN Code: xxxxxxxxxxxxxxxx is a variable, see below table.

Variable 'x'	Range of variable	Content
Seventh	0-9 or A-F	Denotes the hardware version which is not effected on the safety compliance.
Eighth	8,9,A,B,C...	Denotes the year, 8 means 2018, 9 means 2019, A means 2020, B means 2021, C means 2022, and so on.
Ninth and tenth	01,02,03...	Denotes weeks, 01 means the first week in this year, 02 means the secondary week in this year, and so on.
Eleventh	1-7	Denotes date, 1 means Monday, 2 means Tuesday..., 7 means Sunday and so on.
The last five	00001-99999	Denotes serial No.