

Enjoy your new dimension
in SleepSanity!



For more advanced
SleepSanity customization
features, simply scan this
QR code.



Warnings (copied from Manta with minor edits)



Warning: Products manufactured after January 1, 2008 are not considered household waste. Dispose of your mask at an approved electronic equipment recycling facility.



Warning: SleepSanity should not be used by children under 3 years of age, the elderly or by anyone who may strangle on a cord. Small pieces may lead to choking.



Warning: Do not use while operating a motorized vehicle or riding a bicycle. Use of a headset that covers both ears will impair your ability to hear other sounds.



Warning: Exposure to high volume levels may damage your hearing. Higher volume damages hearing in less time than lower volumes.

If you experience hearing discomfort, stop listening to audio through your mask and have your hearing checked by your doctor.

To protect your hearing, hearing experts suggest that you:

- Set the volume to “low” before putting your mask on.
- Avoid turning up the volume to block out external noise.
- Whenever possible, use your mask in a quiet environment.
- Limit the amount of time you use your mask at high volume levels.
- Turn the volume of your mask down if you cannot hear people speaking near you.

Important Safety Information

SleepSanity contains sensitive electronic parts and can cause injury if damaged or exposed to excessive heat, liquid or chemicals. Do not use the device if it has been damaged. Do not microwave the device. Do not attempt to replace the batteries yourself.




SleepSanity App QuickStart Guide



Step 1 Get the app by scanning the QR code.

Step 2 Download and open the app on your phone.



Step 3 On the right side of the **SleepSanity** device, **Press and Hold the Power Button**  until the Bluetooth LED (to the right of the speaker adjustment slider) blinks.

Step 4 On your phone select “**Add A SleepSanity Device**”.

Step 5 Click “**Next**” until you arrive at the “**Add A SleepSanity Device**” screen, then grant access to use your phone’s Bluetooth.

Step 6 Once SleepSanity is paired with your phone, you will need to set up an account. This will ensure your personalized settings, preferences, and scenes are saved.

Step 7 “**Log in**” to begin. You can sample and customize several pre-developed experiences (called “Scenes”), such as “**Evening Unwind**”, “**PowerNap**” etc. or create your own scenes from scratch.

Tap “**SleepSanity Recommendations**”, choose a scene, put on your **SleepSanity** device, and begin your journey.

Specifications **(copied from Manta)**

Bluetooth: XXX

Operating Range of Bluetooth: XXXX

Operating Range of Microphone: XXX

Battery: XXXX

Charging time: XXXX

Standby time: XXXX

Continuous playback time: XXXX

Bluetooth name: XXXX

FCC Warning:

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, uses 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.