

# **Sound Pillow<sup>®</sup>** **Sleep System**

*Sleep never sounded so good.<sup>™</sup>*

## ***The Manual***

*Please call with questions:*

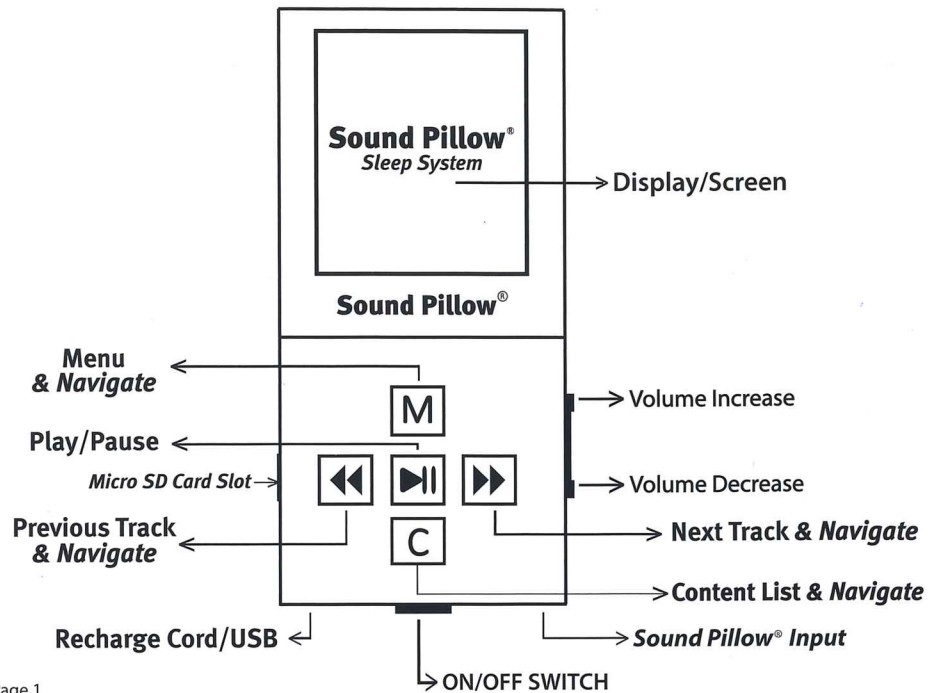
**877-846-6488**

*Email: [Service@SoundPillow.com](mailto:Service@SoundPillow.com)*

***SoundPillow.com***

Sleep System content specifically engineered for use with Sound Pillow products.

## Where the Buttons are:



## Preloaded Content/Tracks

- |                              |                                     |
|------------------------------|-------------------------------------|
| A - Rain V3                  | L - Gentle Dreams in Evening Forest |
| B - Stream V3                | M - Gradual with Rain V3            |
| C - Ocean V3                 | N - Gradual Evening Forest V3       |
| D - New Evening Forest V3    | O - Simple & Ocean V3               |
| E - Deep Relaxation V3       | P - Blue Noise V3                   |
| F - Gentle Dreams V3         | Q - Pink Noise V3                   |
| G - Fantasia Theta Stream V3 | R - Violet Noise V3                 |
| H - Lunar Sun V3             | S - Red Noise V3                    |
| I - Deep Relaxation & Ocean  | T - Grey Noise V3                   |
| J - Insomnia V3              | U - White Noise V3                  |
| K - Fantasia Rain V3         |                                     |

**Additional Content: [SoundPillow.com/Downloads](http://SoundPillow.com/Downloads)  
(Additional Content Sold Separately)**

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## GETTING STARTED

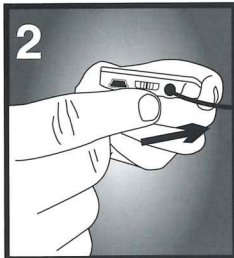
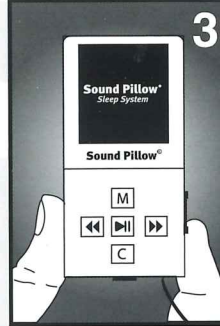
**Applies when On/Off Slide Switch is in Off Position - Slid Left**



1. Plug Sound Pillow into Sound Pillow Jack at the Bottom of Player.

2. Slide On / Off Switch to the Right.

**3. Player is now playing.**



4. Dial In-Line Volume Control towards pillow. **Be sure volume is not too loud.**



Sleep System's tracks have extended Fade-ins. Please allow 15 - 20 seconds for tracks to be heard.



## Getting Started

1) Plug Sound Pillow's Jack into Player.

2) Slide ON/OFF switch to right.

**Sleep System is now playing!**

### Alternate On/Off

**Keep bottom On/Off slide switch in ON position (to right).**

- Turn On: Press & Hold Play/Pause for 1-Full Second

- Turn Off: Press & Hold Play/Pause for 1-Full Second

### Change Tracks

- Forward: Click - >> - button at 3:00 position

- Back Click - << - button at 9:00 position

### Change Volume

- Increase: Press Top of Volume Control at Player's Side

- Decrease: Press Bottom of Volume Control at Player's Side

### Access Content List

- While Playing a Track ....Press **C** Button (6:00 postion)

*Tip! When player's screen goes dark, press any button to relight.*

### Sleep Timer - *Battery Operation Only*

1. Navigate to Home Screen:

- Click 12:00 Menu/Navigation Button - **[M]**
- Click: Center Play/Pause Button - **[▶]** - Choose "Home"

2. At Home Screen:

- Click: Right Arrow - **[▶▶]** - to highlight "Setting"
- Click: Center Play/Pause Button - **[▶]** - to Enter "Setting" Mode.
- Click: Bottom Navigation Button - **[C]** - to highlight "Shutdown Setting".

3. With "Shutdown Setting" highlighted:

- Click: Center Play/Pause - **[▶]** - "Sleep Timer" is highlighted
- Click: Center Play/Pause - **[▶]** - then - **[C]** - navigate to "Set Sleep Timer".
- With "Set Sleep Timer" highlighted: Click Play/Pause Button - **[▶]**
- Click/Hold 12:00 Menu/Navigation Button - **[M]** - to desired minutes.
- Set Time/Minutes: Click Play/Pause Button - **[▶]**

4. Return to Home: Click Back/Arrow Button - **[◀◀]** - THREE (3) TIMES

- At Home Screen: Click Back Arrow - **[◀◀]** - Twice. Music is highlighted.
- With Music highlighted: Click Play/Pause - **[▶]**
- Choose: "All Songs" - See Full Play List -or- "Now Playing" (Plays Current Track)

### Recharging Battery & Playing from Outlet

Be sure player is **TURNED OFF** before plugging into outlet.

- 1) Insert USB cord into USB input on player - this is the smaller end/connection of the USB cord.
- 2) Insert other end of USB cord into black wall adaptor - the larger/flatter end of the USB cord.
- 3) Plug wall adaptor into outlet
- 4) Player's display will light. After a few moments...  
*a charging battery symbol will appear. Player is now charging.*

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### Playing from Outlet/USB Port:

- **Keep player in Off position**
- **Plug into wall outlet or USB Port**
- **Turn ON Player: Press/Hold Center Play/Pause Button**
- **Turn OFF Player: Press/Hold Center Play/Pause Button**

## Bluetooth Pairing

(External Speakers & Assisted Hearing Devices)

**BEFORE PAIRING \*\*\* BEFORE PAIRING \*\*\* BEFORE PAIRING**

**\*\*\*TURN VOLUMES DOWN/VERY LOW ON PLAYER & AUDIO DEVICE\*\*\***

>>Place your device in pairing mode.<<

While Playing or Paused Content

- Click: Menu Button (12:00) - **[M]**
- Navigate to "Home" & Click: Play/Pause Button - **[▶]**
- Click: Left Arrow - **[◀◀]** - or Right Arrow - **[▶▶]** - to Highlight "Bluetooth"
- Click: Play/Pause - **[▶]** - to choose Bluetooth - Player is searching.

**\*\*ALLOW UP TO ONE MINUTE FOR FIRST TIME SEARCHES\*\***

When Device is Located:

- Device name appears on screen.
- Navigate to device with top - **[M]** - or bottom - **[C]** - buttons.
- Click: Play/Pause Button - **[▶]** - to choose highlighted device.
- Click: Play/Pause Button - **[▶]** - to Pair device.
- Use Back Arrow Button - **[◀◀]** - to Navigate to Home screen.

## How Sound Pillow Set Your Player

**\*\* NOT Original Factory Settings \*\***

**\*\* Do Not Restore Factory Settings in "Settings" Folder \*\***

- 1) Sound Pillow charged your player! *Battery is full.*
- 2) Sound Pillow set player to Repeat 1. (Best use.)
- 3) Sound Pillow set volume between 27 - 30.
- 4) A-Rain set 20 - 30 seconds into the track.
  - Sound Pillow tested the player, prior to shipping.
  - A-Rain set 20-30 sec. in, so you could hear it faster.
  - A-Rain plays in full, under normal use.
- 5) Backlight Timer: 30 seconds
  - When screen goes dark, press ANY button to illuminate display screen.

## Download/Add Content to Player

Sound Pillow has (more) downloadable Content!

***SoundPillow.com/Downloads***  
(Sold Separately)

If you add your own content, it will **NOT** be as load as Sound Pillow *Sleep System's* content.

**1) Use a shorter Micro USB cord - which you likely have laying around; from other devices.**

**2) Connect player to computer's USB port.  
- Save files per a standard flash drive.**

## Settings (and Tools)

### Enter Settings Functions from Home Screen (COG Icon)

- Click Navigation buttons to Highlight selection.
- Click: Play/Pause/Enter button to choose

#### Tools

- Calendar
- Stopwatch
- Alarm

#### Language

- Access 27 Languages

#### Display Settings

- Brightness
- Backlight Timer (LCD Timer)

#### Shutdown Setting

- Sleep Timer: 1 - 99 minutes

#### Date & Time

- Time Settings (Set Format & Set Time)
- Date Settings (Set Format & Set date)

#### [Player] Information

- Information (Software Version)
- Disk space (remaining memory)

#### Format Device & Factory Settings

***Never, ever, ever, Reformat or Restore Factory Settings***

## Frequently Asked Questions

### **1) Why is player Bluetooth, but pillow is not?**

- Bluetooth is not perfectly stable.
- Unstable connections/sounds can disrupt sleep.
- Bluetooth for external speakers/hearing devices.

### **2) How long will the battery last?**

- 30 Hours+ and varies based on volume levels.
- Bluetooth Function Battery Life: 8 - 10 hours
- *Don't forget the players operate from wall outlet or USB port.*

### **3) Why does the screen go dark?**

- Extends battery life, less recharging.
- Dark environments are best for sleep.

## Frequently Asked Questions

### **4) How is the Sound Pillow® Sleep System designed for sleep?**

- Our content is evolutionary and "hypnotic" with extended cords, has virtually no beat/rhythm, or loud punctuations of sound/volume changes. The nature sounds and music include binaural tones, which are intended to relax the mind.
- Content includes extended fades-in and fades-out, so as not to be disruptive to the sleeper.
- In conjunction with the great sounding & comfortable Sound Pillow, the system is a naturally-relaxing experience.

### **5) What are the warranties?**

- **Sound Pillow: 90 days, for manufacturer's defects**
- **Sleep System Player: 6-months, for manufacturer's defects**

## Trouble Shooting

### 1) Sound Pillow® sounds muffled:

- Turn pillow over...the speakers are facing your mattress.

### 2) No sound or only one speaker is playing:

- Be sure Sound Pillow's jack is *completely* inserted into player.
- Be sure volume is turned up on Player & in-line volume control.

### 3) Player won't turn on:

- First: Charge the battery.
- Second: Slide On/Off switch to Off then back to On.

### 4) Can't download additional content:

- **A shorter USB Micro Cable may be required.**
- Be sure additional content are MP3 files
- Check remaining memory capacity

*Still having issues? Email us at [Service@SoundPillow.com](mailto:Service@SoundPillow.com)*

**Phone: 877-846-6488 Mon. - Fri. 9:00am - 5:00pm CST.**

**[www.SoundPillow.com](http://www.SoundPillow.com)**

## The Legal Page

***Be sure Sound Pillow's cord is safely tucked away, leaving little slack.***

Sound Pillow® Sleep System content is designed and intended for use with Sound Pillows only.

Sleep System's content contains binaural tones to slow brain wave activity in order to create a deeply relaxed state of mind. Do NOT listen to Sound Pillow Sleep System content while driving, exercising, working, operating heavy machinery, etc...

All Sound Pillow Sleep System music and sounds included with the device, are Copy Written by Dr. Harry Henshaw, Ed.D. and Armbruster Enterprises, Inc.

Do Not use near water, or in high moisture environments.

Do Not drop, make repairs, modify, open or disassemble the device.

Do Not store, keep or place in direct sunlight or excessive heat.

Do not use Sound Pillow in pillow fights.

***Only adults should plug wall adaptor into outlet.***

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

## The Technicals

Dimensions: 86mm x 42mm x 9mm \* Weight: Approx. 1.62 ounces / 46grams \* USB: USB 2.0

Display Size : 1 3/4" (diagonal) / 4.445 cm \* Memory: 8GB flash memory \* Audio Format: MP3

MP3 Bit Rate: 8K bps 320K bps \* Frequency Resp. w/ Sound Pillow: 31.5Hz - 18,000KHz

System: Windows98/SE/ME/2000/XP

Sound Pillow® is a registered Trademark of Armbruster Enterprises, Inc.

Sleep Content Written, Produced & Loaded in the USA!

Sound Pillow Sleep System US Patent Numbers: #9,003,582 & 9,433,744

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