Getting Started

USER GUIDE

Welcome

Congratulations, you've just purchased the world's first smart earplugs! Now you can block out noise that keeps you up but still be woken up by what you need.

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What's Included

Two Hush Earplugs

One Charge Case

Six sets of Foam Earplug Tips (S-short, M-short, L-short, S, M, L)

Three sets of Silicone Earplug Tips (S, M, L)

USB to Micro-USB Cable

Ear Tip Carry Bag

Know Your Tips!

First before anything, lay out all the different ear tip options available to you. Pair and organize them like in the image below so that you can identify them. You can remove the Medium Foam tips on Hush by squeezing and twisting off. It is very important to know the name of which tip fits your unique ear best.

Small Short Foam • Medium Short Foam • Large Short Foam

Small Foam • Medium Foam • Large Foam

Small Silicone • Medium Silicone • Large Silicone

Start with the Small Short Foam tips, just to ensure you insert Hush correctly in the next step. You can always switch to a larger tip later for a tighter fit with more noise isolation.

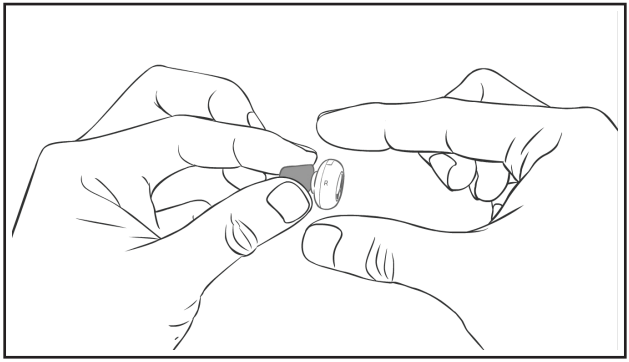
Proper Insertion

Inserting Hush correctly is critical to proper effectiveness and comfort. Hush sits deep in the ear like a normal earplug and should stay flush in ear to ensure maximum comfort – this is especially important for the side sleeper.

Insertion Technique:

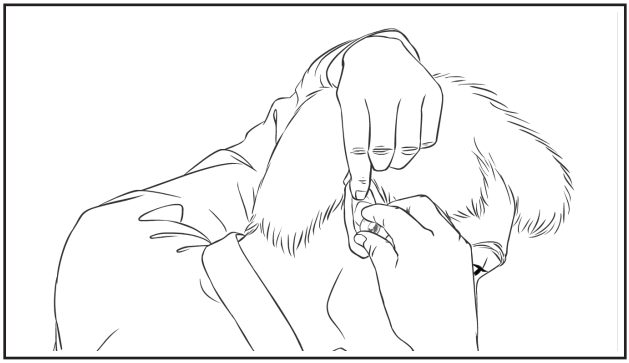
1) *Orient.* With your right hand, hold the “Right” earplug using your thumb and index finger with the “R” directly visible to you. When inserted, the “R” should remain right-side up.

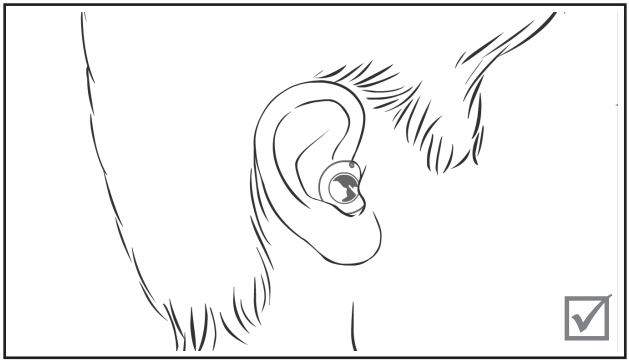
2) *Compress.* Compact the foam with your left fingers.



3) ***Twist.*** Quickly insert into right ear with a twisting motion.

You may find it helpful to reach over your head with your left hand to pull your right earlobe up. This straightens out the ear canal for easier insertion.





CORRECT FIT

INCORRECT FIT

4) *Repeat.* Do the same except mirrored in order to insert the Left Hush For a tighter fit with better noise reduction, replace your tips with a larger size.

The Charge Case

Hush comes with a Charge Case that is able to fully charge Hush 3 times without having to plug in. To charge the Case up, plug the provided USB cable into the back. A full charge of the Charge Case will take 3 hours. The lights will blink up to 5 times which indicates the Charge Case's battery level (e.g. 2 blinks = 40% charge). When the charge case is out of battery, both lights will flicker rapidly when you insert Hush.

To charge Hush, plug the earplugs into the Charge Case. The Charge Case lights will glow to indicate that the earplugs are charging. A full charge of the earplugs will take 6 hours. When the earplugs are finished charging, the lights will turn off on their own.

The App

Hush is controlled entirely by your smartphone. To begin accessing Hush's features, download the Hush app from the App Store (iPhone) or Google Play (Android).

After downloading, follow the steps on-screen to get Hush up and running. Your unique Hush IDs are:

LEFT

RIGHT

After you get successfully paired up, you'll be able to:

- Upload and play a soothing sound for a preset length of time.
- Set alarm clocks that wake only you up.
- Filter calls and notifications. Control what can disturb you.

The Science

Hush blocks out sound using the combination of two proven methods: Passive Noise Reduction and Noise Masking. Like an earplug, Hush's foam passively reduces outside noise by up to 30dB. Then, any remaining noise that makes it through the earplug is masked out with Hush's soothing sound machine. By synergistically combining an earplug with a sound machine, Hush can effectively take a 90dB outside noise and replace it with a 60dB soothing sound.

In order to do this, it is critical to understand Noise Masking to unlock Hush's full noise blocking potential. The science behind effective Noise Masking is simple: play soothing sounds with the same frequencies as the noise you're trying to block out to achieve maximum noise blocking. For example, low bass frequencies in a soothing sound mask out low frequency disturbing noises (e.g. thunder). High treble frequencies in a soothing sound mask out high frequency disturbing noises (e.g. honking cars)

To that end, here are noise masking characteristic profiles of three of Hush's noise masking sounds:

White Noise
This is the most well-known noise masking sound capable of blocking the widest range of frequencies. The Highs may sound harsh to some.

Frequencies present: Low, Mids, Highs

Effective at blocking: Everything (e.g. traffic, conversations, music, etc.) Blocks all frequencies, but not necessarily the most effective across all frequencies.

Pink Noise
Very similar to white noise with some higher frequencies removed to be more pleasing to ear.

Frequencies present: Low, Mids, Mid-Highs

Effective at blocking: Low-Mid frequencies (e.g. snoring and neighbors stomping.)

Brown Noise
Similar to pink noise, but with additional high and mid frequencies removed.

Frequencies present: Low, Low-Mids

Effective at blocking: Low frequencies (e.g. outdoor thunderstorms and thumping bass music.)

Maintenance

Cleaning Hush is easy. You take off the ear tip and can wipe Hush off with a damp cloth. Do not run under sink as Hush is not waterproof. Replace your tips with new tips as you see fit. On average, we recommend tip replacement at least once a week, but this varies based upon hygienic preference. You are able to buy your tips in bulk at:
https://hush.technology/store

Always return Hush back to the Charge Case when not in use. Leaving Hush out of the Charge Case for more than a month may permanently damage Hush.

⚠ Do not store product in high temperature environments, including under direct sunlight.

⚠ Do not disassemble or remove the battery.

⚠ Do not expose product to moisture or submerge in liquid.

Troubleshooting

Hush keeps falling out through the night?

Under normal circumstances, Hush should not fall out when used properly as the smooth back does not catch edges on pillows as traditional foam earplugs are prone to do. However, if Hush does fall out, first make sure Hush is inserted deeply, then try using a larger tip for a tighter fit.

I can't get a comfortable fit?

If you have tried all of the tip options and simply cannot find the right fit, Hush also offers a custom molded solution at our webstore.

I misplaced my Hush?

The Hush App gives you two ways to track down your Hush. In the Devices page on the App, select your missing device and press the map icon. If your phone had GPS on, the App will show you where you last used Hush. If Hush is within range, you can also make Hush play loud beeps so you can try to find Hush by sound. If you still cannot find your misplaced Hush, replacement pieces are available at https://hush.technology/store

For additional assistance, please email support@hush.technology

Frequently Asked Questions

Which devices does Hush work with?

Hush works with iPhone® 4S and newer and Android™ phones with Bluetooth® Low Energy enabled with versions 4.3 and above.

Can Hush stream music?

Hush is a smart earplug designed to play noise masking sounds for 8 hours to protect your sleep through the entire night, and in order to achieve that we had to limit what Hush could play. Hush can only play preset tracks through the Hush app as Hush uses an extremely low energy Bluetooth connection.

How does Hush maintain ultra low radiation exposure?

Hush achieves this because of the fact that we do not stream audio throughout the night. By looping audio files stored in the earplugs, very little Bluetooth communication is required so that over the entire night, users are exposed to a fraction of what business professionals using normal Bluetooth® headsets are exposed to during a single phone call.

Go to https://hush.technology/faq for more frequently asked questions!

Additional Information

THIS PRODUCT IS NOT A MEDICAL DEVICE and has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases, medical conditions or injuries. If you have a physical or medical condition, you should seek the advice of your doctor. This equipment 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. Changes or modifications not expressly approved by Hush could void the user's authority to operate the equipment.

1 year limited warranty. For detailed information, please visit https://hush.technology/warranty. For information about Hush's patents, visit hush.technology/patents.

Get In Touch!

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https://hush.technology

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

In order to maintain compliance with FCC regulations, shielded cables must be used with this equipment. Operation with non-approved equipment or unshielded cables is likely to result in interference to radio and TV reception. The user is cautioned that changes and modifications made to the equipment without the approval of manufacturer could void the user's authority to operate this equipment.

FCC ID: 2AEEE-1H116