



无线头戴耳机 快速入门指南 JHM-A1

包装内容

- 头戴耳机
- 快速入门指南
- USB Type-C 线
- AUX 音频线

注意事项

- 无线头戴耳机不应在极端温度下使用。
- 在第一次使用无线头戴耳机之前，请确保使用 5V 24W 或更低功率的充电器为其充电。
- AUX 最大输入功率为 50 毫瓦。

无线头戴耳机与手机配对

1. 长按电源按钮 2 秒，会听到“开机”的提示音，同时LED灯会变红/蓝色并交替闪烁。
2. 打开手机，进入“设置”页面，打开蓝牙，找到“JHM-A1”点击进行配对连接。
3. 配对成功后，下次开启耳机，将会自动连接到手机。

恢复出厂设置

当耳机已开机但不与手机配对时，可快速按 5 次电源按钮恢复出厂设置，耳机开机即可正常连接使用。

功能示意图



操作

电源按钮	• 长按 2 秒 开机 • 长按 3 秒 关机 • 快速按 2 次 游戏模式/音乐模式切换 • 快速按 3 次 打开语音助手 • 短按 暂停或恢复播放 • 短按 接听或挂断电话 • 长按 2 秒 拒接电话
音量 “+”	• 长按 2 秒 播放下一首歌曲 • 短按 增大音量
音量 “-”	• 长按 2 秒 播放上一首歌曲 • 短按 减小音量

LED 灯

耳机充电中	红灯常亮
耳机充满电/配对成功	LED 灯灭
低电量提示	每隔几秒闪烁一次红灯
开机，等待配对	红蓝灯交替快闪
ANC 开	绿灯常亮
ANC 关	LED 灯灭

参数

产品型号	JHM-A1
蓝牙版本	5.3
蓝牙距离	≤10 m
播放时间（ANC 关）	约 48 小时 （音量 50%）
播放时间（ANC 开）	约 30 小时 （音量 50%）
通话时间	约 32 小时 （音量 50%）
待机时间（ANC 关）	最长 280 小时
待机时间（ANC 开）	最长 40 小时
电池容量	400 mAh
充电口	USB Type-C
充电电流	5V / 400 mA
充电时间	1.5 小时
净重	233 克

FCC警告

FCC ID: 2BFOM-JHM-A1

该设备符合FCC规则第15部分的规定。操作受以下两个条件约束：

- (1) 该设备有可能造成有害干扰。
- (2) 该设备会受到其所接收到的任何干扰，包括可能导致意外操作的干扰。

- 未经合规负责方明确批准对本装置进行的任何更改或修改都可能使用户失去操作设备的权限。



Headphones

Quick Start Guide

Model JHM-A1

What's in the box

- Headphones
- Quick Start Guide
- USB Type-C cable
- AUX audio cable

Things to keep in mind with wireless Headphone

- Wireless Headphone should not be used in extreme temperatures.
- Before using the headphones for the first time, make sure to charge them using a 5V, 24W or lower USB-C charger.
- The Max. Input Watt for AUX is 50 mW.

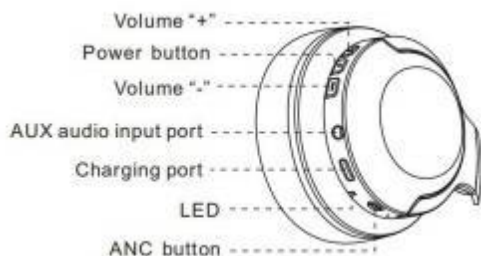
pairing wireless Headphone with your phone

1. Turn on the headphones by pressing the POWER button for 2 seconds. You'll then hear a "Power-on" notification and the LED will flash blue and red alternately.
2. On your phone, go to Settings, turn Bluetooth on, and then pair with "J HM-A1". Check your phone user guide to find out how to access Bluetooth settings.
3. Once paired, the headphones will automatically connect to your phone whenever you turn on the headphones.

performing a factory reset

When the headphones are on and not pairing with your phone, press power button quickly for 5 times to complete the factory reset. It can be connected and used normally when be powered on.

components



controls

Power button	• Press and hold (for 2 seconds) to turn the headphones on. • Press and hold (for 3 seconds) to turn the headphones off. • Press quickly (for 2 times) to game mode/music mode switching • Press quickly (for 3 times) to turn Voice Assistant on. • Press briefly to pause or resume playback. • Press briefly to answer or end the call. • Press and hold (for 2 seconds) to reject the call.
Volume"+"	• Press and hold (for 2 seconds) to play the next song. • Press briefly to increase the volume.
Volume"-"	• Press and hold (for 2 seconds) to play the previous song. • Press briefly to decrease the volume.

LEDs

Charging	Red light always on
Charging completed / Paired	LED off
Low battery warning	Red light flashes one time every few seconds
Powered on and waiting for pairing	Red and blue light flashing alternately
ANC on	Green light always on
ANC off	LED off

specifications

Product model	JHM-A1
Bluetooth version	5.3
Bluetooth range	≤10 m
Play time (ANC off)	Approx. 48 hours (Volume level 50 %)
Play time (ANC on)	Approx. 30 hours (Volume level 50 %)
Talk time	Approx. 32 hours (Volume level 50 %)
Standby time (ANC off)	Up to 280 hours
Standby time (ANC on)	Up to 40 hours
Battery capacity	400 mAh
Charging port	USB Type-C
Power input rating	5V / 400 mA
Charging time	1.5 hours
Net weight	233 g

Fcc warning

FCC ID: 2BFOM-JHM-A1

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.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

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