



Ear Tips – Standard Fit

XS - S - M - L - XL Choose the size that seals gently yet securely.

XS

S

M

L

XL

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S

M

L

XL

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Great Fit = Great Quiet!

- Choose ear tips **XS / S / M / L / XL**
- Place the earbud in your ear with the silicone tip angled slightly forward.
- Once seated, rotate backward until the stem points straight down to create a light, secure seal.
- A light seal blocks outside noise for peaceful sleep.

Charging-Case LEDs

31-100%: Green steady
11-30%: Amber steady
6-10%: Red steady
0-5%: No LED (case power depleted; functions unavailable)
Full recharge time: USB-C ≈ 1 h 30 min; Qi wireless ≈ 2 h 40 min.

Charging: LED breathes while charging and turns solid green when full.
Tip: If no LED shows when you open the lid, charge via USB-C for at least 10 minutes to wake the case.

LED & Voice Prompts (Quick Reference)

State	Case LED	Voice
Pairing	Green fast flash	"Pairing"
TWS Pairing	Green very fast flash	—
Connected	LEDs off	"Connected"
Factory reset OK	Amber 3x flash	—

Factory reset: With earbuds in the case and the lid open, press and hold the case button for 8 seconds until the LED flashes amber three times.

fitnexa

SomniPods 3

Quick Start Guide

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1 Get the App

For best performance, firmware updates, sleep analytics, and advanced settings, install Fitnexa from the App Store or Google Play.

- Scan the QR code and follow the on-screen prompts
- Bluetooth® must be enabled on your phone

Download on the
App Store

GET IT ON
Google Play

Fitnexa app
<https://www.fitnexa.com/>

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App Store is a service mark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.

2 Before First Use: Remove Stickers

- Remove the inner-tray film inside the charging case
- Put the earbuds back in the case and close the lid to charge
- Open the lid or take the earbuds out — they power on and enter pairing automatically

3 First-Time Pairing

- Open the case lid near your phone (within 5 cm / 2 in)
- iOS: Go to **Settings** > **Bluetooth**, tap "Fitnexa SomniPods 3"
- Android: Follow the **Google Fast Pair** prompt or go to **Settings** > **Bluetooth**
- You'll hear: "Connected"
- Tip:** If you can't find the earbuds in Bluetooth, make sure Sleep Mode is off

4 Switching Modes

In **Sleep Mode**, the earbuds are hidden from regular Bluetooth searches to avoid accidental connections, but they **stay linked to the app** for controls and updates.
All sound prompts are muted in Sleep Mode **except** the voice prompt you hear when switching modes.

Action	Gesture	Voice Prompt	LED on Case
Enter Sleep Mode	Triple-tap Left (L)	"Sleep Mode"	—
Exit Sleep Mode	Triple-tap Left (L) again	"Bluetooth Mode"	—
Noise-Control (via App)	In Fitnexa app	"Noise Cancelling / Normal / Sleep NC"	—

5 Touch Controls (Bluetooth Mode)

Gesture	Left (L)	Right (R)
Triple-tap	Mode toggle (BT ↔ Sleep)	Play / Pause
Double-tap	Previous track	Next track
Call control	Double-tap = Answer / Hang up • Triple-tap = Reject	Same as L

Need More Help?

Advanced settings, white-noise transfers, multipoint pairing, firmware updates, and full legal notices are in **Fitnexa** > **Settings** or at [fitnexa.com/support-hub](https://www.fitnexa.com/support-hub).
Email: support@fitnexa.com

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