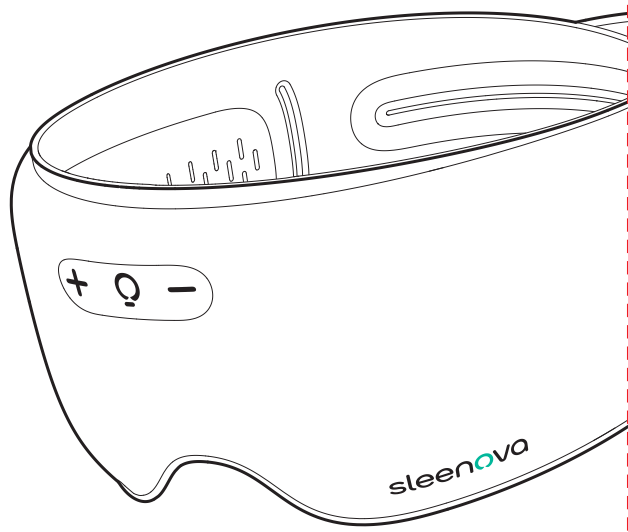


Quick Start Guide

sleenova
SoundMask



sleenova

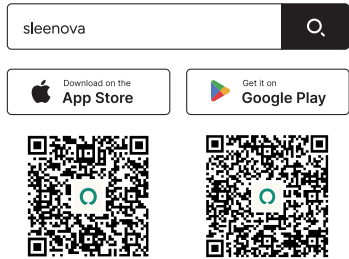
Support

Please visit www.sleenova.co/support for more information.

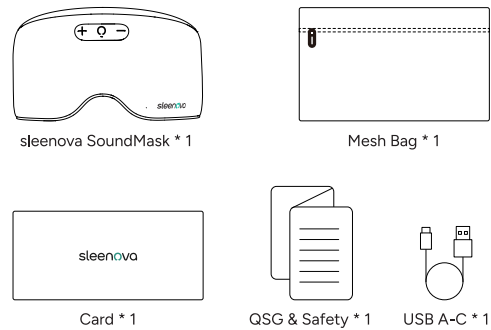


APP

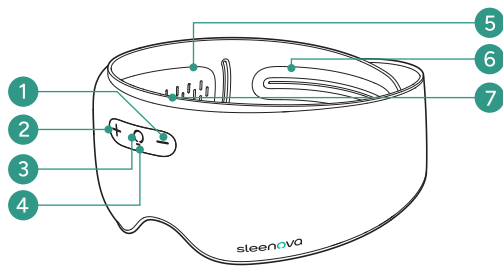
Get the sleenova App



What's in the box



At a Glance



- 1 Volume Down
- 2 Volume Up
- 3 Multi-Function Button
- 4 LED
- 5 Adjustable Speaker
- 6 Anti-Slip Strap
- 7 USB-C Charging Port

Button

	+	Q	-
Press	Vol+	Play/Pause	Vol-
Double Press		Modes Switch	
Hold 2s	Next	On/Off	Prev
Hold 7s		Bluetooth Pairing	

LED

	Green	Red
○ Solid	On	
⦿ Slow Flashing	Connecting or on	Low Battery
⦿ Fast Flashing	Bluetooth Pairing	

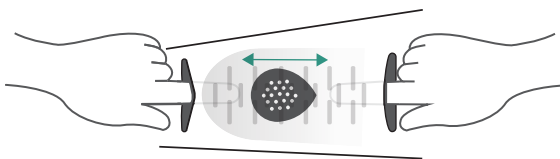
Notes

Pair a new device, Power off, then hold the button for 7s to enter Bluetooth pairing mode.

How to wear

1 Adjust the speakers

Before putting the mask on, gently pull the speakers away from the fabric to release them, then slide them left or right to match the position of your ears.

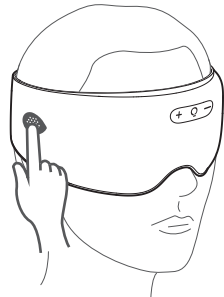


2 Put it on

Place the mask over your eyes and ears, and adjust the strap until it feels secure and comfortable.

3 Fine-tune for comfort

Once the mask is on, make small adjustments to the speakers if needed to align them precisely with your ears.



4 Settle in

Enjoy comfortable sound and pressure-free side sleeping.



Pair with your phone

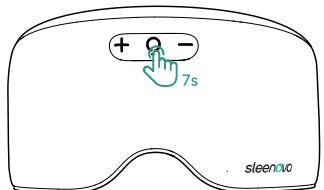
1 Turn on the device

- First-time pairing

When powered on for the first time, the device automatically enters Bluetooth pairing mode.

- Pairing a new device

With the mask powered off, press and hold the button for 5 seconds to enter pairing mode.



2 Open Bluetooth on your phone

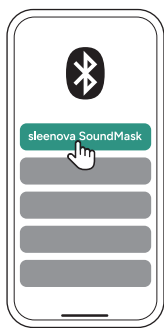
Go to your phone's Bluetooth settings.

3 Select "sleenova SoundMask"

Tap "sleenova SoundMask" from the list to connect.

4 Connected

A soft tone confirms the connection, green LED stays on.



Notes

- First power-on enters Bluetooth pairing mode automatically.
- Phone audio does not play in Sleep or Nap modes

Modes switch

1 Modes overview

Bluetooth Mode – Play audio from your phone or the sleenova app.

Sleep Mode – Built-in sleep audio for all-night sleep, phone-free.

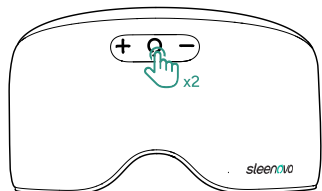
Nap Mode – Built-in sleep audio for short rests, phone-free.

2 How to switch modes

You can switch modes in two ways:

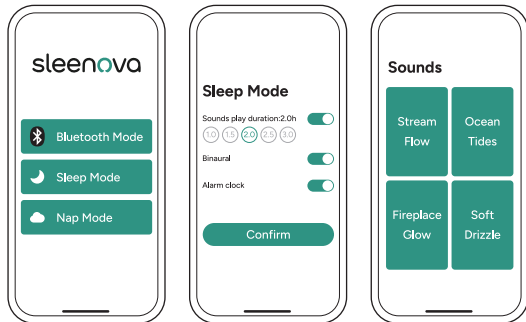
- By Button:

Double-press the Multi-Function Button to switch modes.



- By APP:

Use the sleenova app to set modes, alarms, playback duration, and more.



Notes

- Built-in sounds can be downloaded and updated through the sleenova app.
- Default playback duration is 2 hours. Adjustable in the app.
- Use the app to further personalize your sleep experience.

Product Care

1 Remove the electronic module

Always remove the electronic module before cleaning.

2 Wash the fabric only

Place the fabric mask in a mesh bag before washing.

3 Machine wash below 30°C (86°F)

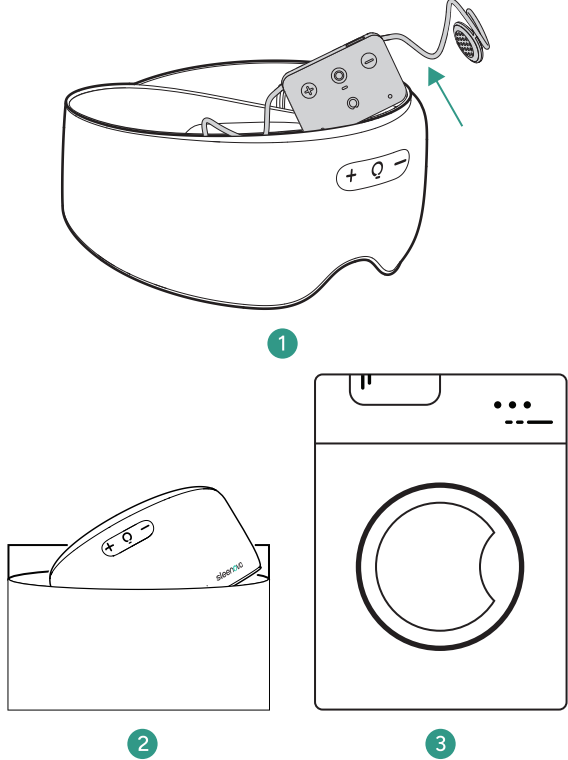
Do not use hot water.

4 Air dry only

Do not tumble dry. Do not iron.

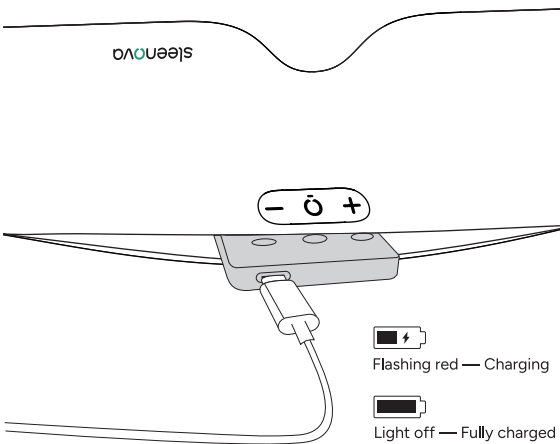
5 Reassemble when fully dry

Make sure the mask is completely dry before reattaching the module.



Charging

Open the center compartment and connect the USB-C cable to charge.



Notes

The mask cannot be used while charging.

Warning

- Not recommended for children under 3 years of age.
- Avoid listening at high volume for extended periods, especially overnight, to help prevent potential hearing discomfort.
- Discontinue use if discomfort or irritation occurs, and resume only when comfortable.
- Do not use it while charging. Use only in a safe, resting environment.

Wrapped in Quiet

Customer Service

18-month limited warranty
Lifetime technical support
Our warranty is additional to the legal rights consumers have buying this product.

✉ service@sleenova.co

FCC ID: 28TYO-MS501

Name: sleenova SoundMask
Model: MS501
Input: 5V=1A

MINGCHAO TECHNOLOGY CO., LIMITED / Made in China

FCC Warning

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.

NOTE 1: 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.

NOTE 2: 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

尺寸:180*90mm
材质:128g哑粉
工艺:4C
装订方式:风琴折