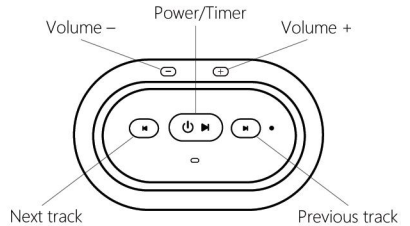


Sleep Headphones

User Guide

Comfort · Calm · Sleep

Quick Start



Step 1 | Power On

Press and hold the Power button for 3 seconds to turn on.

Step 2 | Bluetooth Pairing (First Time Only)

Open Bluetooth settings on your phone and select “TahoeSleep S1”.

Step 3 | Ready

You will hear a voice prompt confirming the connection.

Sleep Controls

Playback & Calls

Single press (Power button)
Play / Pause music
Answer / End incoming call

Double press (during an incoming call)
Reject incoming call

Sleep Timer

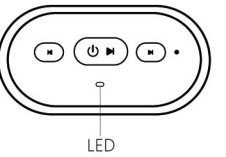
Use the Power button to set the sleep timer (when no call is active):

30 minutes – 1st double press
60 minutes – 2nd double press
Timer Off – 3rd double press

Sleep Tip:

For a more restful sleep, we recommend setting the sleep timer before going to bed.
Avoid frequent button operations during sleep to prevent accidental touches.

LED Indicator

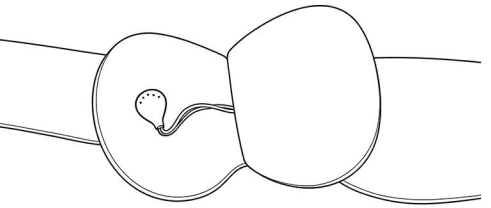


Status	LED Indicator	Meaning
Power On / Power Off	Blue light	Battery level is sufficient
Power On / Power Off	Red light	Battery is low. Please recharge
Bluetooth Pairing	Red / Blue lights flashing	Bluetooth pairing mode
Bluetooth Connected	Light off	Bluetooth connected
Charging	Red light on	Charging
Charging	Blue light on	Nearly fully charged
Fully Charged	Light off	Fully charged
Power Off	Press Power button	Check current battery status

Note:

LED indications are for reference only. Actual behavior may vary slightly depending on usage and environment.

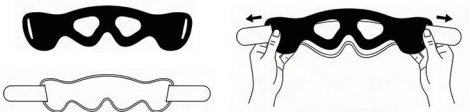
Sleep Safety & Comfort



Wearing Comfort

- You can gently open the ear area to adjust the speaker position.
- Adjust the speaker to align comfortably with your ear for best comfort and sound.
- This design helps reduce pressure and improves comfort for different ear shapes, especially for side sleepers.
- Make sure the speaker is flat and not pressing directly against the ear before sleeping.
- If discomfort occurs during sleep, remove the headphones and adjust before continuing use.

Cleaning & Storage



Removable Fabric Cover Installation Guide:
As shown in the illustration, pass the straps on both sides of the device through the openings on each side of the removable fabric cover, then pull them straight to secure in place.

Washing & Storage Tips

- The fabric cover is washable. Hand wash or use a laundry bag for gentle machine wash.
- Do not wash the main device or electronic components.
- Allow the fabric cover to dry completely before reinstalling.
- Store the device in the provided storage pouch when not in use.

Support & Care

Need Help?

If you experience any issues with your Sleep Headphones, we’re here to help.

Before returning the product, please contact our support team for assistance.

Contact Us

Email: support@tahoesleep.com

Response time: Within 24 hours on business days

Helpful Tips

Many issues can be resolved by adjusting the speaker position, checking Bluetooth connection, or fully charging the device.

Thank You

Thank you for choosing our Sleep Headphones. We’re committed to helping you enjoy a more comfortable sleep experience.

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: 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: The Grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.
The device has been evaluated to meet general RF exposure requirement.
This equipment complies with FCC's RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna(s) must not be co-located or conjunction with any other antenna or transmitter.