



**Sound Pillow®  
Sleep System**

*Sleep never sounded so good.™*  
[www.SoundPillow.com](http://www.SoundPillow.com)

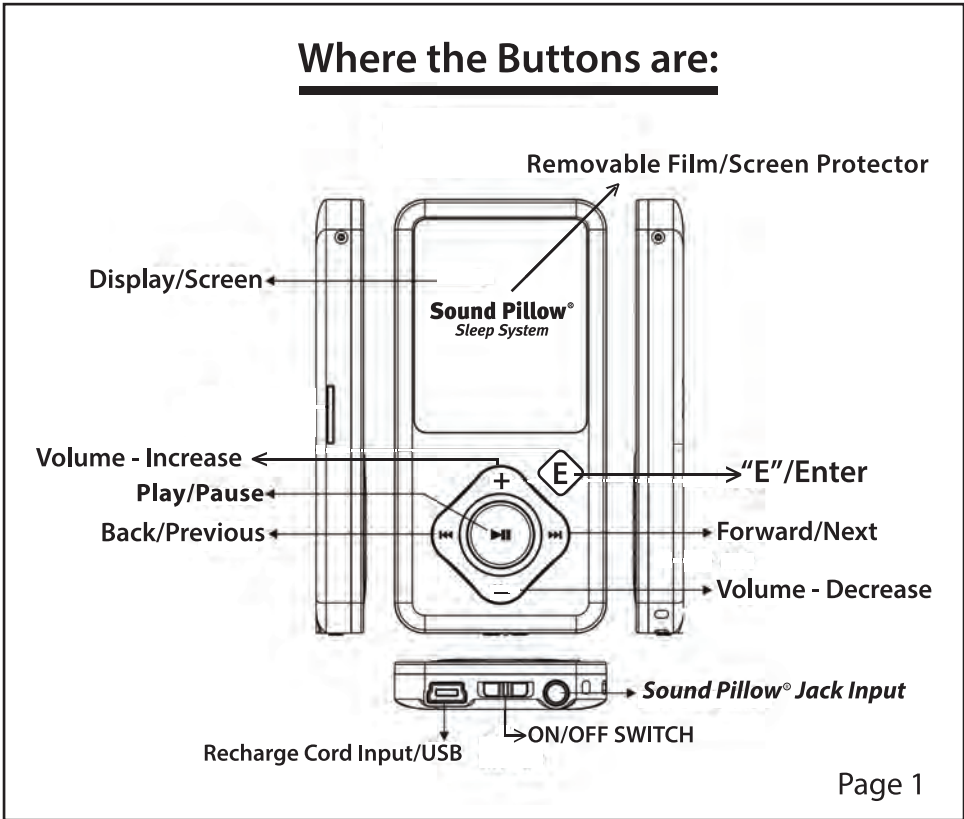
*For the best experience, please take a moment to review the manual.*

Call Sound Pillow at 877-846-6488 with questions or email: [Service@SoundPillow.com](mailto:Service@SoundPillow.com)

 Find us on **Facebook**

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Sleep System content specifically engineered for use with Sound Pillow products.



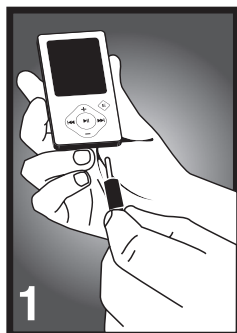
# Preloaded Content/Tracks

- |                              |                                     |
|------------------------------|-------------------------------------|
| A - Rain V3                  | J - Insomnia V3                     |
| B - Stream V3                | K - Fantasia Rain V3                |
| C - Ocean V3                 | L - Gentle Dreams in Evening Forest |
| D - New Evening Forest V3    | M - Gradual with Rain V3            |
| E - Deep Relaxation V3       | N - Gradual Evening Forest V3       |
| F - Gentle Dreams V3         | O - Simple & Ocean V3               |
| G - Fantasia Theta Stream V3 | P - Blue Noise V3                   |
| H - Lunar Sun V3             | Q - Pink Noise V3                   |
| I - Deep Relaxation & Ocean  | R - White Noise V3                  |

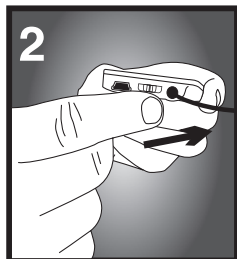
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## GETTING STARTED



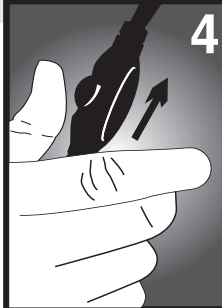
1. Plug Sound Pillow into Sound Pillow Jack at the Bottom of Player.



2. Slide On / Off Switch to the Right.



3. When Music Icon Appears - Press **E** ...**system starts playing**. Make sure volume is turned up by pressing **+** key on Player. (The maximum Volume is 40.)



4. Dial In-Line Volume Control towards pillow. **Be sure volume is not too loud.**



**Quick TIP**

Sleep System's tracks have extended Fade-ins. Please allow 15 - 20 seconds for tracks to be heard.

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## Getting Started

- 1) Plug Sound Pillow Jack into Player.
- 2) Slide ON/OFF Switch to the Right.
- 3) When Notes/🎵 Appear- Press **◊E**/Enter
- 4) Sleep System is now playing! *Lay back on your Sound Pillow and enjoy.*

### For Best Use of In-Line Volume Control

- A) Turn volume on player to MAX volume  
- Press the “+” symbol on player to level 40.
- B) To adjust volume, use thumb dial on Sound Pillow’s in-line volume control. Spin thumb wheel towards the Sound Pillow to increase the volume.

***Tip! When player’s screen goes dark, press any key to relight.***

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## Set-Up: Location & Features

From the Music Screen/🎵- press either the Forward or Back Arrow.

See Set-Up Screen. Press **◊E**/Enter to enter Set-Up file.

Use Forward (Up) - **▶▶** - and Back (Down) - **◀◀** - arrows to navigate

Press **◊E**/Enter to Select Options

**LCD SET** - Set length of time Display Screen remains lit

- LCD Set is automatically highlighted. Press **◊E**/Enter

- “Dark Mode” is highlighted. Press **◊E**/Enter

- Use Left & Right arrows to set Display time **in Minutes (1 - 10 minutes)**

- Press **◊E**/Enter to select desired setting

**Language** - Use arrow keys to highlight “Language”

- Press **◊E**/Enter to access 24 Languages

- Use arrow keys to choose desired language. Press **◊E**/Enter to select

**Sleep Mode** - Use arrow keys to highlight “Sleep Mode”

- Press **◊E**/Enter. Use arrow keys to increase/decrease sleep mode time

- Press **◊E**/Enter to confirm selection **in Minutes**

**To Save Your Settings when Turning Off Player: Press & HOLD **◊E**/Enter until Music Screen appears. Slide On/Off Switch to Off.**

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## To Play Sleep System's Content

**Turn Player ON by sliding bottom ON/OFF switch to right.**

- See "Sound Pillow® Sleep System" followed by Notes Icon 

### To Start Playing Content:

- From Music Notes Icon  -- Press  / Enter Button to play

### To Change Tracks & Navigate Menus:

- **Forward/Up:** Press -  - button at 3:00 position

- **Back/Down:** Press -  - button at 9:00 position

### To Change Volume:

- **Increase:** Press the "+" button at 12:00 position

- **Decrease:** Press the "-" button at 6:00 position

### To Pause and Unpause:

- **Pause:** Press -  - Center Round Blue Button

- **Unpause/Play Again:** Press -  - Center Blue Button again


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## Access Repeat & \*Equalizer Options:

While player is in Play Mode - Actively Playing :

Press  / Enter Key - See: Repeat & Equalizer Options

### To Navigate/Choose Options:

- **Down:** Press -  - button at 3:00 position

- **Up:** Press -  - button at 9:00 position


- **Choose Desired Option:** Press -  / Enter Button

- **Play All Once** - Plays all content - one time

- **Repeat One** - Plays a single track repeatedly

- **Repeat All** - Plays all content...then does it again...

**Equalizer** - Choose from 7 factory settings.

- Use arrows to highlight desired option. Press  / Enter to select

**SRS WOW** - Leave as is. No need to explore this one. Adds too much bass.

**\*Some Equalizer options increase bass levels.**

*Too much bass will overdrive and damage the speakers.*


DO NOT OVERDRIVE SPEAKERS - you will hear a "crackle" sound.

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## Access Content List & Delete Options



### **While player is in Play Mode - but PAUSED:**

Press /Enter to access: Local Folder - Delete File - Delete All



**Local Folder** - Lists all content in the player.

- Local Folder is highlighted, press /Enter to access content list.
- Use arrow keys to review list of available content.
- Choose a track by pressing /Enter. Track starts playing.

**Delete File** - Allows you to DELETE a single song/track.

- Use arrow keys to review list of available content.
- Choose the track to delete by pressing /Enter.
- Player will ask if you are sure: No or Yes. **No is highlighted.**
- **To DELETE: Use arrow key to highlight Yes. Press /Enter.**

**Delete All** - Allows you to delete EVERYTHING

- Use arrow keys to highlight **Delete All**. Press /Enter.
- Player will ask if you are sure: **No is highlighted and only displayed.**
- **To DELETE ALL: Use arrow key to highlight Yes. Press /Enter.**

**NOTE: Once tracks are deleted, they CANNOT be retrieved.**

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## Recharging Battery & Playing from Outlet

Be sure player is TURNED OFF before plugging into outlet.

- 1) Insert USB cord into USB input on player - this is the smaller end/connection of the USB cord.
- 2) Insert other end of USB cord into black wall adaptor - the larger/flatter end of the USB cord.
- 3) Plug wall adaptor into outlet
- 4) Player's display will light. After a few moments...  
*a charging battery symbol will appear. Player is now charging.*

### Operating from Outlet While Charging:

**Keep player in OFF position - Press /Enter Button**

**At Music Notes Icon  - Press /Enter**

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## Lock in Starting Track & Volume Setting

Preset sleep system player to start on your favorite track at your favorite volume level!

### Step 1

- While playing the track you want to start with next time/each time you turn on the player,

### Step 2

- Set desired volume level using "+" or "-" key.

### Step 3

- Press & Hold the /Enter button until you see the Music Notes  icon/screen.






*Starting Track & Volume are now locked in!*

## Frequently Asked Questions

### **1) Will player all night?**

- Yes. 8 hours or more, on a full charge.
- Players are preset to **Repeat the Same** track, all night.
- See *Sleep Mode* to set system to turn off during the night.

### **2) How do I turn player's language back to English?**

- From Set-Up Mode Screen: Press /Enter.
- Use Arrow Keys to Highlight Second Option
- Press /Enter.
- Use Arrow Keys to Highlight Option #3 "English"
- Press /Enter
- Use Arrow Keys to Highlight "Exit" - Press /Enter.
- Press either Arrow key to return to Music Notes  Screen

### **3) Why does the screen go dark?**

- Saves battery life & eliminates display's ambient light.
- Press **any** button to wake it up/turn display back on.

## Frequently Asked Questions

### **4) How is the Sound Pillow® Sleep System designed for sleep?**

- Our content is evolutionary and “hypnotic” with extended cords, has virtually no beat/rhythm, or loud punctuations of sound/volume changes. The nature sounds and music include binaural tones, which are intended to relax the mind.
- Content includes extended fades-in and fades-out, so as not to be disruptive to the sleeper.
- In conjunction with the great sounding & comfortable Sound Pillow, the system is a naturally-relaxing experience.

### **5) What are the warranties?**

- Sound Pillows: 30 days, against manufacturer’s defects.
- Sleep System’s Player: 90 days, against manufacturer’s defects.

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## Trouble Shooting

### **1) Sound Pillow® sounds muffled:**

- Turn pillow over...the speakers are facing your mattress.

### **2) No sound or only one speaker is playing:**

- Be sure Sound Pillow’s jack is *completely* inserted into player.
- Be sure volume is turned up on Player & in-line volume control.

### **3) Player won’t turn on:**

- First: Charge the battery.
- Second: Slide On/Off switch to Off then back to On.

### **4) Can’t download additional content:**

- *A shorter USB Mini Cable is required.*
- Be sure additional content are MP3 files
- Check remaining memory capacity

*Still having issues? Email us at [Service@SoundPillow.com](mailto:Service@SoundPillow.com)*

**Phone: 877-846-6488 Mon. - Fri. 9:00am - 5:00pm CST.**

**[www.SoundPillow.com](http://www.SoundPillow.com)**

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## The Legal Page

***Be sure Sound Pillow's cord is safely tucked away, leaving little slack.***

Sound Pillow® Sleep System content is designed and intended for use with Sound Pillows only.

**Sleep System's content contains binaural tones to slow brain wave activity in order to create a deeply relaxed state of mind. Do NOT listen to Sound Pillow Sleep System content while driving, exercising, working, operating heavy machinery, etc...**

**All Sound Pillow Sleep System music and sounds included with the device, are**

**Copy Written by Dr. Harry Henshaw, Ed.D. and Armbruster Enterprises, Inc.**

Do Not use near water, or in high moisture environments.

Do Not drop, make repairs, modify, open or disassemble the device.

Do Not store, keep or place in direct sunlight or excessive heat.

Do not use Sound Pillow in pillow fights.

***Only adults should plug the MP3 Player into electrical outlets.***

## The Technicals

**Dimensions: 86mm x 42mm x 9mm** \* Weight: Approx. 1.62 ounces / 46grams \* USB: USB 2.0

Display Size : 1 3/4" (diagonal) / 4.445 cm \* Memory: 4GB flash memory \* Audio Format: MP3

MP3 Bit Rate: 8K bps 320K bps \* Frequency Resp. w/ Sound Pillow: 31.5Hz - 18,000KHz

System: Windows98/SE/ME/2000/XP

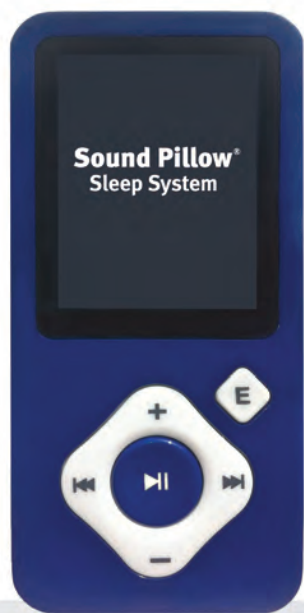
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Sleep Content Written, Produced & Loaded in the USA!

Sound Pillow Sleep System US Patent Numbers: #9,003,582 & 9,433,744

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# Sound Pillow® Sleep System

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## 877-846-6488

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