sound oasis®
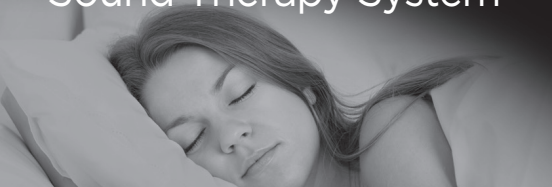
sleep better. feel better. live better.®

Instruction Manual

Bluetooth® Sleep Sound Therapy System®

sound oasis®

Bluetooth®

FREE Sound Oasis APPs

www.soundoasis.com
Model: BST-80-20

Table of Contents

$sound \; oasis$®

sleep better. feel better. live better.®

Thank you for choosing Sound Oasis®!

Sound Oasis® is the world leader in sound therapy systems.
We are dedicated to making life healthier and more enjoyable with
creative sound solutions that combine superior quality with the very
latest technology.

Your Sound Oasis® Bluetooth® Sleep Sound Therapy System® BST-80-20
has been designed to help you sleep better by providing sounds proven
to help people sleep, relax, block annoying noise, manage tinnitus and
increase privacy. You can play the built-in sounds from the included
micro SD card or stream new sounds/music from any Bluetooth enabled
device (e.g. smartphone, tablet, computer, etc.). You can even add new
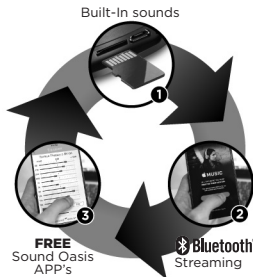sounds by inserting a new micro SD sound card.

Your BST-80-20 includes a rechargeable battery so you can enjoy 4 – 5
hours of wireless playtime or you can keep it plugged in with the included
USB charging cable.

Sound Oasis® Ecosystem of Sleep Therapy

Sound Oasis provides a unique ecosystem of sound therapy to deliver a superior sleep experience. You can use your BST-80-20:

(i) as a sound machine with the included 20 built-in sounds, or

(ii) by streaming music from your smartphone, tablet or computer with Bluetooth to your BST-80-20, or

(iii) with our great Sound Oasis APPs (we have nature sounds, white noise, tinnitus and baby sound APPs).

These APPs allow you to customize the sound frequencies and set the timer to your personal tastes.

Enjoy great Sound Oasis® APPs for free!

| Nature Sounds for Sleep | Tinnitus Therapy | Baby Sleep Sounds | White Noise |

Important Safeguards

- Read all instructions.
- To reduce the risk of fire or electrical shock, do not expose this product to rain or moisture.
- Do not expose this product to dripping or splashing, and do not place objects filled with liquids, such as vases, on or near the product. As with any electronic product, use care not to spill liquids into any part of the system. Liquids can cause a failure and/or a fire hazard.
- Do not place any naked flame sources, such as lighted candles, on or near this product.
- Do not use any charging cable other than that specifically provided for use with this product.
- The battery needs to be charged before use. Follow the charging instructions described in this manual.
- After extended periods of storage, it may be necessary to charge and discharge the battery pack several times to obtain maximum performance.
- The battery pack gives its best performance when it is operated at normal room temperature (68°F +/- 23°F or 20°C +/- 5°C).
- In the event fluid from the battery leaks from the product, do not allow the liquid to come in contact with the skin or eyes. If contact has been made, wash the affected area with generous amounts of water and seek medical advice.
- To clean, gently wipe with a soft cloth moistened with warm water or mild detergents only, and then remove all moisture with a soft, dry cloth. Do not use harsh solvents or chemicals for cleaning.

Contents

Your BST-80-20 includes:

1. Bluetooth Sleep Sound Therapy System
2. Micro SD sound card preloaded with 20 Sound Oasis sounds
3. USB charging cable
4. User manual
5. Warranty reply card
6. Free access to Sound Oasis APPs

Key Buttons & Features

Micro USB Charging Cable

Microphone

Charge/Bluetooth On Indicator

On/Off

Next Sound/Volume Up

Last Sound/Volume Down

4 Ω 3 Watt Speaker

500 mAh Rechargeable Battery

Mode Selection

Micro SD Card Slot

Headphone Jack

Micro SD Card

Micro USB Jack

Sound Oasis®

sleep better. feel better. live better®

Button	Description
⊚	• Press and hold for 3 seconds to turn BST-80-20 on. Press and hold for 1 second to turn BST-80-20 off. • BST-80-20 defaults to the sounds contained in your micro SD card when the Power Button is pressed. • After unit is ON, press to pause and play sound.
⊖	• Press quickly to decrease the speaker volume incrementally. • Press and hold to skip backwards to the previous sound.
⊕	• Press quickly to increase the speaker volume incrementally. • Press and hold to skip forward to the next sound.
Ⓜ	• Press to alternate between playing sounds from your Bluetooth source or sounds contained in your micro SD card. • When you first turn on your BST-80-20, it will default to sounds contained in your micro SD card. Pressing the MODE button again will activate the Bluetooth mode and your BST-80-20 will attempt to reconnect to the last connected device. If there are no paired devices, the BST-80-20 becomes discoverable (see Playing Bluetooth Streamed Sounds section of this manual).
○ (Charge/ Bluetooth On Indicator)	• Blue LED indicates that the BST-80-20 is in the Bluetooth state and can play sounds/music streamed from your Bluetooth enabled source. • Blinking blue light – BST-80-20 is discoverable and ready to pair with a Bluetooth enabled device. • Solid blue light – BST-80-20 is connected to a Bluetooth device. • The solid blue light will turn off after about 10 seconds so the light does not interfere with your sleep. To check if Bluetooth is on, you can press any button and the solid blue light will activate for 10 seconds to confirm the BST-80-20 is in the Bluetooth state. • Red LED indicates that your BST-80-20 is charging. • A flashing green LED will turn on for about 10 seconds to indicate sounds are playing. The flashing green will turn on and remain on when your battery is low. • The red LED will stay lit until your BST-80-20 is fully charged – then the LED will dim to a very dim level.

Button	Description
Microphone	• Your BST-80-20 can operate as a hands-free speaker for your smartphone.
Micro USB Jack	• Insert included USB charging cable to charge your BST-80-20's battery or power your BST-80-20 from a USB source.
Headphone Jack	• Plug-in your headphones or pillow speakers for private listening. • The headphone jack accepts a 1/8" (3.5 mm) monaural or stereo type plug.
MICRO SD	• Your BST-80-20 comes with a micro SD card preloaded with Sound Oasis sounds. The micro SD card must be inserted into this slot in order for you to play the sounds on the micro SD sound card. • You may insert new micro SD cards preloaded with other MP3 sounds or content (see the Using Other Micro SD Cards section of this manual). Please check www.soundoasis.com for our download library.

Operation

Power Sources
Your BST-80-20 can operate as a wireless, cord free sound machine or a wireless Bluetooth speaker because it includes a built-in rechargeable battery. You can also keep your BST-80-20 plugged into a USB power source for continuous operation without recharging.

To Power By Built-In Rechargeable Battery:
1. Prior to using your BST-80-20 in the wireless, cord free mode for the first time, please completely charge the built-in battery.
2. Connect the provided USB Charging Cable to a compatible AC-charger, computer or laptop USB port. The unit's Charge Indicator is brightly illuminated while charging. It takes about up to 3 hours to charge the battery. When charging is completed, the Charge Indicator will be very dim.
3. Disconnect the USB Charging Cable and operate your BST-80-20 as described below.
4. When the unit is in low power status, the green Charge Indicator will flash. Please recharge the battery of your BST-80-20 when this occurs.

Note: When the battery is fully discharged, it needs about 30 minutes of charging before you can use the unit again.

To Power By USB Charging Cable:
1. Connect the provided USB Charging Cable to a compatible AC-charger, computer or laptop USB port.
2. Operate your BST-80-20 as described below.

Listening To Sounds/Music From The Micro SD Card

You can enjoy sounds or music from your BST-80-20 from the included preloaded MICRO SD CARD.

Playing Sounds from the Built-In Micro SD Card
Your BST-80-20 includes a MICRO SD CARD that contains preloaded Sound Oasis sounds.

To play sounds/music from the built-in MICRO SD CARD, please follow these steps:
1. Press and hold the ON/OFF button down for 3 seconds.
2. Your BST-80-20 will automatically start playing the first sound on the Sound Oasis MICRO SD CARD.
3. Quickly press the ⊕ button to increase the speaker volume incrementally. Press and hold the ⊕ button to skip forward to the next sound.
4. Quickly press the ⊖ button to decrease the speaker volume incrementally. Press and hold the - button to skip backwards to last played sound.
5. Press the ◎ button to pause and resume playback.

Please note:
- For the exact sounds preloaded on your MICRO SD SOUND CARD, please refer to the separate sound listing sheet included with your BST-80-20.
- Each preloaded Sound Oasis sound is 8 hours long so it plays throughout the night. After playing through the 8 hour sound track, your BST-80-20 will automatically replay the same sound track.

Playing Bluetooth Streamed Sounds

Your BST-80-20 can also operate as a Bluetooth speaker so you can stream new sounds/music to your BST-80-20 .

To stream sounds/music from your Bluetooth enabled device (e.g. your mobile phone, music player, PC/laptop) to your BST-80-20, please follow these steps:

1. Press and hold the ON/OFF button down for 3 seconds.
2. Your BST-80-20 will play sounds from your MICRO SD CARD by default. Press the MODE button to activate the Bluetooth mode. Your BST-80-20 will then attempt to reconnect to the last connected device. If there are no paired devices, the BST-80-20 becomes discoverable (see Playing Bluetooth Streamed Sounds section of this manual).
3. On your Bluetooth enabled device, turn Bluetooth on, locate the Bluetooth device list and select the device named BST-80. Pair your BST-80-20 with your Bluetooth enabled device.
4. The Bluetooth LED will light up on your BST-80 and you will hear a Bluetooth pairing mode "blip" to indicate that you are in the Bluetooth streaming mode.
5. Press play on your Bluetooth device to play the streamed music/sound if the music/sound does not automatically start playing.
6. Quickly press the $\oplus$ button to increase the speaker volume incrementally. Press and hold the $\oplus$ button to skip forward to the next sound.
7. Quickly press the $\ominus$ button to decrease the speaker volume incrementally. Press and hold the $\ominus$ button to skip backwards to last played sound.
8. Press the $\odot$ button to pause and resume playback.

Please note:
• You can only pair one Bluetooth device at a time.
• If pairing fails, please turn your BST-80-20 off and then on again and retry pairing.

Using Other Micro SD Cards

Your BST-80-20 includes a MICRO SD CARD that contains preloaded Sound Oasis sounds. You can use any other MICRO SD CARD with your BST-80-20. **Here are a few options:**

OPTION 1
1. Download additional sound tracks from our Sound Oasis web site onto your computer and then move/drag these new Sound Oasis sound tracks to a new MICRO SD CARD. Insert the new MICRO SD CARD into the BST-80-20 and playback those tracks as described above under Listening To Sounds/Music From The Micro SD Card.

   Sound Oasis' patent pending tracks are ideal to download and use because they are 8 hours long and will play seamlessly and continuously through the night.

   Note: If you drag new Sound Oasis sound tracks to your existing MICRO SD CARD, you may erase the existing sounds if there is not enough memory for the new sounds. Always use a newly purchased blank MICRO SD CARD to install new Sound Oasis sound tracks on.

OPTION 2
2. Purchase custom made MICRO SD CARDS from Sound Oasis. Visit our web site at http://soundoasis.com/custom-sound-cards and choose which specific tracks you would like. We will then preload your own custom MICRO SD CARD with your selected sounds and ship it to you.

OPTION 3
3. Move/drag sound files from your computer's music library to a new MICRO SD CARD. Unless they are Sound Oasis sound tracks, sounds from your music library will not be 8 hours long. As a result, the BST-80-20 will play each short track and then automatically replay it.

Sound Oasis®

sleep better. feel better. live better®

Streaming Sound Oasis APPS

Sound Oasis has a growing library of APPS to help you and your family sleep. Please see more information at **www.soundoasis.com/apps**

| Nature Sounds for Sleep | Tinnitus Therapy | Baby Sleep Sounds | White Noise |

By purchasing this BST-80-20, you are entitled to use any of our PRO APPS for free. These PRO APPS provide you with many more sound options and they even allow you to customize the sounds with a built-in equalizer and set an auto off timer. To obtain these PRO APPS, please follow these steps:

1. Visit http://www.soundoasis.com/apps/ and download the LITE version of your chosen APP (or download the LITE APPS from iTunes or Google Play). We have four (4) LITE APPS to choose from: Nature Sounds for Sleep, Tinnitus Therapy, Baby Sleep Sounds and White Noise.
2. Open the LITE APP.
3. Pair your smartphone or tablet to the BST-80-20.
4. The LITE APP will automatically convert to a PRO APP (which has more sounds and a sound frequency equalizer) after pairing is complete. The LITE APP must be open when the BST-80-20 connects.

When playing these APPS, you can stream them to your BST-80-20 for extra versatility and convenience.

Technical Specifications

Bluetooth Specification	4.1 Class II
Bluetooth Profiles	A2DP V1.2, AVRCP V1.4
Operating Distance	30'/10m
Run Time	4 - 5 hours
Charging Time	2 - 3 hours
Dimensions	2.22" x 2.44" x 2.44" (56.4mm x 62.0mm x 62.0mm)
Weight	206g (7.27 oz)
Material	Aluminum housing/ABS plastic base
Supports USB Sound Card	Data transfer function
Supports Reading Micro SD Card	MP3 music format
Speaker	Inner Magnetic 4Ω 3 watt
Channels	Mono
Distortion THD	≤10%
Signal to Noise Ratio	S/N: ≥80dB
Battery	Built-in lithium battery, 3.7V/500 mAh
Charging Voltage	5V +/-0.25V/0.5 A

Using as a Speakerphone

Your BST-80-20 can function as a Bluetooth speakerphone to add extra sound fidelity and convenience to your phone call.

Please follow these steps to use as a speakerphone:

1. Press and hold the POWER button down for 3 seconds.
2. Press the MODE button again to activate the Bluetooth mode. You will hear a Bluetooth streaming mode "blip" and see the Bluetooth LED flash.
3. Make sure your BST-80-20 is Bluetooth paired with your smartphone.
4. Start your call.
5. You will be able to speak into the BST-80-20 (please speak towards the MICROPHONE) and hear your call through the BST-80-20 speaker. End the call on your smartphone or by pressing the button. Repeat the call on your smartphone or by pressing and holding the button on your BST-80-20. Adjust the volume during the call via the Last Sound/Volume Down or Next Sound/Volume Up button.

Note: If you are streaming sounds/music to your BST-80-20 and you receive a call on your smartphone, you can stop the sounds/music and answer the call by pressing the ON/OFF button. To hang up the call, press the ON/OFF button again.

Disposal

Dispose of all product parts in accordance with local regulations. If in doubt, please consult your local authorities.

The battery in the BST-80-20 needs to be recycled. Do not attempt to replace the built-in battery yourself.

The crossed-out wheeled bin means that within the European Union the product must be taken to separate collection at the product end-of-life. Do not dispose of these products as unsorted municipal waste.

FCC Information
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 to an outlet on a circuit different from which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

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.

1 Year Limited Warranty

Sound Oasis Company Warrants that this product is free from defects in materials or workmanship for a period of one (1) year from the date of original purchase.

If the Product fails to operate in accordance with the manufacturer's specifications, simply return the product to the retail location where you purchased it or call our toll free number below within one (1) year of the date of purchase. Proof of date of purchase is required.

Sound Oasis Company will, as its option, repair or replace the product at no charge to you.

This warranty does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, the affixing of any attachment not provided with the product, or loss of parts , or subjecting the product to anything but the specified voltage or batteries.

This warranty is in lieu of any other warranty, express or implied. All implied warranties, including any implied warranty of merchantability or fitness for any particular purpose, are limited in duration to one (1) year from the date of original purchase. In no event will Sound Oasis Company be responsible for incidental, consequential, or special damages resulting from the use of this product.

Some states do not allow limitation on how long an implied warranty lasts and / or the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, which vary from state to state.

To Speak with a Sound Oasis Customer Service Representative,
Please call: 1-866-625-3218 or email us at info@soundoasis.com

Sound Oasis®   sleep better. feel better. live better®

Thank you for choosing Sound Oasis®!

s o u n d   o a s i s®
sleep better. feel better. live better.®