
SOUND+SLEEP SE (Special Edition)



Owner's Manual

- Getting Started
- Product Features
- Technical Reference
- Warranty Information

To Our Customers,

Thank you and congratulations on your purchase from Adaptive Sound Technologies, Inc. (ASTI). You now own the SOUND+SLEEP SE with two unique features: the ability to listen to the noise in your environment and adapt its output accordingly, and the ability to create dynamic sound compositions that do not repeat. The SOUND+SLEEP SE also has two standard USB-A charging ports you can use to charge Smartphones or other devices. Also included are standard Headphone and Audio Input Jacks.

This unit is the result of efforts by sleep, audio, electronics, and software specialists. Natural sound ecosystems were captured with high quality recording equipment and then reproduced using the latest in advanced electronics. This convenient package, with an attractive design, will provide you with a truly enjoyable listening experience whenever you wish to sleep, read, or relax.

If you have any suggestions on how we can make our products better please let us know.



Sam J. Nicolino Jr.

Adaptive Sound Technologies, Inc.
President and CEO

Write down your Serial Number:

Record your serial number here. You can find it on the bottom of the unit. Refer to these numbers whenever you contact your reseller about this product.

Model Number: **ASM1005**

Serial Number: _____

Date of Purchase: _____

Protect Your Warranty:

Please complete your warranty registration according to your resellers recommended procedure, or in the U.S. go to <http://astisupport.com>

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Getting Started

Unpack the box which contains:

1. SOUND+SLEEP SE
2. Power Adapter
3. Audio Cable
4. User Manual (this document)



Connect Power

The power jack is located on the bottom of the SOUND+SLEEP SE. Push the power supply plug into the jack. Slip the cord under the rubber foot by separating the two pieces of the foot along the slit. The machine should sit flat on a table or nightstand if the cord is installed correctly. Next, connect the AC plug into an un-switched wall outlet. The system may take up to 30 seconds to perform a “self-test”. Please note the sixteen dots around the Dial do not light up. The Power Adapter can be used internationally with any AC line voltage from 100 – 240 Volts, 50 or 60 Hz.

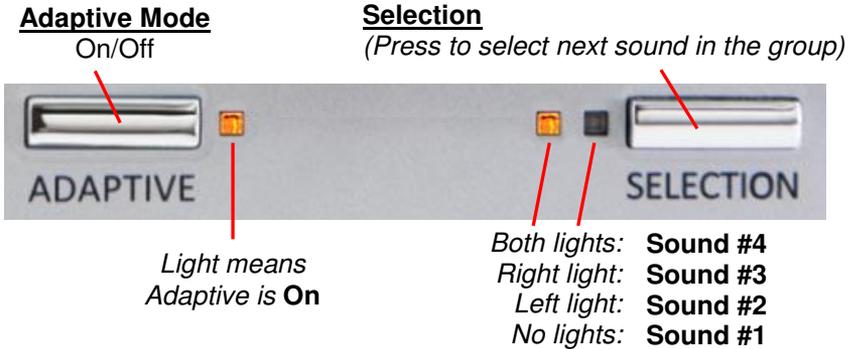
Turn on the SOUND+SLEEP SE Press the Power Button and the Unit will initialize and start playing in about 2 seconds. The Unit may be turned Off with the Power Button, or the Sleep Timer Button (*see page 6*).

Note: The Unit will retain the last settings used when you last powered it off using the Power Button. If you power it off by unplugging the Power Adapter from the wall outlet the settings may not be saved.

Rotate the Dial to select a Sound Category, next press the Selection Button to select the desired sound in that category (See SoundStory Table on page 7). Adjust the Volume with the Volume Up & Down Buttons.



What is Special About this Machine?



Adaptive Mode

The SOUND+SLEEP SE can adapt to noise in your room. The Unit has a microphone that listens for disruptive noises and raises the volume and/or adds enhancing sounds to the SoundStory when they are detected.

The Adaptive Button switches between Adaptive Mode On and Off. The light next to the Adaptive Button is lit when Adaptive Mode is On.

When Adaptive Mode is Off the unit is in Manual Mode, and will not change its volume in response to noise. Instead, it will maintain a constant volume set by the Volume Up/Down Buttons.

Using The Adaptive Feature

The Adaptive Button allows the unit to be customized to suit your personal preferences and situation. You might prefer a quiet, steady sound and may not use the Adaptive feature, especially if there is little noise, or steady noise, in your environment. Or, you might need the additional noise masking that Adaptive provides. Experiment to find the setting you like best for different situations.

Note: When setting the volume in Adaptive Mode you are actually setting the maximum volume it can reach when it detects a loud noise. If the sound seems too low when it is quiet in your room, turn the volume up to a higher base level.

Sound Selection

There are four (4) SoundStories in each Sound Category for a total of 64 unique SoundStories. See the SoundStory Table on page 7 for details. Not all the SoundStories are designed for sleep. Some SoundStories are designed for relaxation, speech privacy, meditation, and study/reading. Your last sound selection in each category is saved for your convenience.

Useful Features

Sleep Timer

Using the Sleep Timer is optional. Turning on the Unit with the Power Button enables continuous play. The Sleep Timer can be used to set the Unit to play for a number of minutes and then shut off gradually and automatically.



Timer Button

- The time interval can be set to 30, 60, 90, or 120 minutes.
- Turning the Unit Off with the Power Button clears the Sleep Timer.
- If the Unit is Off and you press the Timer Button, the Unit will turn On and the Sleep Timer will be set to 30 minutes. Pressing the Timer Button again will advance the timer to the next interval.

Headphone Jack



Connector Panel →

A standard 3.5 mm stereo headphone jack is located on the bottom of the Connector Panel of the SOUND+SLEEP SE (headphones not included). Any ordinary set of headphones may be used. Please note that when the headphones are plugged in the Unit's speakers are disabled.

CAUTION: Avoid using headphones at high volume levels. Prolonged exposure may impair hearing.



External Audio Input Jack



When no Audio Cable is plugged in, the Unit is in Internal Audio Mode. When an Audio Cable is plugged in, the Unit is in External Audio Mode and can be used to listen to an external audio source. This allows you to listen to your Smartphone or any other audio source from any device with a standard headphone or line-out connector.

The standard 3.5 mm Audio Input Jack is located in the Connector Panel just above the Headphone Jack. (Audio Cable supplied). Simply plug one end of the supplied Audio Cable into your audio source, and the other end into the Audio Input Jack. Adjust the volume to your liking. When you remove the Audio Cable, the Unit switches back to Internal Audio Mode and plays the previously selected SoundStory. Please note that all the volume and other settings are maintained and saved separately for External Audio Mode and the Internal Audio Modes.

Note: Some phones and other devices may generate noise if they are simultaneously being charged and used as an external audio source.

CAUTION: It is best to connect the audio source with care: 1) Turn volume down 2) Connect one end of Audio Cable to sound source 3) Connect other end of the Audio Cable to the Audio Input Jack 4) Adjust the SOUND+SLEEP SE volume to the desired listening level.

Charging Ports



The Unit has two USB-A charging ports (See page 7). They are the top two connectors in the Connector Panel just above the Audio In and Headphone Jacks. You can use the charging port(s) whenever you like. For example you can charge two Smart Phones while you are using the Unit to aid sleep.

Display On/Off

When the Unit is On, the Display Button turns the front panel lights On/Off.

Note: If the display is off and any setting is changed, the lights will come back on for 15 seconds and then go off again. Further note that hitting the Power Button when the unit is On and the display is off, will immediately turn the unit Off, not turn the lights on.

SoundStory Table

The desired SoundStory is selected by first rotating the DIAL to the correct SoundStory Group, and then pressing the Selection Button to select the desired SoundStory in that group. There are 64 unique SoundStories to pick from as shown in the table.

Category	Selection			
	1 (No lights)	2 (Right light)	3 (Left light)	4 (both lights)
Rainfall	Rainfall	Rainfall with Wind and Light Thunder	Rainfall with Heavy Wind and Thunder	Rainfall with Heavy Wind and Heavy Thunder
Ocean	Waves and Lapping Water	Waves, Lapping Water & Gurgling Water	Waves, Lapping Water, Gurgling Water, Gulls, Seals & Buoy Bells	Waves, Lapping Water, Gurgling Water, Gulls, Seals, Buoy Bells & Foghorns
Brook	Flowing Water and Wind	Flowing Water, Wind, Bird Wings & Splashing Water	Flowing Water, Wind, Bird Wings, Splashing Water, Song Birds & Frogs	Flowing Water with more Wind, Bird Wings, Splashing Water, Song Birds & Frogs
City	City Din	City Din & Passing Cars	City Din, Passing Cars, Machinery & Copters	City Din, Passing Cars, Machinery, Copters, Footsteps & Skates
Baby	Undersea Whales	Whale Party	Heartbeat	Aviary
Rides	Plane Ride	Car Ride	Train Ride	Paddle Boat Ride
Home	Bath	Air Conditioner	Clothes Washer	Fireplace
Crowds	Restaurant	Open Air Market	Coffee Shop	Ball Game
Meditate	Om	Om & Sitar	Om, Sitar & Guitar	Om, Sitar, Guitar & Other Instruments and Sounds
Small Fan	Oscillating Fan	Mellow Fan Low	Exhaust Fan	Mellow Fan High
Large Fan	Attic Fan	Box Fan	Large Fan	Industrial Fan
White Noise	Darkest White Noise	Darker White Noise	Dark White Noise	White Noise
Pink Noise	Darkest Pink Noise	Darker Pink Noise	Dark Pink Noise	Pink Noise
Brown Noise	Darkest Brown Noise	Darker Brown Noise	Dark Brown Noise	Brown Noise
Waterfall	Waterfall	Waterfall & Wind	Waterfall & more Wind	Waterfall, Wind & Other Sounds
Meadow	Crickets and Wind	Crickets, Wind, Bird Wings & Splashing Water	Crickets, Wind, Bird Wings, Splashing Water, Song Birds & Bees	Crickets, Wind, Bird Wings, Splashing Water, Song Birds, Bees & Frogs

Technical Information

Specifications

SoundStories	64
Speaker Compensation	5-band parametric EQ
Headphone Jack	3.5 mm stereo
Audio Input Jack	3.5 mm stereo
USB-A Charging Ports	2 Ports. 900 mA max (each)
Power Requirements	5 Volts, 2.5 Amps DC
“Off” Power Consumption	< 0.25 Watts (typically 0.1 Watts)

How to Restore the Factory Settings

(This sets the unit back to its original condition “fresh out of the box”)

First turn unit Off. Then press the Power Button and hold it down until the panel lights blink (about 5 seconds). It may make a small popping sound.

Trouble Shooting

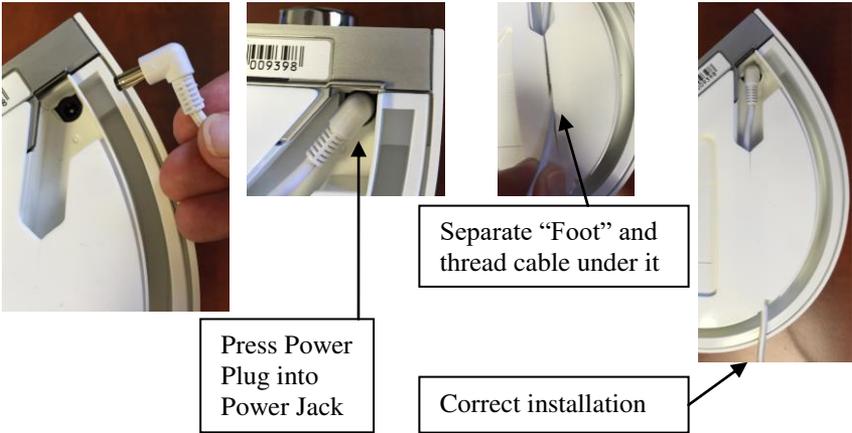
If your Unit exhibits a problem, try the appropriate actions below.

SYMPTOM	POSSIBLE CAUSE	SOLUTION
No operation when Power Button is pressed.	Disconnected power plug.	Check the power connection on the bottom of the unit and at the wall outlet. Make sure that both are firmly seated.
	Unit is connected to a switched wall outlet.	Move the unit to an un-switched outlet.
	Faulty wall outlet.	Move to a working outlet and power on again.
	System needs to be reset.	First power Off the unit, then press and hold the Power Button for 5 seconds.
Unit is On, but no sound is heard.	Volume is set too low.	Press or hold the Volume Up Button to increase volume.
	Cable plugged into external audio input?	Remove cable from Audio Input Jack, or connect cable to audio source.
	Headphones plugged in?	Remove headphones, speaker is muted when headphones are connected.
Unit is On, but volume is too low.	Volume is set too low.	Press or hold Volume Up Button to increase volume.
	In Adaptive Mode?	In Adaptive Mode the sound will be low when there is no noise in your room. If you prefer it loud all time turn the Adaptive Mode off.
Volume is too high.	-	Press or hold the Volume Down Button to decrease volume to your liking.
Other unexpected behavior.	Try the “factory reset” procedure. If this does not resolve the issue, call Customer Support.	<ol style="list-style-type: none"> 1) Unplug power adapter from the AC outlet 2) Press and hold the Power Button down while plugging power adapter back into AC outlet. 3) Continue to hold power button down for 5 seconds.

Safety, Warranty, and Certifications

Power Cord Routing

Push the power adapter plug into the Power Jack on the bottom of the Unit. Slip the cord under the rubber foot by separating the two pieces of the foot along the slit as shown below. The machine should sit flat on a table or nightstand if the cord is installed correctly.



Customer Support

If you have problems or questions please contact your reseller, or in the U.S. go to <http://astisupport.com>

Safety Instructions

Read and adhere to all safety and operating instructions before use. Keep this booklet for future reference.

1. The Unit should be cleaned regularly with a soft, dry cloth. The grill may be vacuumed to remove excessive dust or particle build-up. **Do not use any liquids or sprays (including solvents, chemicals or alcohol) or abrasives to clean.**
2. **Be careful not to have liquid or particulate material enter the microphone opening that is just above the Adaptive button.**
3. The Unit should not be used near water, such as a bathtub, swimming pool, faucet or basin to avoid electrocution.
4. Be careful to avoid dropping objects or spilling liquids onto the Unit. If liquid is spilled on the Unit, unplug and turn it upside down immediately. Allow it to dry thoroughly before plugging it into a wall outlet again. Following these instructions does not ensure that the Unit will be operational.

5. Do not reach for the Unit if it has fallen into water. Unplug it immediately at the wall outlet and drain water if at all possible before retrieving the Unit.
6. The Unit should be situated away from heat sources such as radiators, heat registers, stoves or other appliances (including amplifiers) that produce heat.
7. Avoid placing the Unit in areas that are exposed to intense direct sunlight or close to heat-radiating products such as electric heaters. Do not place Unit on top of stereo equipment that radiates heat.
8. Avoid placing the Unit in areas that are dusty, humid and moist, lack ventilation or are subject to constant vibration.
9. This Unit may be subject to interference from external sources such as transformers, electric motors or other electronic devices. To avoid distortion from such sources, place the Unit as far from them as possible.
10. Do not apply excessive force when using any switches or controls.
11. The Unit should only be used with the power supply provided.
12. Power cords should be routed to avoid being walked on or pinched by items placed on or against them.
13. Unplug the power cord from the outlet when the Unit is unused for long periods of time or when moving the Unit.
14. Do not attempt to service the Unit yourself beyond what is described in the operating instructions.

One Year Limited Warranty

Adaptive Sound Technologies, Inc., hereinafter referred to as ASTI, warrants this product against defects in materials and/or workmanship under normal use for a period of ONE (1) YEAR from the date of purchase by the original purchaser ("Warranty Period"). If a defect arises and a valid claim is received within the Warranty Period, at its option, your reseller will either 1) repair the defect at no charge, using new or refurbished replacement parts, or 2) replace the product with a current product that is close in functionality to the original product. A replacement product or part, including a user-installable part installed in accordance with instructions provided by your reseller, is covered by the remaining warranty of the original purchase.

When a product or part is exchanged, the replacement item becomes your property and the replaced item becomes your reseller's property.

Obtaining Service: To obtain warranty service please call, or email, your reseller. Please be prepared to describe the product that needs service and the nature of the problem. All repairs and replacements must be authorized in advance by your reseller. A purchase receipt must accompany all returns. Service options, parts availability and response times will vary.

Limits and Exclusions: This Limited Warranty applies only to the SOUND+SLEEP SE and the included Power Adapter.

This warranty does not apply to: a) damage caused by failure to follow instructions relating to product's use or the installation of components; b) damage caused by accident, abuse, misuse, fire, floods, earthquake or other external causes; c) damage caused by service performed by anyone who is not a representative of your reseller; d) accessories used in conjunction with a covered product; e) a product or part that has been modified to alter functionality or capability; f) items intended to be periodically replaced by the purchaser during the normal life of the product including, without limitation, batteries or light bulbs; or g) any and all pre-existing conditions that occur prior to the effective date of this Limited Warranty relating to any product sold "as is" including, without limitation, floor demonstration models and refurbished items.

ADAPTIVE SOUND TECHNOLOGIES, INC. SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. TO THE EXTENT PERMITTED BY APPLICABLE LAW, ASTI DISCLAIMS ANY AND ALL STATUTORY OR IMPLIED WARRANTIES, INCLUDING, WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS. IF ASTI CANNOT LAWFULLY DISCLAIM STATUTORY OR IMPLIED WARRANTIES, THEN TO THE EXTENT PERMITTED BY LAW, ALL SUCH WARRANTIES SHALL BE LIMITED IN DURATION TO THE DURATION OF THIS EXPRESS WARRANTY.

Some geographic areas disallow the exclusion or limitation of incidental or consequential damages or the length of an implied warranty. As a consequence, some of the above exclusions or limitations may not apply to buyers residing in those areas. This warranty grants specific legal rights to buyers, but other rights may also be granted which vary from country to country, state to state, etc.

Software Licensing

The software contained in the SOUND+SLEEP SE is licensed to you, not sold to you. This is only to protect our intellectual property and has no effect on your ability to use the SOUND+SLEEP SE unit wherever you please.

FCC Declaration

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 the one to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Declaration of Conformity



Declaration of Conformity

Trade Name: Adaptive Sound Sleep Therapy System®
Model Name: ASM1005
Responsible Party: Adaptive Sound Technologies, Inc.
Address: 1475 South Bascom Ave, Campbell, CA. 95008 USA
Telephone Number: 1-408-377-3411

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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