

SOUND
OF SLEEP



SOUND+SLEEP MINI

USER MANUAL

TO OUR CUSTOMERS,

Thank you and congratulations on your purchase of the SOUND+SLEEP MINI (MINI) from Adaptive Sound Technologies. You now own the highest quality, travel-friendly sleep sound machine on the market today with four unique features: the ability to listen to the noise in your environment and adapt its sound generation accordingly, the ability to create dynamic sound compositions that do not repeat, a power management system allowing battery-only or AC operation with battery backup, and the ability to conveniently listen to your music or other audio content with the 3.5mm audio input jack.

MINI is unique, and the result of serious efforts by sleep, audio, electronics, and software specialists. Natural sound ecosystems were captured with professional recording equipment and are reproduced in real time using the latest in advanced electronics. MINI has 12 unique sound categories with four sounds in each for a total of 32 natural Sound-Stories, four fan sounds, and 12 white/pink/brown noises. This convenient product, with a compact yet rugged design, will provide you with a truly enjoyable listening experience whether you are sleeping, reading, or relaxing during travel or at home.

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



Sam J. Nicolino Jr.
President and CEO, ASTI

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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 ASTI regarding this product.



(Your serial number will be different.)

MODEL NUMBER: ASM1014

Name/Part Number: _____

Serial Number: _____

Date of Purchase: _____

GETTING STARTED

Unpack the box, which contains:

- 1. MINI Unit
- 2. Power Adapter
- 3. Power Cable
- 4. Audio Cable
- 5. User Manual (this document)

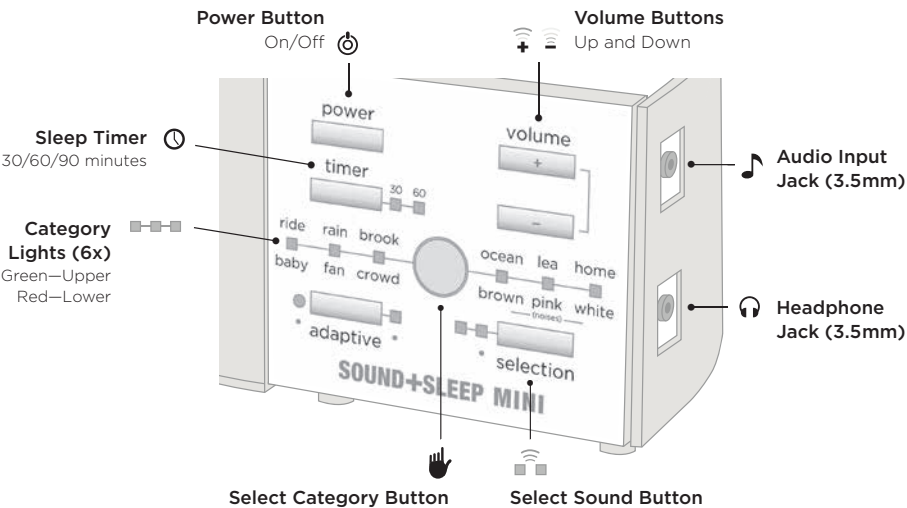
Connect Power: The Power Connector is located on the bottom of MINI. Gently push the non-USB end of the Power Cable into the Power Connector. Next, plug the USB-A end of the Power Cable into the supplied Power Adapter. Plug the Power Adapter into an un-switched wall outlet.

Note: MINI can also be powered by four (4) AA batteries or by plugging the power cable into a powered USB connector on another device, like a desktop or notebook PC.

Turn on MINI: Press the power button. The unit will start playing in a second or two. The unit can be turned off immediately with the power button, or turned off gradually over time with the sleep timer (see page 4).

Note: Out of the box, the unit starts in the OCEAN category with the third sound in that category selected, in manual mode, and set to a nominal volume. After that, the unit will return to settings used when you last powered it off using the power button.

Press the Select Category Button: To select the desired sound category, press the Select Sound Button to select the desired sound in that category, and adjust the volume with the Volume Up/Down Buttons.



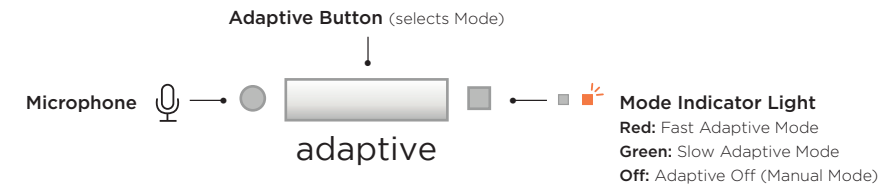
WHAT IS SPECIAL ABOUT THE SOUND+SLEEP MINI?

Adaptive Modes and Manual Mode

In *Internal Audio Mode* (when no audio cable is attached) the Adaptive Button switches between *Adaptive Mode* and *Manual Mode*. There are two Adaptive Modes, Fast and Slow. The light next to the Adaptive Button is Red in Fast Adaptive Mode, Green in Slow Adaptive Mode, and off when in Manual Mode.

In *Adaptive Mode*, MINI adapts to noise in your room. It listens for disruptive noises and raises the volume and/or adds enhancing secondary sounds to the SoundStory when it detects intrusive noises.

In *Manual Mode* the unit still listens but does not significantly change its volume in response to noise. Instead, it maintains a relatively constant volume level determined by the Volume Up/Down Buttons.



Using Adaptive Features

The Adaptive Button allows the unit to be customized to suit personal preference and each situation. You might prefer a quiet, steady sound and use Manual Mode, especially if there is little noise, or steady noise, in your environment. However, you might need the additional masking that Adaptive Mode provides. If you find MINI responds to noises too abruptly try the Slow Adaptive Mode or turn the adaptive feature off. Experiment to find the settings you like best.

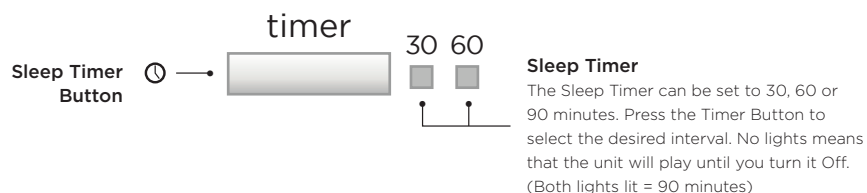
Note: When setting the volume in Adaptive Mode you are setting the maximum volume it can reach when it detects a loud noise. Turn it up!

Activity/Environment—Starting Points	Adaptive	Type
Sleeping, quiet room, sensitive sleepers	Off	—
Sleeping, noisy room, average sleepers	On	Slow
Sleeping, noisy room, good sleepers	On	Fast
Reading or Studying, quiet room	Off	—
Reading or Studying, noisy room	On	Slow
Used as background sound for entertainment	Off	—
Used for speech privacy	On	Fast

USEFUL FEATURES

Sleep Timer

Turning On **MINI** with the Power Button results in continuous play, until the Sleep Timer is turned on. In *Internal Audio Mode* the Sleep Timer sets **MINI** to play for some number of minutes and then gradually shut Off.



External Audio Mode

When no Audio Cable is plugged in to **MINI** it is in *Internal Audio Mode*. When an Audio Cable is plugged in, the unit automatically switches to *External Audio Mode* and **MINI** can be used to listen to an external audio source. This allows you to listen to a smart phone, PC audio, movie soundtrack, or any other audio source from any device with a standard headphone or line-out connector.

The standard 3.5mm Audio Input Jack is located on the upper right side of **MINI** (Audio Cable is included). Simply connect the headphone jack, or line-out jack, of the audio source to the Audio Input Jack on the **MINI** with the supplied Audio Cable and adjust the volume to your liking. When you remove the Audio Cable, **MINI** switches back to Internal Audio Mode and plays the selected Sound. Please note that volume and other settings are maintained and saved separately for External Audio Mode and the Internal Audio Modes (Adaptive and Manual Modes).

In *External Audio Mode*, the Adaptive Button can be used to increase the audio input level 6 dB. If you turn the Boost on (Adaptive light green), and the audio material sounds distorted, you should turn the Boost off. The Boost may be automatically disabled if operating **MINI** with weak batteries.

CAUTION: It is best to connect the audio source with care: 1) Turn **MINI** volume down; 2) Connect one end of Audio Cable to sound source; 3) Connect other end of the Audio Cable to the **MINI** Audio Input Jack; 4) Turn on 6 dB Boost if desired; 5) Adjust the **MINI** volume to the desired listening level.

Display Lights

When any button is pressed or the Audio Cable is inserted or removed, the lights on the front panel will come on and then automatically go off after 30 seconds in Internal Audio Mode or 5 seconds in External Audio Mode. Please note that in Internal Audio Mode you can choose to have the lights stay on all the time.

How to set the **MINI** so that the lights stay on:

1. Start with the **MINI** Off
2. Press and hold the Timer button
3. Press and release the Power button
4. As soon as the lights come on, release the Timer button

Power Options

The **MINI** unit contains a sophisticated power management system. This convenient and unique system allows you to power **MINI** in a variety of ways, provides for battery only operation, has battery backup capability, and extends the life of batteries used to power the device. The four options are:

1. Use four (4) AA batteries (install in bottom of **MINI** unit)
2. Use the supplied Power Adapter and Power Cable
3. Use both 1 and 2 above (battery backed up AC power)
4. Use the supplied Power Cable only (connect to laptop, etc.)

When you plug in the Power Cable and have the batteries installed, the system will only draw power from the Power Cable unless that power is interrupted. In that case the **MINI** power automatically switches to the batteries providing true battery back up. The audio from the **MINI** unit will not pop or click during the switchover. If the batteries become too weak to operate the device at the current volume level, the volume level is automatically and gradually reduced. This extends the useful life of the batteries, and eliminates jarring sounds from being produced when the batteries die under all but the most extreme cases. In general, **MINI** will automatically and quietly shutoff when the batteries are exhausted.

Battery Backup

The **MINI** power management system uses the AA batteries if there is an AC power failure. When used for this purpose battery life is up to four years, however, ASTI recommends you change the batteries at least once a year to minimize the possibility of battery leakage damaging your **MINI** unit.

Note: When you operate the **MINI** unit from batteries only, perhaps because an AC outlet is not available, the batteries are supplying power to the **MINI** system and will last for a time determined by many factors including mode of operation, volume settings you use, and battery quality.

Headphone Jack

A standard 3.5mm Headphone Jack is located on the lower right side of the **MINI** unit. When you plug in headphones **MINI** will mute the speaker.

TECHNICAL INFORMATION

Specifications

Unique Sounds	48
Speaker Compensation	multi-band parametric EQ
Audio Input Jack	3.5mm
Headphone Jack	3.5mm
Power Requirements	5 Volts, 500mA, DC
Product Dimensions	5.37" x 4.62" x 2.55"

How to Restore Factory Settings

















Turn the MINI unit Off. Remove batteries if installed. Connect the Power Adapter and Power Cable. Turn MINI On. Wait a few seconds, then press and hold the Power Button down again until the SoundStory lights flash (approximately two seconds), then release the Power Button.









































Customer Support

If you have problems or questions, please contact your reseller or visit: www.astisupport.com

SoundStory List

Each SoundStory has four sounds to choose from:

				
Ocean	 Ocean waves and lapping water	 Add gurgling water	 Also add seagulls, seals, buoy bells	 Also add foghorns
Rain	 Rainfall	 Rainfall plus	 Add more wind and thunder	 Add heavier thunder
Lea	 Crickets and wind	 Add bird wings and splashing	 Also add song birds and bees	 Also add frogs

				
Brook	 Flowing water and wind	 Add bird wings and splashing	 Also add song birds and frogs	 Add more of everything
Home	 Bath	 Air conditioner	 Washer	 Fireplace
Ride	 Plane ride	 Car ride	 Train ride	 Paddle boat ride
Baby	 Undersea whales	 Invasion of the whales	 Heartbeat	 Aviary
Fan	 Box fan	 Mellow fan	 Attic fan	 Oscillating fan
Crowd	 Restaurant	 Open air market	 Coffee shop	 Ball game
Brown (Noise)				
Pink (Noise)				
White (Noise)				

TROUBLESHOOTING

If your unit exhibits a problem, try the actions below to resolve the problem.

Symptom	Possible Cause	Solution
No operation when power switch is pressed	• Disconnected Power Cable	Check the power connection on the bottom of the MINI unit and at the Power Adapter. Both ends of the cable must be firmly seated.
	• Faulty wall outlet	Try another un-switched wall outlet.
	• Batteries are dead or too weak to operate MINI	Replace batteries and power on again (<i>use of Power Cable is optional</i>).
	• No batteries installed	Install new batteries.
Unit is On but no sound	• Volume is set too low	Press or hold Volume Up button down to increase MINI volume level.
	• System is in External Audio Mode but has no audio input signal	Provide audio input signal, or disconnect the Audio Cable from the Audio Input Jack to switch to Internal Audio Mode.
Adaptive light flashing repeatedly	• Batteries are dead	Remove Power Cable and remove dead batteries. Insert new batteries.
Unit goes On briefly but then goes Off	• Batteries are very weak	Replace batteries or use Power Cable (<i>see Power Options on previous page</i>)
Other unexpected behavior	• Try the “factory” reset procedure	1) Remove batteries 2) Plug Power Adapter into an AC outlet and connect Power Cable 3) Press and hold Select Sound Button 4) Press the Power Button 5) Release Power Button 6) Release Select Sound Button

SAFETY, WARRANTY, AND CERTIFICATIONS

Software Licensing

The software contained in the SOUND+SLEEP MINI Adaptive Sound Sleep Therapy System 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 MINI unit wherever you please.

Safety Instructions

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

1. **WARNING: Do Not Operate Heavy Machinery or Motor Vehicles While Using this Device.**
2. 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.
3. Be careful not to have liquid or particulate material enter the microphone opening that is behind the round hole just to the left of the Adaptive Button.
4. The unit should not be used near water, such as a bathtub, swimming pool, faucet or basin to avoid electrocution.
5. **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 (one week) before plugging it into a wall outlet again. Following these instructions does not ensure that the unit will be operational.**
6. Do not reach for the unit if it has fallen into water. Unplug it immediately at the wall outlet, and if at all possible drain water before retrieving the unit.
7. The unit should be situated away from heat sources such as radiators, heat registers, stoves or other appliances (including amplifiers) that produce heat.
8. Avoid placing the unit in areas that are exposed to direct sunlight or close to heat-radiating products such as electric heaters. Do not place unit on top of stereo equipment that radiates heat.
9. Avoid placing in areas that are dusty, humid, moist, lack ventilation, or are subject to constant vibration.
10. The 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 away from them as possible.
11. Do not apply excessive force when using any switches or controls.
12. The unit should only be used with the power adapter provided or AA batteries.
13. Power cords should be routed to avoid being walked on or pinched by items placed on or against them.
14. Unplug the power adapter from the outlet when the unit is unused for long periods of time or when moving the unit.
15. 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, ASTI 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 ASTI, 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 ASTI'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 Mini Sleep Therapy System, and the included Power Adapter.

This warranty does not apply to: a) damage caused by failure to follow instructions relating to the product's use or to 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 ASTI; 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.

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

Trade Name: **ASTI SOUND+SLEEP Mini Sleep Therapy System**

Model Name: ASM1014

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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ASTI Sleep
Therapy System
ASM1014



SoundofSleep.com

www.soundofsleep.com

Adaptive Sound Technologies
1475 S. Bascom Avenue, Suite
116Campbell, California 95008
Phone: 408-377-3411
Fax: 408-558-9502
hello@soundofsleep.com