

DreamPhones

User Manual



Setup · Use · Safety · Care · Warranty

Model: DreamPhones Deep Sleep
Manual version: v1.0



DreamPhones

CARE FOR EVERY MIND

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Read Before Use

Please read this manual carefully before using DreamPhones, and keep it for future reference.

Use DreamPhones only as described in this manual and in the DreamPhones app. If you have any questions about safe use, contact us using the information in the Service and Support section at the end of this manual.

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For your first session

- 01 Choose a quiet, safe location.
- 02 Sit or recline comfortably.
- 03 Start at the lowest intensity.
- 04 Use the product only while awake and alert.
- 05 Stop the session immediately if you feel discomfort, dizziness, skin irritation, pain, or any sensation that feels unusual or concerning.

Use in a Safe Setting

Use DreamPhones only when you are seated or resting in a safe place.

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Do not use DreamPhones while:

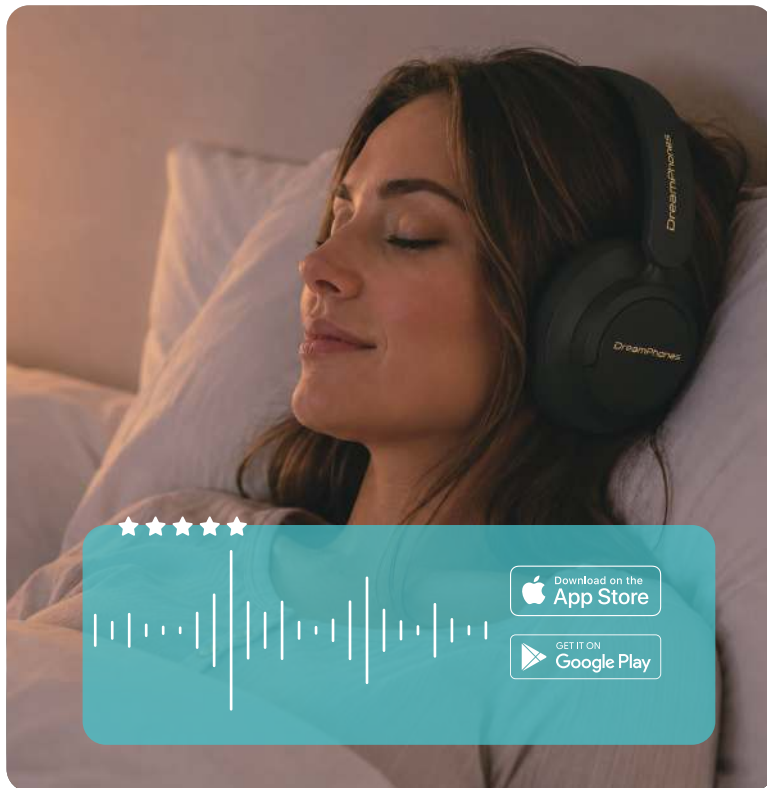
- driving, walking, cycling, operating machinery, or cooking;
- bathing, showering, swimming, or near water;
- your skin is wet or you have just left water;
- in explosive or flammable environments;
- near strong electromagnetic sources, such as MRI systems or industrial RF equipment;
- in any position or environment that is not safe;
- doing anything that requires attention to your surroundings.

Intended Use

DreamPhones is used together with the app to deliver app-guided sessions. Use DreamPhones only as described in this manual and in the app.

DreamPhones is not intended for medical use. It is not intended to diagnose, treat, cure, prevent, or mitigate any disease, disorder, or medical condition. If you have a medical condition or are unsure whether DreamPhones is appropriate for you, consult a healthcare professional before use.

Download the DreamPhones app



Inspect before use

Inspect the product and the charging cable before use. Do not use DreamPhones or the cable if any part appears damaged, cracked, swollen, wet, frayed, or modified. Contact customer support if anything is missing or damaged.

6 What's in the Box

After unboxing, please make sure the following items are included:

- DreamPhones × 1
- USB-C charging cable × 1
- User manual × 1
- Carrying pouch × 1



CHOOSE A PROGRAM

A program for every moment

Each program is a pre-set session. Pick the one that fits the moment — adjust intensity and duration anytime in the app.



Deep Sleep

For winding down quietly at the end of the day.



Inner Calm

For a still, quiet moment when you want to slow down.



Lighter You

For supporting your weight-management routine, alongside healthy daily habits.



Ease & Comfort

For settling into a comfortable, relaxed state.



Fresh Start

A gentle way to ease into a new part of your day.

Always start at the lowest intensity. Stop if anything feels uncomfortable. These are suggestions only — use whichever program suits you.



During and After a Session

During a session, remain seated or resting in a safe position. Keep the intensity at a comfortable level. End the session immediately if you feel any discomfort.

After a session, remove DreamPhones and check the skin around your ears. Mild, temporary warmth, tingling, or redness may occur and usually resolves shortly. If you are not using the product again right away, turn it off and store it properly.

01

Use in a quiet space

02

Wear comfortably and hands-free

03

Start at the lowest intensity

04

Stop if anything feels uncomfortable

Do not use DreamPhones for longer than the session duration recommended in the app.

If symptoms are severe, persistent, or concerning, consult a healthcare professional.



Getting Started

Search for “DreamPhones” in the App Store (iOS) or Google Play (Android), or scan the QR code to download the app. App availability and features may vary by device, operating system, region, and app version.



Before opening the app, connect Bluetooth first.

OPEN YOUR PHONE'S SETTINGS → BLUETOOTH AND CONNECT “DREAM-
PHONES.” ONCE THE LIGHT IS STEADY BLUE, OPEN THE APP — IT WILL BE
READY TO GO.

01. Download the DreamPhones app from the App Store or Google Play.
02. Open the app and follow the first-time setup.
03. Press and hold the power button for 3 seconds to turn on. The LED slow-blinks red — ready to pair.
04. On your phone, open Settings → Bluetooth and select “DreamPhones.” If you've paired many devices, it may be near the bottom of the list — pull down to refresh.
05. Wait until the LED turns steady blue (connected). Then open the app and follow the setup. (First time only — your phone remembers it next time.)
06. Make sure your ears are clean and dry, and remove earrings or other accessories that may affect fit.
07. Position DreamPhones so it rests comfortably against your ears, without excessive pressure.
08. Select a program in the app.
09. Start at the lowest intensity and adjust only to a level that feels comfortable.
10. Tap Start Session.
11. To end a session, use the app. To turn off, hold the power button for 3 seconds. Afterward, you can rate it or review history in the app.

Wearing Guide



Correct Wearing Position



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Cleaning

Turn off DreamPhones before cleaning.

- Clean DreamPhones by gently wiping the ear cushions and surface with a soft, dry cloth.
- Avoid using alcohol or immersing the device in water
- Keep the charging port clean and free from moisture or dust
- Store DreamPhones in a dry, cool place after use

Note

DreamPhones automatically saves your last-used program and settings. You can also create and customize presets in the app for future sessions.

If the fit or sensation is uncomfortable

- If the sensation feels too strong, lower the intensity. You can lower the level using the buttons on DreamPhones.
- Lower the intensity in the app to find a gentler setting.
- Readjust DreamPhones so they rest more softly on your ears.
- If discomfort continues, end the session and remove the DreamPhones.

Do not use DreamPhones on broken, irritated, infected, or wet skin.

PRODUCT OVERVIEW

DreamPhones is designed to support a deeper, more restful sleep during short, app-guided sessions. DreamPhones uses soft contact pads that rest gently against the ear to deliver each app-guided session.

Each session uses a pre-configured program, and you can adjust the intensity and duration in the app to suit your personal preference.



Description

- | | | |
|--------------------------|---|---------------------------------------------------------|
| 01 Quick-start button | → | Begin a session without the app |
| 02 Power button | → | Long press (3s) to turn ON/Long press (3s) to turn OFF. |
| 03 Adjustment buttons | → | Adjust the volume |
| 04 Charging port (USB-C) | → | Charges the headset. |
| 05 Adjustable | → | For a customized, comfortable fit |
| 06 Soft comfort pads | → | Designed for a gentle, secure fit |



CHARGING INSTRUCTIONS

- 1.Plug the USB-C cable into DreamPhones' charging port.
- 2.Connect the other end to a USB power adapter ($\geq 0.5A$).
- 3.The LED will glow red while charging.

CLEANING:

- 1.Wipe the ear cushions and electrode area with a soft, dry cloth after each use.
- 2.Avoid alcohol, detergents, or corrosive cleaners.
- 3.Do not submerge DreamPhones in water.

LED DISPLAY SYMBOLS:

LED indicator

- **Red-slow blink**
Not connected
- **Blue- slow blink**
Low battery
- **Blue-steady**
Connected and ready
- **Purple-steady**
Session in progress
- **Purple-double slow blink**
Software update in progress

Single-Side Comfort

DreamPhones uses soft contact pads positioned inside the right side, designed to rest comfortably and securely against your ear.

These pads are designed to sit comfortably and securely against your ear.

The left ear cushion is designed to keep the DreamPhones balanced, comfortable, and stable during use.

WHAT YOU MAY NOTICE DURING OR AFTER USE

During or after use, you may notice the following sensations:

- Mild warmth or tingling at the ear area
- Mild muscle movement around the ear
- Temporary skin redness where the ear cushion rests
- Slight dizziness or light-headedness
- A light “pins and needles” sensation
- These sensations are generally mild and typically go away shortly after your session ends.

WHO SHOULD NOT USE DREAMPHONES

Please consult a healthcare professional before use if you:

- Have a known nerve-related medical condition (unless approved by your clinician)
- Users with metallic implants near the ear or head/neck region
- Users with epilepsy or a history of uncontrolled seizures
- Users with open wounds, infections, swelling, dermatitis, or severe skin irritation around the ears
- Users recovering from recent ear surgery
- While driving, operating machinery, or performing tasks requiring full attention

Users should not use DreamPhones:

- While sleeping in unsafe environments (standing, walking, commuting)
- In or near water, including showering, bathing, or swimming
- Immediately after getting out of water (wet skin affects stimulation)
- Near strong electromagnetic sources (MRI systems, industrial RF devices, etc.)
- In explosive or flammable atmospheres

Pregnant individuals should consult a healthcare professional before use.

Children should use DreamPhones only under adult supervision.

IMPORTANT SAFETY INFORMATION

Explanation of Warning and Precaution Labels



Warnings indicate instructions which, if not followed, may result in serious injury or adverse health effects.



Precautions indicate instructions which, if not followed, may result in device damage or degraded session quality.

WARNINGS

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DreamPhones has not been tested with the following users or conditions. Please consult your healthcare provider before use if any apply:

- Users with uncontrolled hypertension, hypotension, bradycardia, or tachycardia
- Users with severe cardiovascular disease or recent cardiac events
- Users with abnormal baseline ECG, prolonged QT interval, or arrhythmias
- Recent ear or nerve surgery
- Pediatric users
- Pregnant individuals
- Users with active cancer or in remission
- Users with abnormal ear anatomy affecting electrode contact
- Users with brain tumor, head trauma, or neurological disorders
- Users with a history of syncope or seizures

PRECAUTIONS

BEFORE USE

- Carefully read all DreamPhones Instructions for Use
- Only use DreamPhones as described
- Do not share DreamPhones with another person
- Ensure the ear cushions and electrodes are clean and undamaged
- Remove jewelry that may interfere with electrode contact (earrings, piercings)



DURING SESSION

Discontinue use immediately if you experience:

- Light-headedness, dizziness, chest discomfort
- Severe skin irritation
- Abnormal sensations spreading outside the concha
- Device malfunction or unexpected behavior

CARING FOR YOUR DEVICE

- Turn off DreamPhones when not in use
- Keep away from water or liquids
- Use within 10 °C–45 °C ; avoid extreme temperatures.
- Do not attempt to open, modify, or repair DreamPhones
- Keep away from wireless interference (Wi-Fi routers, mobile phones, walkie-talkies)

POSSIBLE SENSATIONS

You may occasionally notice the following:

- Mild discomfort at the ear area
- Temporary skin redness or warm sensation
- Tingling,pricking,or“pins and needles”sensation
- Mild twitching in the ear or face
- Mild headache
- Light-headedness or dizziness



These sensations are typically mild and subside shortly after your session.

PRODUCT HANDLING

Operating Conditions

- . Temperature: 10°C to 45°C
- . Humidity: 10% to 90%
- . Altitude: Below 2000m
- . Wireless Band: 2.402-2.480 GHz (BLE)
- . Max charging input: 5V DC (USB-C)

Storage Conditions

- . Temperature: 0°C to 50°C
- . Humidity: 10% to 90%
- . Store in a dry environment away from heat,moisture,and dust

PRODUCT DISPOSAL

- This device contains electronic components and a lithium battery
- Do not dispose of DreamPhones in household waste
- Follow local electronic waste disposal regulations



RETURNS POLICY & WARRANTY

Returns

If you are not satisfied, you may return DreamPhones within 30 days of delivery for a refund (excluding shipping costs).

- . A refund will not be accepted if any of the following apply:
- . The product is missing parts or has been damaged due to misuse
- . The product has been modified or altered from its original form
- . The product is returned without all original accessories and components
- . The product is returned more than 30 days after the delivery date
- . The product packaging is missing or significantly damaged

Warranty

DreamPhones provides a 1-year limited warranty covering manufacturing defects under normal use.

PAGE TITLE: WARRANTY CARD

User Registration

Product Information

- Product Name: _____
- Model: _____
- Serial No. (S/N): _____
- Purchase Date: ____ / ____ / ____ (YYYY/MM/DD)

User Information

- Name: _____
- Tel: _____
- Email: _____
- Address: _____

Warranty Policy

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Warranty Period

We warrant this product for 12 months from the date of purchase against defects in materials and workmanship.

Exclusions

This warranty does not cover:

- Damage from liquid, misuse, abuse, or accidents
- Unauthorized repairs or modifications
- Normal wear and tear (e.g., ear cushions)

Service & Support

For warranty claims or support, please visit our official website or contact us.

Website: dreamphones.ai

Email: Contact@dreamphones.ai



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