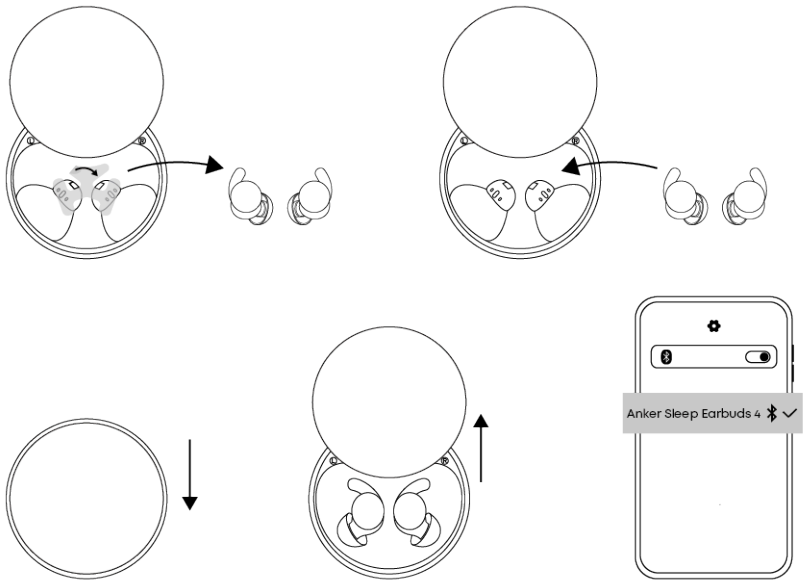
Powering On and Pairing



First-Time Pairing

1. Before first use, remove the protective stickers from the earbuds.
2. Return the earbuds to the charging case, then close and reopen the lid. The earbuds will automatically power on and enter Bluetooth pairing mode, and the LED indicators inside the charging case will start flashing. If the earbuds do not enter pairing mode, press and hold the button on the back of the charging case for more than 3 seconds to activate Bluetooth pairing manually.
3. Open the Bluetooth settings on your device and select "**Anker Sleep Earbuds 4**" from the list to connect.
4. After pairing is successful, the LED indicators inside the charging case will stay on for 1 second, then flash slowly until the lid is closed.

Manual Pairing
You can manually pair Sleep Earbuds 4 with another device at any time.

1. Place both earbuds in the charging case and leave the lid open.
2. If the earbuds are currently connected to another device, disconnect them from that device or temporarily forget the earbuds in that device's Bluetooth settings.
3. Press and hold the button on the back of the charging case for 3 seconds to enter Bluetooth pairing mode.
4. Select "**Anker Sleep Earbuds 4**" from your device's Bluetooth list to connect.

LED Indicator Guide

Overview

- **External indicator (red-and-white light strip):** Indicates the earbuds' battery level and charging status.
- **Internal indicators (two separate orange-and-white LEDs):** Indicate whether the earbuds are properly seated in the charging case and making good contact with the charging contacts, as well as Bluetooth pairing and connection status.

Both the external and internal indicators shine through thin sections of the case and are not visible when off.

1. External Indicator: Battery Level and Charging Status

The external indicator is a red-and-white light strip that displays the earbuds' battery level and the charging case's charging status.

When the Lid Is Opened (Battery Level Display)

Battery Level	Indicator Behavior
60% ≤ battery level ≤ 100%	The entire light strip stays white for 5 seconds, then turns off.
20% ≤ battery level < 60%	The short center section of the light strip stays white for 5 seconds, then turns off.
Battery level < 20%	The short center section of the light strip stays red for 5 seconds, then turns off.

While the Charging Case Is Charging (Keep the Lid Closed)

Battery Level	Indicator Behavior
60% ≤ battery level ≤ 100%	The entire light strip pulses white.
20% ≤ battery level < 60%	The short center section of the light strip pulses white.
Battery level < 20%	The short center section of the light strip pulses red.

When Charging Is Complete

- When the battery reaches 100%, the entire light strip stays white for 5 minutes, then turns off automatically.

> - If the charging light disturbs your sleep, press the button on the back of the charging case to turn the external charging indicator off.

2. Internal Indicators: Earbud Placement and Pairing Status

The charging case has two separate orange-and-white internal LEDs, one for each earbud. They indicate whether the earbuds are properly seated and making good contact with the charging contacts, as well as Bluetooth pairing and connection status.

Earbud Placement (Charging Contact Status)

Status	Indicator Behavior
Earbud is not in the charging case.	The internal indicator stays orange.
Earbud is returned to the case and makes good contact with the charging contacts.	The corresponding indicator changes from orange to white, stays on for 3 seconds, then starts pulsing.
Earbud is returned to the case but does not make good contact with the charging contacts.	The indicator stays orange and does not turn white. Reposition the earbud in the case.
Earbud is removed from the charging contacts (taken out of the case).	The corresponding indicator changes from white to orange and stays on.

Pairing and Connection Status

The earbuds must be in the charging case.

- Press and hold the charging case button for 3 seconds to enter pairing mode. Both internal indicators flash white rapidly until pairing is successful.
- After pairing is successful, the indicators stay on for 1 second, then start pulsing to indicate normal reconnection or device-search status.
- If no connection is established within 5 minutes, the indicators time out and turn off automatically.

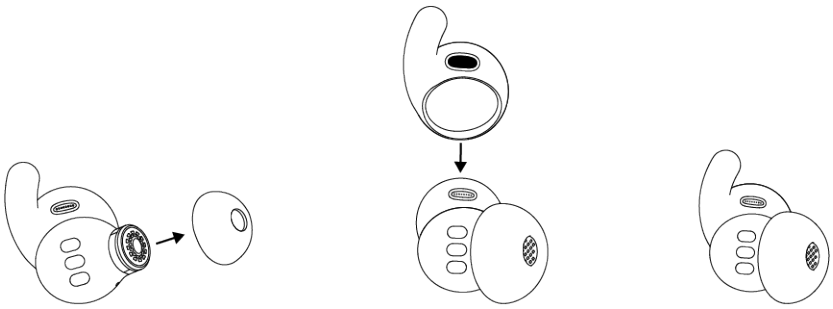
Resetting the Earbuds

- Press and hold the charging case button for 10 seconds. The internal indicators turn off for 3 seconds to confirm a successful reset, then follow the pairing indicator sequence described above.

Wearing Guide

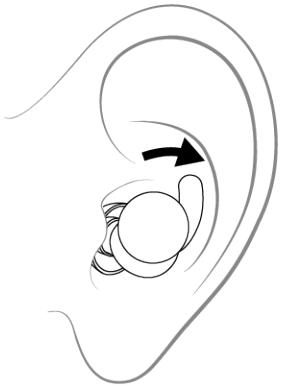
Choose the ear tips and ear wings that fit your ears best, and wear the earbuds correctly for greater comfort, a secure fit, and a better seal.

Choosing Ear Tips and Ear Wings



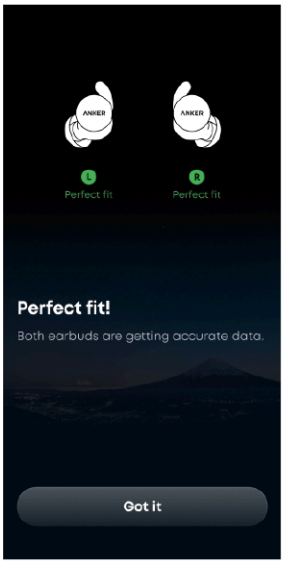
Sleep Earbuds 4 comes with silicone ear tips and ear wings in multiple sizes. Mix and match them to find the best fit.
Try different combinations of ear tip and ear wing sizes for optimal comfort and a secure fit.

Wearing the Earbuds Correctly



Gently insert the earbuds into your ears and rotate them slightly until they fit securely and comfortably.
Make sure the earbuds fit securely for a better seal and wearing experience.

Taking the Fit Test in the App

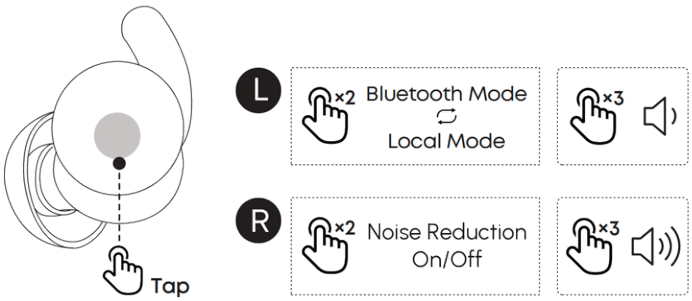


Noise reduction and noise masking performance depend closely on how well the earbuds fit. After putting them on, take the fit test in the soundcore app to check that they are positioned correctly.

- How to use: If noise reduction is not as effective as expected, run the test during the app's initial setup or go to **More Settings > Fit Test** on the device home page.
- How it works: The earbuds play a test tone for approximately 5 seconds while an intelligent algorithm checks the fit. The app automatically displays the results and adjustment suggestions to help you find the wearing position and accessory combination that provide the best noise reduction effect.

Key Features

Using Tap Controls



The earbuds use tap controls to help prevent accidental inputs when you roll over before falling asleep or sleep on your side. The default controls are as follows:

- **Switch listening modes:** Tap the left earbud twice to turn Local Mode on or off.
- **Turn noise reduction on or off:** Tap the right earbud twice to switch between noise reduction on and off.
- **Volume down:** Tap the left earbud three times.
- **Volume up:** Tap the right earbud three times.

You can customize the double-tap and triple-tap controls in the app to suit your preferences. The complete list of available actions is shown below:

- Play / Pause
- Next Track
- Previous Track
- Volume Up
- Volume Down
- Switch Listening Modes (Turn Local Mode On / Off)
- Turn Noise Reduction On / Off
- No Action: To avoid accidental inputs before sleep, set the action to None.

Local Mode and Audio Downloads

When Local Mode is enabled, the earbuds play a downloaded white noise track directly from local storage without keeping an active Bluetooth audio connection to your phone. This reduces power consumption and helps avoid interruptions from phone notifications, making it ideal for sleep.

When Local Mode Is On

The earbuds play the downloaded white noise track and disconnect the Bluetooth audio connection from your phone.

- In Local Mode, audio from third-party apps on your phone will not play through the earbuds. If audio continues playing on your phone, it may play through the phone speaker instead.

When Local Mode Is Off

After reconnecting to the app or another Bluetooth device, you can play music, podcasts, and other audio normally.

Select Audio for Local Mode

1. Open the Local Mode feature on the app home page.
2. Choose a white noise or snore-masking sound.

- Due to storage and low-power design limits, only one track can be stored and played locally at a time. Transferring audio to the earbuds takes about 2 minutes. Wait until the transfer is complete before use.

Adaptive Snore Masking

When Adaptive Snore Masking is enabled, the charging case detects changes in snoring in your sleep environment. While snore-masking audio is playing, it automatically adjusts audio parameters to make the snoring less noticeable.

Before Use

For better Adaptive Snore Masking performance, check the following:

1. Place the charging case near your bedside so it can detect changes in ambient snoring in real time.
2. Download snore-masking audio from the sound library to the earbuds first. Adaptive Snore Masking currently works only in Local Mode.
3. Make sure Adaptive Snore Masking is enabled in the app.

Important Notes

- **Snore-masking audio does not eliminate snoring;** it only makes it less noticeable. Its effectiveness may be limited for very loud or high-frequency snoring.
- There is usually a delay between snoring being detected and the adaptive adjustment taking effect.
- Adaptive adjustments may change how the audio sounds as it responds to changes in snoring.
- For better Adaptive Snore Masking performance, keep the charging case within 2 m of the earbuds.
- Adaptive Snore Masking works only with snore-masking audio in the app. It does not affect audio from third-party apps, such as videos or music.

Additional Notes

- The earbuds come with one snore-masking track preloaded. You can replace it with another snore-masking track from the sound library.
- If you do not need this feature, turn it off in the app.

An Expanding Library of Sleep Sounds

The sleep sound library includes white noise, natural soundscapes, brainwave audio, guided meditations, sleep music, and bedtime stories. Content is curated by acoustic experts, with selected content licensed from Calm.
The library is updated through the cloud on an ongoing basis, allowing new content to be added without a firmware update.

Managing Noise Reduction

Noise Reduction on Sleep Earbuds 4 reduces low-frequency background noise, such as appliance and traffic noise, to help improve sleep quality.

Turning Noise Reduction On or Off

While wearing the earbuds and connected to a device, you can turn Noise Reduction on or off in the following ways:

- **On the earbuds:** Double-tap the right earbud. A tone confirms the change. This tap control can be customized in the app.
- **In the app:** Turn Noise Reduction on or off on the device home page.

Smart Switch After Falling Asleep

Configure Smart Switch on the device home page in the app. After the earbuds detect that you have fallen asleep, they automatically manage audio playback and Noise Reduction according to the selected setting.

Switch to Local Mode and Turn Off Noise Reduction

The earbuds switch from Bluetooth audio playback to Local Mode and turn off Noise Reduction.

Pause Audio

The earbuds stop audio playback and keep the Noise Reduction setting used before sleep.

Keep Playing Audio

The earbuds continue playing the current audio and turn off Noise Reduction.

Device Management and Daily Care

Unpairing, Restarting, or Resetting Sleep Earbuds 4

If you experience issues such as no sound in one earbud, connection problems, or unresponsive tap controls, try unpairing, restarting, or resetting the earbuds.

Unpairing

In your device's Bluetooth settings, find **Anker Sleep Earbuds 4**, then select **Forget This Device** or **Remove**.

Restarting Sleep Earbuds 4

Place the earbuds in the charging case and close the lid. After a few seconds, reopen the lid. The earbuds restart automatically.

Resetting Sleep Earbuds 4

If the issue continues after restarting, reset the earbuds.

1. In your device's Bluetooth settings, remove or forget **Anker Sleep Earbuds 4.**
2. Place the earbuds in the charging case and keep the lid open.
3. Press and hold the button on the back of the charging case for 10 seconds until the internal LED indicators turn off and stay off for 3 seconds.

Charging the Earbuds and Charging Case

Before charging, make sure the earbuds and the USB-C port on the charging case are completely dry. Fully charging the earbuds and

charging case before first use is recommended.

Charge the Earbuds

1. Place the earbuds in the charging case.
2. Close the lid.

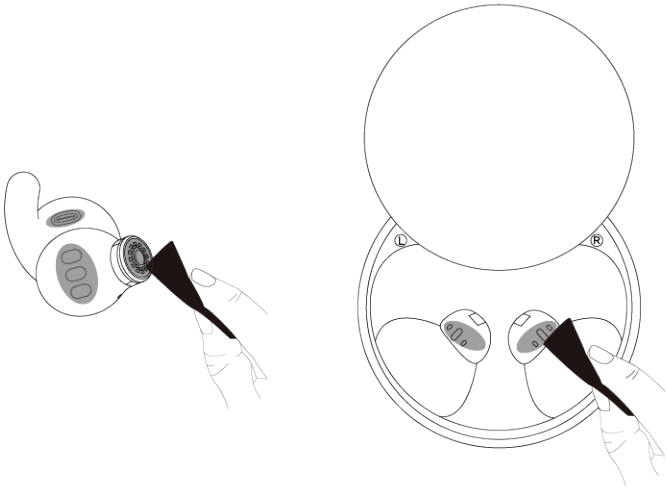
Charge the Charging Case

Connect the charging case to a power source using the provided charging cable and a 5 V charger (sold separately).

Wireless Charging

Place the charging case flat on a Qi-compatible wireless charging pad.

Cleaning Sleep Earbuds 4



Clean the earbuds regularly to remove ear canal secretions, dust, and earwax and maintain optimal sound quality and passive noise isolation.

- Cleaning the mesh filter: Remove the ear tips, then use the included cleaning pads to gently wipe the metal mesh filter at the earbuds' sound outlet.
- Cleaning the charging contacts: Use the included cleaning pads to gently wipe the metal charging contacts on the earbuds and inside the charging case.

- Let the earbuds dry completely before returning them to the charging case.

Firmware and App Updates

Firmware Updates

The app will notify you when new firmware is available. You can also check manually on the device page in the app under **More Settings > Update Firmware.**

Simultaneous Updates

Sleep Earbuds 4 can update the earbuds and charging case together in one process through the app. Separate updates are not required.

Update Requirements

Place the earbuds in the charging case and keep the lid open. Make sure the charging case is connected to power. Do not use the earbuds until the update is complete.

App Updates

If you experience connection issues, update the soundcore app to the latest version from your mobile app store.