

SERENE[®]
innovations
Making Life Easier

The underPillow™
SleepSound

PS-200

Operating Guide



Model
PS-200

Thank you for purchasing the underPillow SleepSound™ system. At Serene Innovations, we are delighted to provide you with a sound therapy device that will make your life more enjoyable with creative sound solutions that combine superior quality with the latest technology.

Please read this operating guide carefully before use and keep it for future reference. If you have any questions, please feel free to contact our Customer Care Department.

Phone: (562)-407-5400 Fax: (562)-483-2087

Toll-Free Help Line: (866)-376-9271 (8AM-5PM PST, M-F)

IMPORTANT SAFETY INSTRUCTIONS :

1. Read this operating guide completely before use and keep it for reference.
2. Do not expose this product to rain or moisture, use it near water, place it near objects filled with water or expose it to dripping or splashing. Use care not to spill liquids into any part of the system.

IMPORTANT SAFETY INSTRUCTIONS (CONT.):

3. Do not block any ventilation openings, or situate the unit on or near any open flame sources or heat sources that produce heat.

4. Cable and Power Cord Safety
 - a. Cable and power cord may become tangled. Do not sleep with excess slack in the speaker cord. Gather and secure any excess cord.

 - b. This product is not to be used for infants, small children or the elderly who could accidentally become tangled on or choke on the cables/cords.

 - c. Protect the power cord from being walked on or pinched.

 - d. Do not carry this product by cord or use cord as a handle

 - e. Never remove the plug from the socket by pulling the power cord.

IMPORTANT SAFETY INSTRUCTIONS (CONT.):

- f. Use the power source only as indicated. Unplug this device during lightning storms or when unused for long periods of time.
5. Only use attachments/accessories specified by the manufacturer.
6. Service is required when product has been damaged, does not operate normally, has been dropped, or exposed to rain, moisture or if liquid was spilled on or in unit. Service is also required when power supply cord or plug is damaged. Refer all servicing to qualified personnel.

CAUTION: Make no modifications to the system or accessories. Unauthorized alterations may compromise safety, regulatory compliance, system performance and may void the warranty.

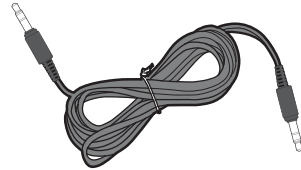


PACKAGE CONTENTS :

Your underPillow SleepSound™ system is packaged with all of the items shown. If anything is missing, please contact our Customer Care Department immediately.



underPillow SleepSound™ system
system unit w/control



Audio Cable (3.5mm)



Pillow Clip



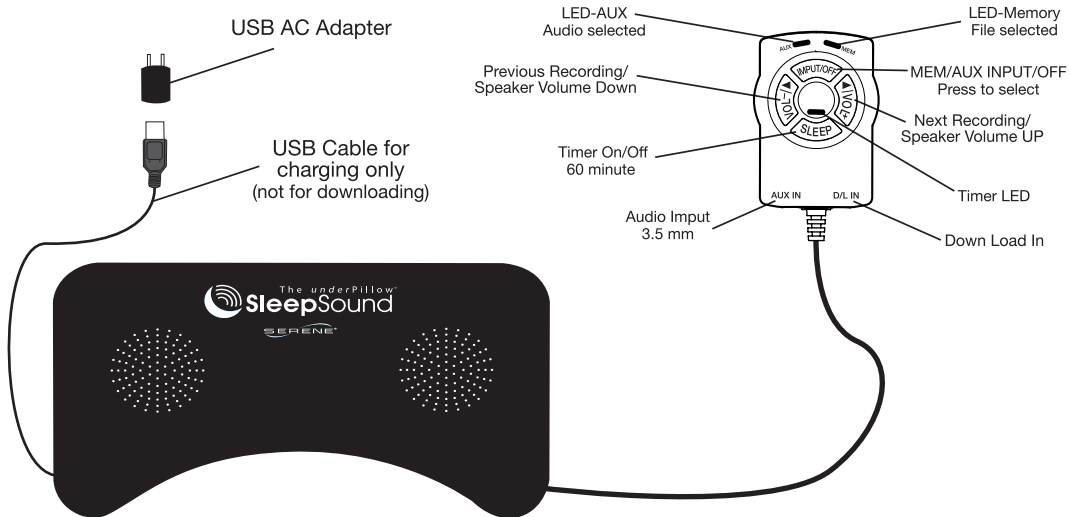
USB AC Adapter



User's Guide

FEATURE IDENTIFICATIONS:

English

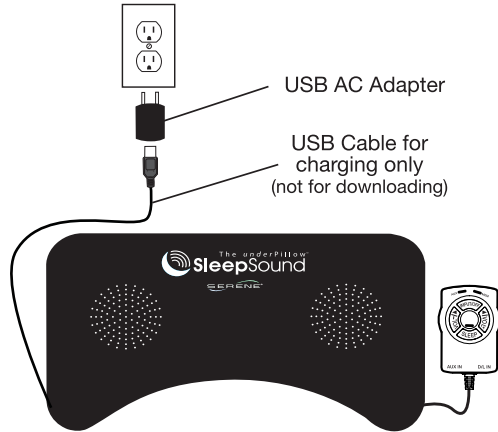


CONNECTION AND SETUP:

A. Without External Audio-In Connection

The underPillow SleepSound™ system is ready to enjoy right out of the box.

1. Place the unit under the pillow.
2. Connect end of the power cable to the USB AC adapter. Plug the adapter in to the wall.
3. The unit will start playing. The **MEM** indicator will be on.
4. Press and hold the **VOL+** or **VOL-** to adjust the volume.
5. To choose the previous or next recording, quickly press the ◀▶ arrows.



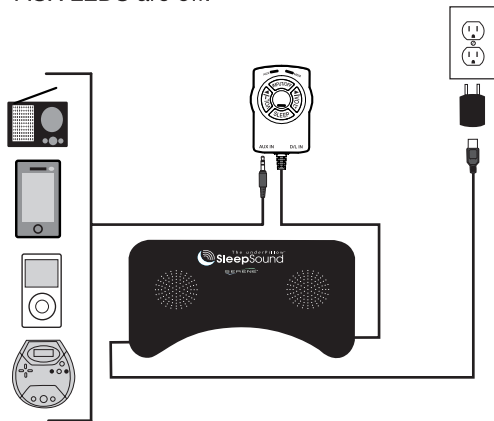
CONNECTION AND SETUP (CONT.):

B. With External Audio-In Connection

The underPillow SleepSound™ system provides an external audio-in connection port (3.5mm) allowing the user to play his/her favorite music from a variety of audio sources, such as radios, media players, smartphones, and other devices with audio output ports.

1. Setup the unit as shown in the previous section.
2. Connect the audio cable from the audio device to the AUX-IN port on the control.
3. Turn on your external audio device.
4. Press the **INPUT/OFF** button once to select the audio input. The **AUX** indicator will be **ON**.
5. Press and hold the **VOL+** or **VOL-** to adjust the volume.

6. To stop the AUX function, press **INPUT/OFF** once. The unit will turn off and both MEM and AUX LEDs are off.



CONNECTION AND SETUP (CONT.):

Built-In Sleep Timer

The underPillow SleepSound™ system is designed with a built-in, one hour sleep timer to gently reduce the speaker volume to allow you to fall asleep and will automatically power off the unit.

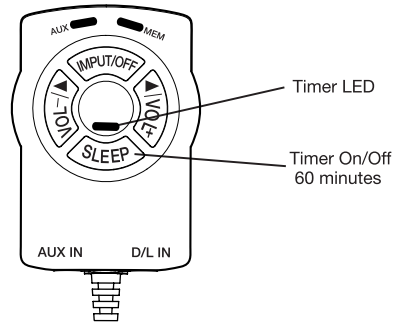
Please Note: The **SLEEP** button is operational only when it is playing either in the MEM or AUX mode.

Turn On the One Hour Timer :

1. Press the **SLEEP** button once to start the timer.
2. The timer indicator will be **On**.
3. After about 30 minutes, the volume will be reduced by 60%, and after 45 minutes, reduced to 30%.
4. The sound will turn off when the timer has expired.

Turn Off Timer:

1. You can only turn off the timer after it has started.
2. Press the **SLEEP** button once to turn off the timer.
3. The timer indicator will be **Off**.



CONNECTION AND SETUP (CONT.):

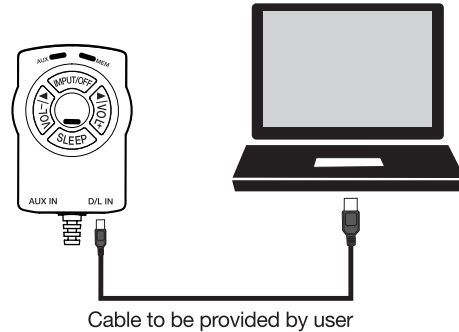
Built-In Nature Sounds

For your enjoyment, The underPillow SleepSound™ system includes pre-installed nature sounds. When the unit is powered up, it will automatically begin to play these relaxing sounds. (Note: MEM LED light will be lit).

The underPillow SleepSound™ system allows you to upload your own favorite sounds/music. To utilize this option, please follow the steps below:

User Download (from the computer)

1. Using a user provided USB-micro USB data cable, connect one end of the cable to your computer. Connect the other end to the **D/L IN** port on the PS-200 Controller.



CONNECTION AND SETUP (CONT.):

2. The computer will link up with the underPillow SleepSound™ system and will be ready to download files to the unit. Follow the same steps as you would to download music to a flash-drive.
3. There are 2 folders : “**STANDARD**” and “**USER**”. The user can download his/her sound files (MP3 only) into the “**USER**” folder. The sound files will be played sequentially according to the sequence of the download process. (Total space available is about 80MB).
4. When the download is complete, use the standard exit procedure to exit external USB drives from the computer, before disconnecting. Wait until the computer’s message indicates it is safe to remove, then unplug the USB connector cable from the computer.

Note: Do not pull the USB cable from the media device until safe to do so to avoid damaging either device.

5. Re-apply power to the unit the speakers will start playing the user downloaded sound files, and then the factory sound files, and repeats. The **MEM** indicator will be **ON**.
6. Press and hold the **VOL+** or **VOL-** to adjust the speaker volumes.
7. To choose the previous or next recording, quickly press the ◀▶ arrows.

TROUBLE SHOOTING FAQ :

If you encounter any difficulties, please check the following before calling our Customer Care Department for assistance.

I do not hear any sound from my underPillow SleepSound™ system.

Check all connections to ensure that all cords are firmly connected. Verify power is applied to the unit, and may need to configure the audio source input, such as un-mute, or increase the volume output on the audio source.

PLEASE NOTE: When the 60 minute sleep timer is up, the unit will disable the speaker outputs. Press the **INPUT/OFF** key once to engage the system again.

CLEANING AND MAINTENANCE :

- Clean the surface of the device with a soft, dry cloth.
- Do not use any sprays near the device. Do not use any solvents, chemicals, or cleaning solutions containing alcohol, ammonia or abrasives.
- Do not allow liquids to spill into any openings.

SPECIFICATIONS :

Speakers	2 x 2W class D
Max Output Power	2 x 1W
Impedance	4 ohms
Maximum Loudness	98 dBSPL
Frequency Response	80 Hz – 20KHz
MEM sounds play time (pre-recorded nature sounds & user download music)	60 minutes
AC Adapter Input	100-240 VAC, 50 / 60 Hz
AC Adapter Output	5VDC 500mA
Operating temperature	+10 to 40 C
Dimensions:	15.25”L x 7.5”Wx 1”H
Weight	about 5 oz. (140g)

Specifications are subject to change.

WARRANTY SERVICE INFORMATION:

Your **underPillow SleepSound™ system** comes with one-year limited warranty. We warrant during this warranty period – from the date of purchase to the original consumer – the **underPillow SleepSound™ system** is free from defects in materials and workmanship under intended home use. In the event that **underPillow SleepSound™ system** fails to function properly within one year of the original purchase, due to defects in materials or workmanship, return the unit (freight prepaid) with proof of purchase (sales receipt or packing slip, no exceptions) to Serene Innovations. Serene Innovations will either repair or replace the unit (with a refurbished unit or a unit of equal condition) and return it to you (using UPS/USPS ground shipping) at no cost to you (there will be a nominal additional shipping charge if it is shipped to out-side the 48 Continental U.S. states).

WARRANTY SERVICE INFORMATION (CONT.):

Incidental or Consequential Damages: Neither Serene Innovations, Inc., nor the retailer, dealer, or selling distributor has any responsibility for any incidental or consequential damages, including, without limitation, commercial loss of profit, or for any incidental expense, loss of time, or inconvenience. Some states do not allow exclusion or limitation of incidental or consequential damage, so the above limitation or exclusion may not apply to you.

This warranty does not apply to any product that has been accidentally damaged, abused, misused or neglected, used on electrical frequency or voltage other than marked on product and/or described in manual. Defects or errors caused by unauthorized alterations, repairs, and/or tampering are also not covered by this warranty. This Warranty gives you specific legal rights, and you may also have other legal rights that vary from state to state.

If a defect covered by this warranty should occur, promptly contact a Customer Care Representative by phone, or log onto www.sereneinnovations.com to obtain a Return Material Authorization (RMA) number and shipping instructions before shipping the product to us. Any shipment without a RMA

WARRANTY SERVICE INFORMATION (CONT.):

will not be accepted and will be returned to you at your expense. Any authorized returned product must be accompanied by a proof of purchase and a brief explanation of the problem.

For out-of-warranty repair and service, please contact our Customer Care Department for instructions.



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