



Brookstone®

Tranquil Moments® Bedside
Sleep Sound Machine
& Bluetooth® Speaker

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LITHIUM-ION BATTERY WARNINGS

This device contains a non-removable Lithium-Ion battery. The battery must be recycled or disposed of properly. Contact your local waste management office for information on battery recycling or disposal.

WARNING

Long-term exposure to loud sounds may cause hearing damage. It is best to avoid extreme volume when using this product, especially for extended periods.

RECOMMENDATIONS FOR USE:

- If being used in a room with an infant, place the device as far away from infant as possible and never in the crib or on a crib rail.
- Always start with the lowest volume setting and adjust as needed.
- Limit the duration of continuous noise by using timed shut-off or turn off device after infant falls asleep.

Please note this content is provided for reference purposes only. It is not intended to substitute for advice given by a licensed healthcare professional.

FCC INFORMATION

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.
- 2) This device must accept any interference received including interference that may cause undesired operation.

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

Note: 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 unit 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 and 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 that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

WARNING: To comply with FCC's RF radiation exposure limits for general population/uncontrolled exposure, the antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter.

RSS INFORMATION

This device complies with RSS-210 of the IC 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.

Cet appareil est conforme à la norme RSS-210 de la réglementation d'Industrie Canada ; son utilisation est soumise aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

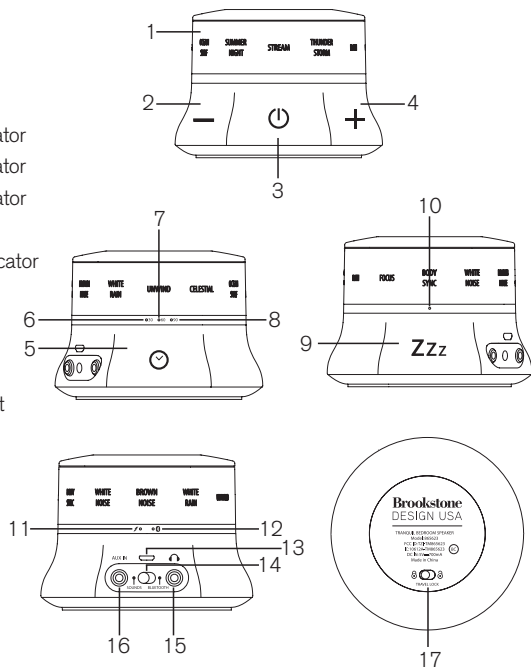
The device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS-102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

Le dispositif rencontre l'exemption des limites courantes d'évaluation dans la section 2.5 de RSS 102 et la conformité à l'exposition de RSS-102 rf, utilisateurs peut obtenir l'information canadienne sur l'exposition et la conformité de rf.



This Class B digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

LOCATION OF PARTS AND CONTROLS

- Sleep Sounds/Sleep Sound Selector Wheel
- Volume - Button
- Power Button
- Volume + Button
- Sleep Timer Button
- 30 min. Timer LED Indicator
- 60 min. Timer LED Indicator
- 90 min. Timer LED Indicator
- Sleep Enhance Button
- Sleep Enhance LED Indicator
- Charging/Low Battery LED Indicator
- Bluetooth® Mode LED Indicator
- Micro USB Charging Port
- Mode Selection Switch
- Headphone Port
- Aux In Port
- Travel Lock Switch
- Micro USB Cable with Adapter (not shown)
- 3.5mm to 3.5mm cable (not shown)
- Travel Pouch (not shown)



TRAVEL LOCK

- Slide the TRAVEL LOCK SWITCH to  to lock the buttons on the unit.
- Slide the TRAVEL LOCK SWITCH to  to unlock the buttons on the unit.

Note: Sliding the TRAVEL LOCK SWITCH to  will power off the unit.

CHARGING

- Insert the MICRO USB CABLE's MICRO USB connection into the MICRO USB CHARGING PORT on the unit.
- Plug the AC/DC power adapter into an electrical wall outlet.
- The CHARGING LED INDICATOR is RED while the speaker is charging. When the speaker is fully charged, the CHARGING LED INDICATOR is GREEN. For first time use, charge the speaker for at least 2 hours.
- When the unit's battery is low, the CHARGING LED INDICATOR will flash RED.

PLAYING SLEEP SOUNDS

1. Slide the MODE SELECTION SWITCH to SOUNDS.
2. Press the POWER button to turn the unit on.
3. Turn the SLEEP SOUND SELECTOR WHEEL clockwise to select a Sleep Sound.
4. Press the VOLUME + BUTTON to increase audio volume.
5. Press the VOLUME - BUTTON to decrease audio volume.
6. Press the POWER button to turn the unit off.

Note: The SLEEP SOUND LED backlight will auto off after 5 seconds. Pressing the volume buttons or turning the SLEEP SOUND SELECTOR WHEEL will activate the SLEEP SOUND LED backlight for 5 seconds.

PAIRING YOUR DEVICE

1. Prepare your device to pair using Bluetooth® wireless technology, making sure you are within 33 feet of the unit. Refer to your device's owner's manual for details if necessary.
2. Slide the MODE SELECTION SWITCH to BLUETOOTH.
3. Press the POWER button to turn the unit on.
4. The BLUETOOTH MODE LED INDICATOR will be solid for 5 seconds as the unit looks for previously paired devices. If no connection is made within 5 seconds, the unit will enter Bluetooth pairing mode and the BLUETOOTH MODE LED INDICATOR will flash.

5. Once the unit is in pairing mode and your device is ready to pair, select "Tranquil Speaker" on your device. If prompted, use 0000 as a PIN for the pairing code. Once the unit is selected, the BLUETOOTH MODE LED INDICATOR will change to solid blue and a tone will sound to confirm pairing is complete.

Note:

- After the initial pairing of your device, the unit should automatically pair with your device the next time the unit is put into Bluetooth mode. Depending upon your device, you may have to select "Tranquil Speaker" in your device's Bluetooth menu.
- The BLUETOOTH MODE LED INDICATOR will auto off 5 seconds after pairing. Pressing the volume buttons or turning the SLEEP SOUND SELECTOR WHEEL will activate the BLUETOOTH MODE LED INDICATOR for 5 seconds.

LISTENING TO AUDIO

1. Press the VOLUME + BUTTON to increase audio volume.
2. Press the VOLUME - BUTTON to decrease audio volume.

Note: If the VOLUME + or VOLUME - buttons are pressed when the SLEEP TIMER is being used, the SLEEP TIMER will reset to the initial SLEEP TIMER setting to restart the sleep cycle.

USING THE SLEEP TIMER

The Sleep Timer can be used in Sleep Sounds, Bluetooth, and AUX modes.

1. Press the SLEEP TIMER button to select 30 minutes of selected SLEEP SOUND play. The 30 minute SLEEP TIMER LED INDICATOR will turn on.
2. Press the SLEEP TIMER button again to select 60 minutes of selected SLEEP SOUND play. The 60 minute SLEEP TIMER LED INDICATOR will turn on. The 30 minute SLEEP TIMER LED INDICATOR is also on.
3. Press the SLEEP TIMER button again to select 90 minutes of selected SLEEP SOUND play. The 90 minute SLEEP TIMER LED INDICATOR will turn on. The 30 minute and 60 minute SLEEP TIMER LED INDICATORS are also on.
4. Press the SLEEP TIMER button again to turn the SLEEP TIMER off and play the SLEEP SOUND continuously.

Note:

- When the SLEEP TIMER is set to 60 or 90 minutes, the SLEEP TIMER LED INDICATORS will turn off to show the remaining sleep time as sleep time counts down.
- When the SLEEP TIMER is being used, the audio will gradually fade away during the last 10 minutes of play time before the unit turns off.
- If the VOLUME + or VOLUME - buttons are pressed when the SLEEP TIMER is being used, the SLEEP TIMER will reset to the initial SLEEP TIMER setting to restart the sleep cycle.
- The SLEEP TIMER will be activated in Sleep Sounds mode the next time the

unit is turned on if the SLEEP TIMER was activated before the unit turned off.

- The SLEEP TIMER LED will auto off after 5 seconds. Pressing the volume buttons or turning the SLEEP SOUND SELECTOR WHEEL will activate the SLEEP TIMER LED backlight for 5 seconds.

USING SLEEP ENHANCEMENT®

Sleep Enhancement can only be used in Sleep Sounds mode.

Sleep Center research has proven that a gradual slowing of sounds helps promote better sleep and relaxation. When activated, the playback speed of the selected SLEEP SOUND gradually slows down over a 30-minute period. Once the playback speed reaches its slowest point (close to one half of normal speed) at the 30-minute mark, the playback speed will remain at this level until the unit automatically turns itself off with the SLEEP TIMER or the SLEEP SOUND is turned off.

1. Press the SLEEP ENHANCE button to turn SLEEP ENHANCE on. The SLEEP ENHANCE LED INDICATOR will turn on.
2. Press the SLEEP ENHANCE button to turn SLEEP ENHANCE off. The SLEEP ENHANCE LED INDICATOR will turn off.

Note:

- SLEEP ENHANCE will be activated the next time the unit is turned on if SLEEP ENHANCE was activated before the unit turned off.
- The SLEEP ENHANCE LED will auto off after 5 seconds. Pressing the volume buttons or turning the SLEEP SOUND SELECTOR WHEEL will activate the SLEEP ENHANCE LED for 5 seconds.

TRANQUIL MOMENTS SOUNDS

SLEEP

WHITE NOISE: The steady flow of a cascading waterfall is perfect as a natural white noise for masking unwanted background noise. Excellent for sleeping.

CELESTIAL: Deep pulsations from string instruments coax your mind into a DELTA brainwave state, thereby encouraging a restful and rejuvenating sleep.

SUMMER NIGHT: A slowed-down chorus of crickets combined with NASA-recorded sounds from Jupiter activate DELTA brainwaves and create a wonderfully calming sleep environment.

BROWN NOISE: Consistent low-pitch white noise is ideal for masking outside noises and creating a calm environment for sleep.

RELAX

OCEAN SURF: A calm rhythm of waves and beach sounds to help you relax and sleep.

THUNDERSTORM: The soothing sound of distant thunder and gentle rain on a lake. Ideal for relaxation.

RAIN: Tranquil rainfall creates a peaceful setting for relaxing. Also effective for masking higher-toned background noise.

UNWIND: A soothing array of musical instruments and slowed natural human body sounds stimulate ALPHA brainwaves to encourage deep relaxation.

RENEW

STREAM: A rippling mountain stream helps you unwind and creates an excellent background sound for daily activities in the home or office. Helps increase focus.

FOCUS: Authentic NASA recordings from Earth's orbit and the smallest moon of Uranus (Miranda) are mixed with music to create a unique soundscape that enhances THETA brainwaves. For concentration and peak performance.

BODY SYNC: Perfect for travelers returning home or people experiencing out-of-sync sleep patterns. This non-linear, rhythmic combination of slowed nature sounds and pulse rates helps reset the body's inner clock and promotes rejuvenation.

WHITE RAIN: A soothing blend of white noise that is also excellent for blocking out background noise.

USING AUX IN

1. Plug one end of the included 3.5mm-to-3.5mm cable into your audio device, just like you would a pair of headphones.
2. Plug the other end of the cable into the unit's AUX IN port.
3. Use your audio device to control music playback.
4. Use your audio device and the unit to control volume.

Note: If a device is currently paired with Bluetooth®, the wired device takes precedence over a Bluetooth device connection.

CARE AND MAINTENANCE




Wipe the unit with a soft, dry cloth.

SPECIFICATIONS

Power Supply	5V, 1000mA
Total Output	3W
Range	Class 2, up to 33 ft (10 m)
Speaker	1.75", 4 Ohm
Compatibility	Bluetooth 2.0 or above with A2DP and AVRCP
Li-ion Rechargeable Battery	1300 mAh
Battery Life	Approx. 8 hours
Charging Time	Approx. 2 hours
Weight	Approx. .5lbs
Dimensions	3.95" (d) x 2.8" (h)

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TROUBLESHOOTING

ISSUE	SOLUTION
Bluetooth® disconnection.	Ensure your device is within 33 feet of the unit Confirm unit is in Bluetooth mode. Charge unit.
Sleep Sound will not play.	Confirm unit is in Sleep Sound mode. Charge unit.
No audio from Aux mode.	Confirm unit is in Aux mode. Confirm unit is powered on. Charge unit.
Buttons will not activate.	Confirm TRAVEL LOCK SWITCH is on  .
Unit will not go into Bluetooth pairing mode.	The last used device may be paired with the unit. Disconnect from unit with last used device, turn Bluetooth off on last used device, or toggle the TRAVEL LOCK SWITCH from  to  to forget the last used device.

TROUBLESHOOTING

ISSUE	SOLUTION
Volume in Bluetooth mode is very low.	Volume may have been on a low setting when device was paired with unit in Bluetooth mode. For full volume range, turn the volume all the way up on the unit before pairing with device in Bluetooth mode.
If activate the Sleep Timer when Sleep Enhance is on, the volume changes.	The volume setting resets to start the Sleep Timer cycle.
The Sleep Timer and/or Sleep Enhance settings are not remembered in Sleep Sounds mode when the unit is turned on.	If the battery drains completely, the memory of the last Sleep Timer and/or Sleep Enhance settings will be erased. Charge the unit to ensure last used Sleep Timer and/or Sleep Enhance settings are remembered in Sleep Sounds mode.
The Sleep Timer reset to the initial setting when the volume was changed.	If the VOLUME + or VOLUME - buttons are pressed when the Sleep Timer is being used, the Sleep Timer will reset to the initial Sleep Timer setting to restart the sleep cycle.

THE SCIENTIFIC BREAKTHROUGH BEHIND TRANQUIL MOMENTS®

All of us experience different states of consciousness throughout our daily lives. Some states are frequent, such as ordinary waking consciousness, sleep and dreaming, while others are less frequent states, like when we are particularly aware or extra creative. All of these states exhibit a unique pattern of brainwaves that have been mapped and measured over years by many experts, particularly by Dr. Jeffrey Thompson.

By understanding the variety of brainwaves that occur during these different states, Dr. Thompson has been able to develop sounds, music and techniques that cause your brain to produce the state that you want to experience. Totally safe and clinically proven, this work has helped millions of people sleep better, relax easier and think more effectively.

One technique commonly used by Dr. Thompson is entrainment. This naturally derived technique is the tendency of our brainwaves to adjust to our sound environment so they vibrate in harmony (for example, two pendulum clocks mounted side by side on the same wall will gradually start to swing at the same rate as they become entrained). This principle is universal and found in chemistry, pharmacology, biology, medicine, psychology, sociology, astronomy, architecture and more. Five sounds—Celestial, Summer Night, Focus, Body Sync and Unwind—utilize these techniques.

Delta Waves (0.5 – 3.5 Hz):

Delta waves are associated with the deepest levels of physical relaxation. Delta is the rhythm of dreamless sleep and its presence usually corresponds with physical rejuvenation and healing. Celestial and Summer Night utilize Delta entrainment to induce sleep.

Theta Waves (3.5 – 7.0 Hz):

Theta waves reflect a state of mind that is attuned to intense creativity, visualization, imagination, and problem solving in a non-sleep state and emotional healing in the sleep state. Theta waves are produced during deep meditation, dreaming and daydreaming. Rapid eye movement (REM) is common in this state. Focus and Body Sync utilize Theta entrainment to help slow the body's rhythm and encourage relaxation that can help reset one's internal body clock.

Alpha Waves (7.0 – 13.0 Hz):

Alpha waves indicate an alert state with a quiet mind (e.g. a person who has completed a task and sits down to rest is often in an Alpha state). In this state attention may be focused outward for problem solving or inward to achieve an alert meditative state (e.g. pondering). Increased Alpha is often present in the brainwaves of people who practice meditation, yoga and tai chi. Unwind utilizes ALPHA entrainment to promote stress reduction or an alert state of relaxation.

NOTES

NOTES

ONE (1) YEAR LIMITED WARRANTY

Brookstone® 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, Brookstone will either 1) repair the defect at no charge, using new or refurbished replacement parts, or 2) replace the product with a new product that is at least functionally equivalent to the original product, or 3) provide a store credit in the amount of the purchase price of the original product. A replacement product or part, including a user-installable part installed in accordance with instructions provided by Brookstone, assumes the remaining warranty of the original product. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Brookstone’s property. When a store credit is given, the original product must be returned to Brookstone and becomes Brookstone’s property.

Obtaining Service: To obtain warranty service, call Brookstone Limited Warranty Service at 1-800-292-9819. Please be prepared to describe the product that needs service and the nature of the problem. A purchase receipt is required. All repairs and replacements must be authorized in advance. Service options, parts availability and response times will vary. You are responsible for delivery and the cost of delivery of the product or any parts to the authorized service center for replacement, per our instructions.

Limits and Exclusions: Coverage under this Limited Warranty is limited to the United States of America, including the District of Columbia and the U.S. Territories of Guam, Puerto Rico, and the U.S. Virgin Islands. This Limited Warranty applies only to products manufactured for Brookstone that can be identified by the “Brookstone” trademark, trade name, or logo affixed to them or their packaging. The Limited Warranty does not apply to any non-Brookstone products. Manufacturers or

suppliers other than Brookstone may provide their own warranties to the purchaser, but Brookstone, in so far as permitted by law, provides these products “as is.” 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 Brookstone; 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; g) any product sold “as is” including, without limitation, floor demonstration models and refurbished items; or h) a product that is used commercially or for a commercial purpose.

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Some states disallow the exclusion or limitation of incidental or consequential damages or how long an implied warranty lasts, so the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.

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