soundcore Sleep A30 Special User Guide

Get the most out of your soundcore Sleep A30 Special for a restful night.

Getting Started

- Pair Sleep A30 Special with Your Device
- Wear Your Sleep A30 Special

Key Features

- Use Tap Controls
- Switch Between Listening Modes
- Manage Active Noise Cancellation
- Auto-Switch Once Asleep
- Make and Receive Calls with Sleep A30 Special
- Find Your Sleep A30 Special with the soundcore App
- Track Your Sleep
- Calm Content in the soundcore App

Device Management

- Unpair, Restart, or Reset Your Sleep A30 Special
- Check Battery and Charging Status
- Clean Your Sleep A30 Special
- Update Firmware and App

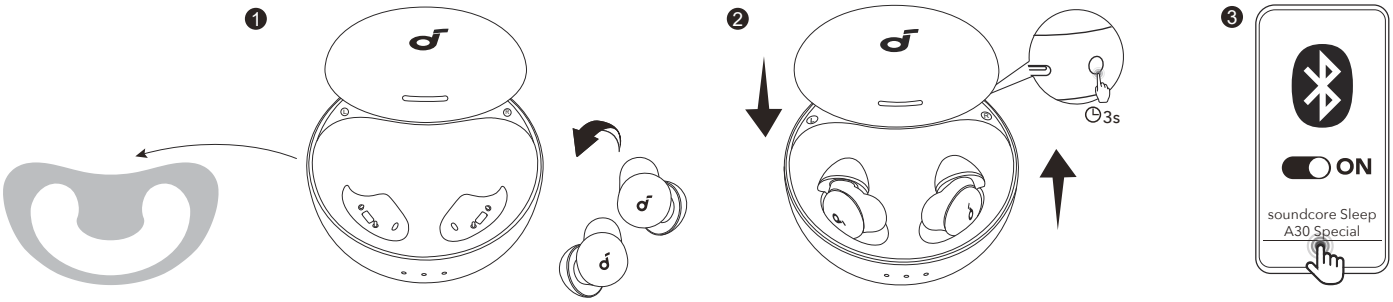
More Information

- Sleep A30 Special Specifications
- Get Support

Pair Sleep A30 Special with Your Device

Connect your Sleep A30 Special to your device to customize controls, listen to relaxing audio, manage sleep modes, update firmware, and more.

How to Pair Manually



Remove the protective film from the earbuds before first use.

1. Place the earbuds back in the charging case, then close and reopen the lid. The earbuds will automatically turn on and enter Bluetooth pairing mode. The LED indicator inside the case will begin to flash.
2. On your device, go to Bluetooth settings and select **soundcore Sleep A30 Special** from the list.
3. When successfully paired, the LED indicator in the case will stay on for 1 second, then pulse slowly until the lid is closed.

How to Pair Manually

You can also manually pair your Sleep A30 Special with a device at any time.

1. Place both earbuds in the charging case and leave the lid open.
2. Press and hold the button on the back of the charging case for 3 seconds to enter pairing mode.
3. On your device, select **soundcore Sleep A30 Special** from the Bluetooth list to connect.

Use the soundcore App



GET IT ON Google Play

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Download on the App Store

Apple and the Apple logo are trademarks of Apple Inc.

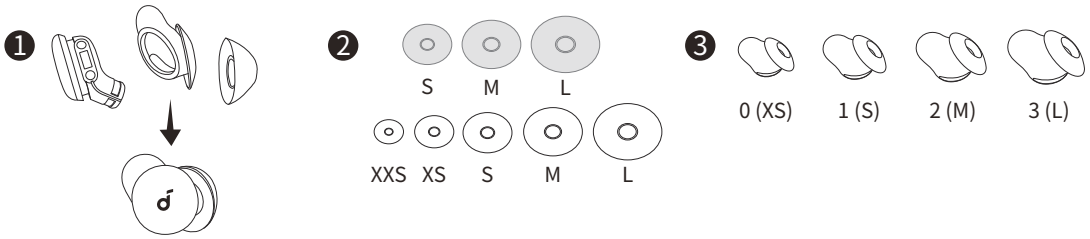
Download the soundcore app to customize controls, listen to relaxing audio, manage sleep modes, and get the latest firmware updates. If you cannot connect your earbuds to the app, check the App Store or Google Play Store to make sure you have the latest version.

URL for app download:
http://dl-soundcore.soundcore.com/qcdl?flow=soundcore

Wear Your Sleep A30 Special

Choose the accessories that best fit your ears and wear your earbuds correctly for optimal comfort and noise isolation.

Choose Your Ear Tips and Ear Wings



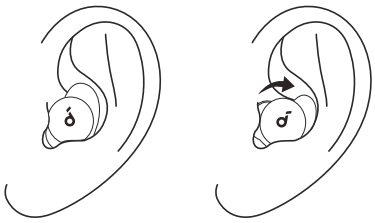
Your Sleep A30 Special earbuds come with ear tips and ear wings in multiple sizes. The medium size is pre-installed. You can mix and match sizes to find the perfect fit.

Two types of ear tips are included in the package:

- **Silicone Ear Tips:** Designed for the best comfort.
- **Memory Foam Ear Tips:** Designed for a tighter seal to enhance noise isolation.

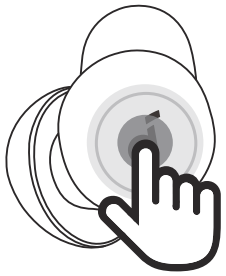
Note: Memory foam ear tips are consumables and should be replaced periodically. Do not clean them with alcohol or water.

How to Wear the Earbuds Correctly



For the best noise isolation, insert each earbud into your ear canal. Gently **rotate** it until the ear wing rests comfortably and securely against your ear ridge.

Use Tap Controls



You can tap the surface on your earbuds to switch modes, adjust volume, control noise cancellation, and more.

Here's what you can do with tap controls:

- **Switch between listening modes:** Double-tap the left earbud to switch between Bluetooth and Local modes.
- **Turn Active Noise Cancellation on or off:** Double-tap the right earbud.
- **Decrease volume:** Triple-tap the left earbud.
- **Increase volume:** Triple-tap the right earbud.

For the best results, **tap firmly**. You can customize these controls in the soundcore app.

Switch Between Listening Modes

Choose your audio source by switching between two listening modes: Bluetooth or Local.

- **Bluetooth Mode:** Connect to the soundcore app or other apps on your device to play any audio you like.
- **Local Mode:** Listen to calming sounds stored on your earbuds without needing your device, ensuring proper rest free from notifications.

How to Switch Modes

With your earbuds in and connected to your device, there are two ways you can switch modes:

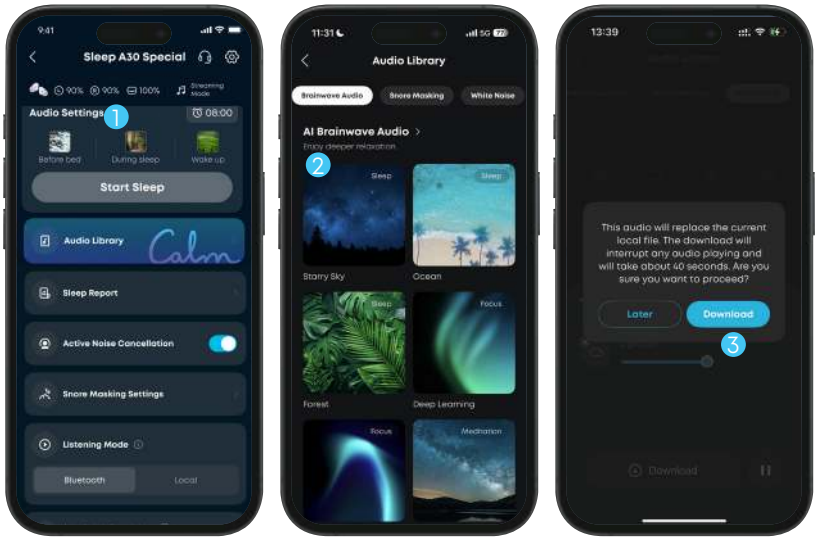
- **With your Sleep A30 Special earbuds:** Double-tap the left earbud to switch between Bluetooth Mode and Local Mode. You will hear a tone to confirm the change.
- **In the soundcore app:** Open the app to switch modes. You can also use the app to set the default mode for your earbuds in More Settings.

Download Audio to Your Sleep A30 Special

You can transfer calming audio provided by soundcore to your earbuds to be played in Local Mode. You won't need your phone to play it.

Supported Audio Types:

- Sleep-Inducing Soundscapes
- White Noise



How to Download soundcore Audio to Your Earbuds

1. In the soundcore app, go to **Audio Library**.
2. Tap the **Snore Masking** or **White Noise** category.
3. Choose the audio you like and tap the download icon next to it.
4. In the pop-up that appears, tap **Download** to start transferring the audio to your earbuds.
5. Wait for the transfer to complete.

Manage Active Noise Cancellation

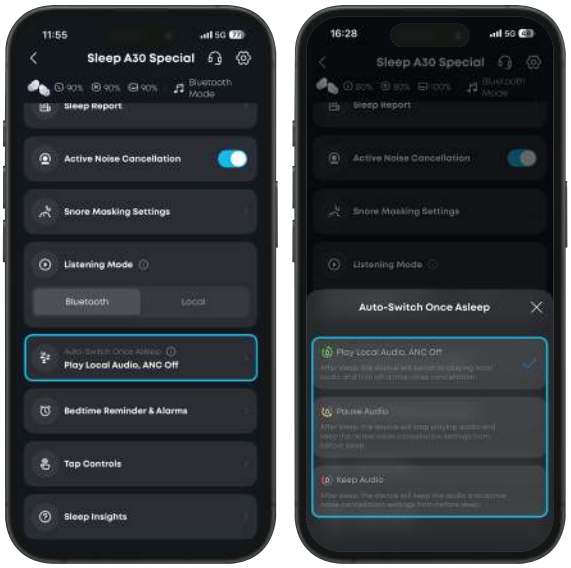
The Active Noise Cancellation (ANC) on your Sleep A30 Special reduces low-frequency background sounds, like home appliances or traffic, to help you sleep better.

How to Turn ANC On and Off

With your earbuds in and connected to your device, you can control ANC in two ways:

- **On your Sleep A30 Special earbuds:** Double-tap the right earbud to turn Active Noise Cancellation on and off. You'll hear a tone to confirm. This can be customized in the soundcore app.
- **In the soundcore app:** You can turn ANC on and off directly from the app's home screen.

Auto-Switch Once Asleep



Your Sleep A30 Special can automatically manage Active Noise Cancellation (ANC) and audio playback once you are asleep based on your app settings.

Here's how it works with the **Auto-Switch Once Asleep** setting:

- If you choose **Play Local Audio, ANC Off**, the device will switch to playing local audio and turn off active noise cancellation once the earbuds detect that you are asleep.
- If you choose **Pause Audio**, the device will stop playing audio and keep the active noise cancellation settings from before sleep.
- If you choose **Keep Audio**, the device will keep the audio and active noise cancellation settings from before sleep.

Make and Receive Calls with Sleep A30 Special



By default, the call feature on your Sleep A30 Special is turned off. You'll need to enable it in the soundcore app to make and receive calls.

How to Turn On the Call Feature

1. Make sure your **Sleep A30 Special** earbuds are on and connected to your device.
2. Open the soundcore app and tap the **Settings** icon in the top-right corner.
3. Tap **Calls and Prompt Tones**.
4. Enable **Call**.

How to Manage Calls

Once the feature is on, you can use tap controls to manage your calls:

- Answer call: Double-tap either earbud.
- End call: Double-tap either earbud.
- Decline call: Triple-tap either earbud.

Find Your Sleep A30 Special with the soundcore App



If you misplace your Sleep A30 Special, you can use the Find Device feature in the soundcore app to locate them.

How to Find Your Sleep A30 Special

1. Open the soundcore app and make sure your earbuds are connected.
2. From the device's home screen, tap the **More Settings** icon in the top-right corner.
3. Tap **Find Device**.
4. Tap the earbud you want to find. It will play a loud sound to help you locate it.

Important: Remove the earbuds from your ears before using the Find Device feature. The sound it plays is loud and could harm your hearing.

Track Your Sleep

Your Sleep A30 Special can track your sleep stages, surrounding noise levels, and sleeping positions to create a detailed sleep report.

You can track your sleep in two ways:

Manual Tracking (via the app)



This method is available only in Bluetooth Mode.

- To start, tap **Start Sleep** on the app's home screen.
- This mode can accurately record your sleep latency (the time it takes you to fall asleep).

Automatic Tracking (via the earbuds)

This method works in both Bluetooth and Local modes.

- The earbuds use built-in sensors to automatically detect when you fall asleep and begin recording data.

Note: This mode does not record sleep latency.

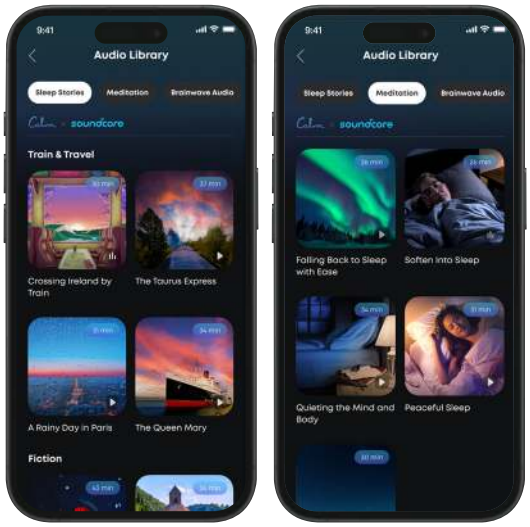
How to View Your Sleep Report



After you've slept for more than 30 minutes, a report will be generated.

- With your earbuds connected: You can view the report directly from Sleep A30 Special's main page in the app.
- With your earbuds disconnected: You can access your historical sleep reports from the **My Devices** page in the app.

Calm* Content in the soundcore App



On the device page, tap **Audio Library** and select your preferred sleep audio. Here you'll find our curated brainwave audios, masking noises and adaptive snore masking audio. Now, **Sleep Stories** and meditations powered by Calm, the world's No.1 mental health app, are also available directly in the **Audio Library**.

- Sleep Stories divert anxious thoughts outward to ease you into sleep;
- Meditations use guided breathing and natural sounds for relaxation;
- Brainwave audio employs specialized frequencies to prepare your mind for rest;
- Snore masking blocks disruptive noises;
- White noise uses steady ambient sound to mask interruptions.

*Audio content and services are provided under current licensing terms. Availability may change or be updated over time without prior notice.

Unpair, Restart, or Reset Your Sleep A30 Special

If your Sleep A30 Special isn't working as expected, you can try unpairing, restarting, or resetting it.

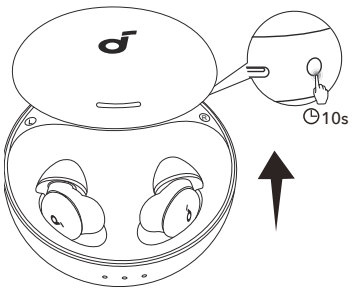
Unpair Your Sleep A30 Special

Go to the Bluetooth settings on your device, find soundcore Sleep A30 Special in the list of devices, and either forget or remove it.

Restart Your Sleep A30 Special

To restart your earbuds, place them in the charging case and close the lid. Wait a few seconds, then open the lid again. The earbuds will restart automatically.

Reset Your Sleep A30 Special



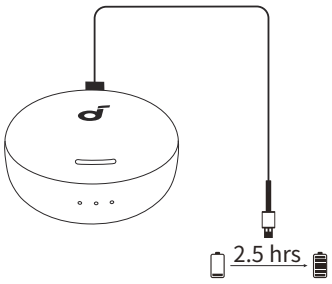
If you still have pairing issues after restarting, you can reset the earbuds.

1. First, remove or forget soundcore Sleep A30 Special from your device's Bluetooth settings.
2. Place the earbuds in the charging case and leave the lid open.
3. Press and hold the button on the back of the case for 10 seconds until the LED indicator inside the case turns off for 3 seconds.

Check Battery and Charging Status

How to Charge Your Earbuds and Case

Before charging, make sure the earbuds and the USB-C port on the case are completely dry. We recommend fully charging the earbuds and case before the first use.



1. Place the earbuds in the charging case and close the lid.
2. Connect the case to a power source using the included USB-C cable and a 5V charger (not included).

Check Charging Case Battery Level

The LED lights on the case show the battery level.

While the case is charging:

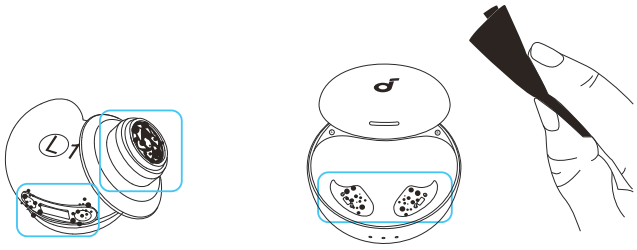
- Less than 20%: The first light flashes.
- 20% - 60%: The first light is solid, and the second flashes.
- 60% - 100%: The first two lights are solid, and the third flashes.
- Fully charged: All three lights are solid for 5 minutes, then turn off.

When you open the lid (not charging):

- Less than 5%: The first light flashes for 5 seconds.
- 5% - 20%: The first light is solid for 5 seconds.
- 20% - 60%: The first two lights are solid for 5 seconds.
- 60% - 100%: All three lights are solid for 5 seconds.

Clean Your Sleep A30 Special

To get the best performance, clean your earbuds regularly to remove any dust or earwax.



- Use a cotton swab lightly dampened with alcohol to gently clean the metal mesh filter under the ear tip.
- Use the same method to clean the charging contacts on the earbuds and inside the charging case.

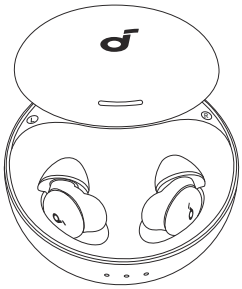
Note

- Do not use alcohol, water, or other liquids to clean the memory foam ear tips.
- Memory foam ear tips are consumables and should be replaced periodically.

Update Firmware and App

How to Update the Firmware

You'll be notified through the soundcore app when a new firmware version is available for your Sleep A30 Special. You can also manually check for updates in the app's settings.



To ensure the update completes successfully:

- Place the earbuds in the charging case and leave the lid open.
- Make sure the charging case is connected to a power source.
- Do not use the earbuds until the update is finished.

How to Update the soundcore App

If you have trouble connecting your earbuds to the soundcore app, go to the App Store or Google Play Store on your phone to make sure you have the latest version of the app.

Sleep A30 Special Specifications

Feature	Specification
Input	5V ⎓ 0.6A
Output	5V ⎓ 0.088A (0.044A per port)
Battery capacity	800mAh/42mAh
Charging time (earbuds)	1.5H
Playtime (earbuds/case)	10/50H *Battery Life Profile: 1.5 hours Bluetooth playback (ANC On) followed by 8.5 hours Local playback (ANC Off) at 50% volume.
Frequency response	20~20000Hz
Impedance	13.5ohm
Waterproof rating (earbuds)	IPX4
Bluetooth version	Bluetooth 5.4
Bluetooth range	10m

Note: Specifications are subject to change without notice.

Get Support

service@soundcore.com

support.mea@soundcore.com (For Middle East and Africa Only)

support@anker.com (日本)

support.kr@anker.com (한국)

+1 (800) 988 7973 (US/Canada)

+44 (0) 1604 936200 (UK)

+49 (0) 69 9579 7960 (DE)

03 4455 7823 (日本)

+86 400 0550 036 (中国)

+82 1666-8470 (한국)

+971 8000320817 (UAE)

+966 8008500030 (KSA)

+965 22069086 (Kuwait)

+20 8000000826 (Egypt)

+90 (850) 460 14 14 (Türkiye)

+8 (800) 511-86-23 (Russia)

000-8000-504-414 (India)

Note: The 'x' of SN Code: xxxxxxxxxxxxxxx is a variable, see below table.

Variable 'x'	Range of variable	Content
Eighth	8,9,A,B,C...	Denotes the year, 8 means 2018, 9 means 2019, A means 2020, B means 2021, C means 2022, and so on.
Ninth and tenth	01,02,03...	Denotes weeks, 01 means the first week in this year, 02 means the secondary week in this year, and so on.
Eleventh	1-7	Denotes date, 1 means Monday, 2 means Tuesday..., 7 means Sunday and so on.
The last five	00001-99999	Denotes serial No.

Hereby, Anker Innovations Limited declares that this device is in compliance with The Product Security and Telecommunications Infrastructure (Security Requirements for Relevant Connectable Products) Regulations 2023. For the Statement of Compliance, visit the website:

https://uk.soundcore.com/pages/psti-related

1. Power consumption in standby mode: ≤0.5W

2. Power management: ≤20min

3. Information of applicable adapter:

Brand: ANKER

Manufacturer: Anker Innovations Limited

Model: A2337

Input: 100-240Vac, 1A, 50-60Hz

Output: 5V ⎓ 3A / 9V ⎓ 3A / 12V ⎓ 2.5A / 15V ⎓ 2A / 20V ⎓ 1.5A (30W Max)

Default Open Port: Classic Bluetooth

Port Description: After the device is powered on, Classic Bluetooth visibility (or pairing mode) is automatically enabled, providing Bluetooth pairing (or control) services. The Bluetooth service is disabled when the device is powered off.