
ASTI

Adaptive Sound Sleep Therapy System®



Owner's Manual

- Getting Started
- Product Features
- Technical Reference
- Warranty Information

To Our Customers,

Thank you and congratulations on your purchase from Adaptive Sound Technologies, Inc. (ASTI). You now own the only Adaptive Sound Sleep Therapy System® on the market today with two unique features: the ability to listen to the noise in your environment and adapt its output accordingly, and the ability to create dynamic sound compositions that do not repeat.

This unit is the result of efforts by sleep, audio, electronics, and software specialists. Natural sound ecosystems were captured with high quality recording equipment and then reproduced using the latest in advanced electronics. This convenient package, with an attractive design, will provide you with a truly enjoyable listening experience whenever you wish to sleep, read, or relax.

If you have any suggestions on how we can make our products better please let us know.



Sam J. Nicolino Jr.

Adaptive Sound Technologies, Inc.
President and CEO

Write down your Serial Number:

Record your serial number here. You can find it on the bottom of the unit. Refer to these numbers whenever you contact your reseller about this product.

Model Number: **ASM1002**

Serial Number: _____

Date of Purchase: _____

Protect Your Warranty:

Please complete your warranty registration according to your resellers recommended procedure.

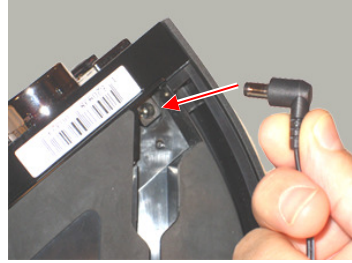
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Getting Started

Unpack the box which contains:

1. Adaptive Sound Sleep Therapy System®
2. Power Adapter
3. User Manual (this document)



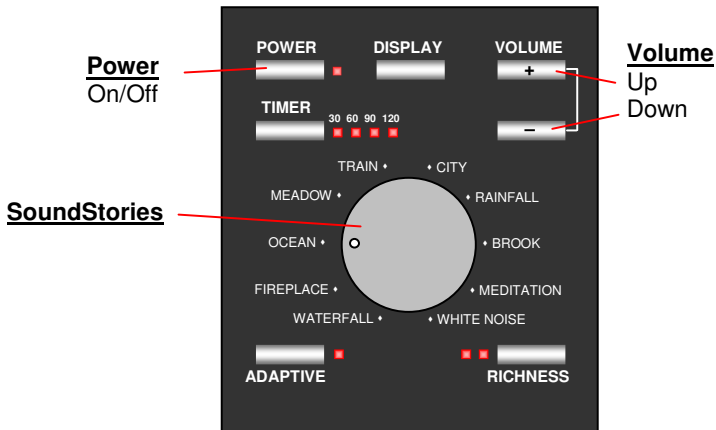
Connect Power

The power jack is located on the bottom of the Adaptive Sound Sleep Therapy System®. Push the power supply plug into the jack. Slip the cord under the rubber foot by separating the two pieces of the foot along the slit. The machine should sit flat on a table or nightstand if the cord is installed correctly. Next, connect the AC plug into an un-switched wall outlet. The system may take up to 20 seconds to initialize. Please note the ten orange dots around the Dial do not light up. The Power Adapter can be used internationally with any AC line voltage from 100 – 240 Volts, 50 or 60 Hz.

Turn on the Sleep Therapy System Press the Power button and the unit will start playing immediately. The unit may be turned Off with the Power button, or the Sleep Timer button (*see page 7*).

Note: Out of the box the unit starts in Adaptive Mode with High Richness (*explained in the next section*). After that the unit will retain the last settings used when you last powered it off using the Power button. If you power it off by unplugging the Power Adapter from the wall outlet (not recommended) the settings are not saved.

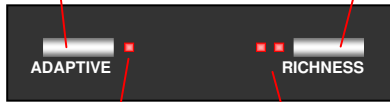
Rotate the Dial to select a SoundStory, and adjust the Volume with the Up/Down buttons.



What is Special About this Machine?

Adaptive Mode

On/Off



Light means
Adaptive is On

Richness Level

(press to select)

2 lights: High
1 light: Medium
No lights: Low

Adaptive Mode

The Adaptive Sound Sleep Therapy System[®] can adapt to noise in your room. It has a microphone that listens for disruptive noises and raises the volume and/or adds enhancing sounds (Richness) to the SoundStory when they are detected.

The Adaptive button switches between Adaptive Mode On and Off. The light next to the Adaptive button is lit when Adaptive Mode is On.

When Adaptive Mode is Off the unit is in Manual Mode, and will not change its volume in response to noise. Instead, it will maintain a constant volume set by the Volume Up/Down buttons. However the unit will continue to add richness to the SoundStories.

Richness Levels

Richness adds character to each SoundStory by dynamically mixing additional sounds to keep them interesting and avoid becoming repetitive. Richness controls how these extra sounds are mixed.

Richness can be set to 3 levels:

High With Richness on High, the SoundStories are the most complex. For example, in the Ocean setting, the sound of a fog horn or barking sea lion will occasionally be heard. In the Rain setting, a thunderclap will occasionally be heard.

Medium With Richness set to Medium, only more moderate sounds will be incorporated into the SoundStory. Additional sounds such as bird song may be played, but they will occur less often.

Low With Richness on Low, the SoundStory will play at its most moderate level. For example, in the Ocean setting, only waves will be played in the SoundStory.

Note: The Fan SoundStory will be played when the Waterfall SoundStory is selected with Low Richness. See SoundStory Table.

Using Richness and Adaptive Features

The Richness and Adaptive buttons allow the unit to be customized to suit your personal preferences and situation. You might prefer a quiet, steady sound and may not use the Adaptive feature, especially if there is little noise, or steady noise, in your environment. Or, you might need the additional noise masking that Adaptive provides, or prefer a more lively sound created by the higher levels of Richness. Experiment to find the settings you like best.

Note: When setting the volume in Adaptive Mode you are actually setting the maximum volume it can reach when it detects a noise. If the sound seems too low when it is quiet in your room, turn it up!

This table provides a starting point for people new to this product:

Environment	Adaptive	Richness
Sleeping, quiet room	Off	Low
Sleeping, noisy room	On	Low-Med
Reading or Studying, quiet room	Off	Low
Reading or Studying, noisy room	On	Med-High
Used as a background sound for guests or conversation	Off	High

SoundStory Table

The desired SoundStory is selected by first rotating the DIAL to the correct SoundStory Group, and then pressing the Richness button to select the desired SoundStory in that group. There are 30 unique SoundStories to pick from as shown in the table.

Note: The Electric Fan SoundStory will be played when the Waterfall SoundStory Group is selected with Low Richness. Please note that the two Waterfall SoundStories do not have Fan Sounds in them.

SoundStory Group Setting (CENTER DIAL)	Richness Setting		
	Low Starts with ...	Medium Adds in ...	High and Adds more!
Ocean	Waves Only	Birds and Seals	Bells and Foghorns
Meadow	Crickets and Wind	Birds, Bees, Rain	More of Everything
Train	Wheels Click-Clack	Whistles and Bells	More of Everything
City	Passing Cars	Machinery and Copters	Footsteps and Skates
Rainfall	Rainfall	Quiet Thunder	Loud Thunder
Brook	Flowing Water & Wind	Birds and Frogs	More of Everything
Meditation	Drone	Sitar	More Instruments
White Noise	Brown Noise	Pink Noise	White Noise
Waterfall	Electric Fan	Waterfall	Waterfall and Wind
Fireplace	Crackling Fireplace	Tea Kettle, Cats Purring	Campfire with Birds

Useful Features

Sleep Timer

Turning on the unit with the Power button enables continuous play. The Sleep Timer can be used to set the unit to play for a number of minutes and then shut off gradually and automatically.

- The time interval can be set to 30, 60, 90, or 120 minutes.
- Turning the unit Off with the Power button clears the Sleep Timer.
- If the unit is Off and you press the Timer button, the unit will turn On and the Sleep Timer will be set to 30 minutes. Pressing the Timer button again will advance the timer to the next interval.

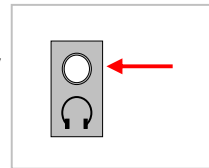
Display On/Off

When the unit is On, the Display button turns the front panel lights On/Off.

Note: If the display is Off and any setting is changed, the lights will come back on for 15 seconds and then go off again. Further note that hitting the Power button when the unit is On and the display is Off, will immediately turn the unit Off, not turn the lights on.

Headphones

A standard 3.5 mm stereo headphone jack is located on the lower right side of the Sleep Therapy System (headphones not included). Any ordinary set of headphones may be used. Please note that when the headphones are plugged in, the unit's speakers are disabled.



Note: When using the headphones, Adaptive Mode will continue to respond to noise in the room if it is turned on.

CAUTION: Avoid using headphones at high volume levels. Prolonged exposure to high sound pressure levels may impair hearing.

Using With an External Amplified Audio System

The headphone jack can be used to connect the unit to the “Line In” of an external sound system, such as a home stereo, home theatre system, or computer add-on speakers.

Technical Information

Specifications

SoundStories	30
Speaker Compensation	5-band parametric EQ
Headphone Jack	3.5 mm stereo
Power Requirements	5V, 500 mA DC

How to Restore the Factory Settings

(This sets the unit back to its original condition “fresh out of the box”) First turn unit Off. *Then* press the Power button and hold it down until the panel lights blink (about 5 seconds.)

Trouble Shooting

If your unit exhibits a problem, try the appropriate actions below to resolve the problem.

SYMPTOM	POSSIBLE CAUSE	SOLUTION
No operation when power switch is pressed.	Disconnected power plug.	Check the power connection on the bottom of the unit and at the wall outlet. Be sure that both are firmly seated.
	Unit is connected to a switched wall outlet.	Move the unit to an un-switched outlet.
	Faulty wall outlet.	Move to a working outlet and power on again.
	System needs to be reset.	First power off the unit, then press and hold the Power Button for 5 seconds.
Unit is On, but no sound is heard.	Volume is set too low.	Press or hold Volume Up button to increase volume.
Other unexpected behavior.	Try the “factory reset” procedure. If this does not resolve the issue, call Customer Support.	1) Unplug power adapter from the AC outlet 2) Press and hold the Power Button down while plugging power adapter back into AC outlet. 3) Continue to hold power button down for 5 seconds. 4) Repeat 1-3 up to three more times if unit does not turn on.

Customer Support

If you have problems or questions, please contact your reseller.

Safety, Warranty, and Certifications

Safety Instructions

Read and adhere to all safety and operating instructions before use. Keep this booklet for future reference.

1. The unit should be cleaned regularly with a soft, dry cloth. The grill may be vacuumed to remove excessive dust or particle build-up. **Do not use any liquids or sprays (including solvents, chemicals or alcohol) or abrasives to clean.**
2. **Be careful not to have liquid or particulate material enter the microphone opening that is just above the Adaptive button.**
3. The unit should not be used near water, such as a bathtub, swimming pool, faucet or basin to avoid electrocution.
4. Be careful to avoid dropping objects or spilling liquids onto the unit. If liquid is spilled on the unit, unplug and turn it upside down immediately. Allow it to dry thoroughly before plugging it into a wall outlet again. Following these instructions does not ensure that the unit will be operational.
5. Do not reach for the unit if it has fallen into water. Unplug it immediately at the wall outlet and drain water if at all possible before retrieving the unit.
6. The unit should be situated away from heat sources such as radiators, heat registers, stoves or other appliances (including amplifiers) that produce heat.
7. Avoid placing this unit in areas that are exposed to intense direct sunlight or close to heat-radiating products such as electric heaters. Do not place unit on top of stereo equipment that radiates heat.
8. Avoid placing in areas that are dusty, humid and moist, lack ventilation or are subject to constant vibration.
9. This unit may be subject to interference from external sources such as transformers, electric motors or other electronic devices. To avoid distortion from such sources, place the unit as far from them as possible.
10. Do not apply excessive force when using any switches or controls.
11. The unit should only be used with the power supply provided.
12. Power cords should be routed to avoid being walked on or pinched by items placed on or against them.
13. Unplug the power cord from the outlet when the unit is unused for long periods of time or when moving the unit.
14. Do not attempt to service the unit yourself beyond what is described in the operating instructions.

One Year Limited Warranty

Adaptive Sound Technologies, Inc., hereinafter referred to as ASTI, 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, your reseller will either 1) repair the defect at no charge, using new or refurbished replacement parts, or 2) replace the product with a current product that is close in functionality to the original product. A replacement product or part, including a user-installable part installed in accordance with instructions provided by your reseller, is covered by the remaining warranty of the original purchase.

When a product or part is exchanged, the replacement item becomes your property and the replaced item becomes your reseller's property.

Obtaining Service: To obtain warranty service please call, or email, your reseller. Please be prepared to describe the product that needs service and the nature of the problem. All repairs and replacements must be authorized in advance by your reseller. A purchase receipt must accompany all returns. Service options, parts availability and response times will vary.

Limits and Exclusions: This Limited Warranty applies only to the Adaptive Sleep Sound Therapy System, and the included Power Adapter.

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 your reseller; 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; or g) any and all pre-existing conditions that occur prior to the effective date of this Limited Warranty relating to any product sold "as is" including, without limitation, floor demonstration models and refurbished items.

ADAPTIVE SOUND TECHNOLOGIES, INC. SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. TO THE EXTENT PERMITTED BY APPLICABLE LAW, ASTI DISCLAIMS ANY AND ALL STATUTORY OR IMPLIED WARRANTIES, INCLUDING, WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS. IF ASTI CANNOT LAWFULLY DISCLAIM STATUTORY OR IMPLIED WARRANTIES, THEN TO THE EXTENT PERMITTED BY LAW, ALL SUCH WARRANTIES SHALL BE LIMITED IN DURATION TO THE DURATION OF THIS EXPRESS WARRANTY.

Some geographic areas disallow the exclusion or limitation of incidental or consequential damages or the length of an implied warranty. As a consequence, some of the above exclusions or limitations may not apply to buyers residing in those areas. This warranty grants specific legal rights to buyers, but other rights may also be granted which vary from country to country, state to state, etc.

Software Licensing

The software contained in the SOUND+SLEEP Adaptive Sound Sleep Therapy System is licensed to you, not sold to you. This is only to protect intellectual property and has no affect on your ability to use the SOUND+SLEEP unit wherever you please.

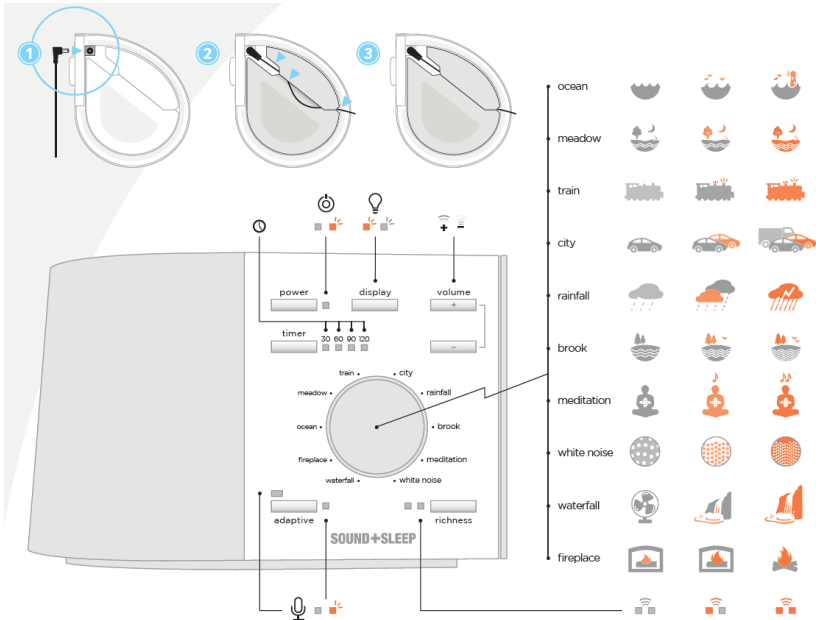
FCC Declaration

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 equipment 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 to 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 the one to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Quick Use Guide



Declaration of Conformity



Declaration of Conformity

Trade Name: Adaptive Sound Sleep Therapy System®
 Model Name: ASM1002
 Responsible Party: Adaptive Sound Technologies, Inc.
 Address: 1475 South Bascom Ave, Campbell, CA. 95008 USA
 Telephone Number: 1-408-377-3411

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, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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

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