

sound oasis®  
*sleep better. feel better. live better.®*

# Instruction Manual

## Bluetooth® Sleep Sound Therapy System®



**FREE**  
Sound Oasis  
APPS



[www.soundoasis.com](http://www.soundoasis.com)

Model: BST-100-20

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## Thank you for choosing Sound Oasis®!

Sound Oasis® is the world leader in sound therapy systems.

We are dedicated to making life healthier and more enjoyable with creative sound solutions that combine superior quality with the very latest technology.

Your Sound Oasis® Bluetooth Sleep Sound Therapy System BST-100-20 has been designed to help you sleep better by providing sounds proven to help people sleep, relax, block annoying noise, manage tinnitus and increase privacy. You can play the built-in sounds from the included micro SD card or stream new sounds/music from any Bluetooth enabled device (e.g. smartphone, tablet, computer, etc.). You can even add new sounds by inserting a new micro SD sound card.

Your BST-100-20 includes a rechargeable battery so you can enjoy 5 – 8 hours of wireless playtime or you can keep it plugged in with the included USB charging cable.

## Sound Oasis® Ecosystem of Sleep Therapy

Sound Oasis provides a unique ecosystem of sound therapy to deliver a superior sleep experience. You can use your BST-100-20:

- (i) as a sound machine with the included 20 built-in sounds, or
- (ii) by streaming music from your smartphone, tablet or computer with Bluetooth to your BST-100-20, or
- (iii) with our great Sound Oasis APPs (we have nature sounds, white noise, tinnitus and baby sound APPs).

These APPs allow you to customize the sound frequencies and set the timer to your personal tastes.



## Enjoy great Sound Oasis® APPs for free!



## Important Safeguards

- Read all instructions.
- To reduce the risk of fire or electrical shock, do not expose this product to rain or moisture.
- Do not expose this product to dripping or splashing, and do not place objects filled with liquids, such as vases, on or near the product. As with any electronic product, use care not to spill liquids into any part of the system. Liquids can cause a failure and/or a fire hazard.
- Do not place any naked flame sources, such as lighted candles, on or near this product.
- Do not use any charging cable other than that specifically provided for use with this product.
- The battery needs to be charged before use. Follow the charging instructions described in this manual.
- After extended periods of storage, it may be necessary to charge and discharge the battery pack several times to obtain maximum performance.
- The battery pack gives its best performance when it is operated at normal room temperature (68°F +/- 23°F or 20°C +/- 5°C).
- In the event fluid from the battery leaks from the product, do not allow the liquid to come in contact with the skin or eyes. If contact has been made, wash the affected area with generous amounts of water and seek medical advice.
- To clean, gently wipe with a soft cloth moistened with warm water or mild detergents only, and then remove all moisture with a soft, dry cloth. Do not use harsh solvents or chemicals for cleaning.

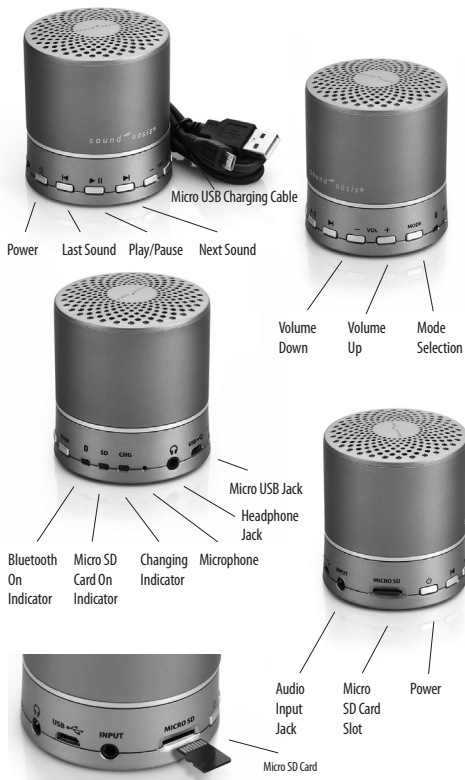
# Contents






Your BST-100-20 includes:



1. Sound Oasis Bluetooth Sleep Sound Therapy System
2. Micro SD sound card preloaded with 20 Sound Oasis sounds
3. USB charging cable
4. User manual



# Key Buttons & Features



Button	Description
	<ul style="list-style-type: none"> <li>• Press and hold for 3 seconds to turn BST-100-20 on. Press and hold for 1 second to turn BST-100-20 off.</li> <li>• BST-100-20 defaults to the sounds contained in your micro SD card when the Power Button is pressed.</li> </ul>
	<ul style="list-style-type: none"> <li>• Press to replay a sound.</li> </ul>
	<ul style="list-style-type: none"> <li>• Press to pause and play a sound.</li> </ul>
	<ul style="list-style-type: none"> <li>• Press to skip to a new sound</li> </ul>
<b>— VOL</b>	<ul style="list-style-type: none"> <li>• Press to decrease the speaker volume incrementally. Press and hold to decrease the volume continuously.</li> </ul>
<b>VOL +</b>	<ul style="list-style-type: none"> <li>• Press to increase the speaker volume incrementally. Press and hold to increase the volume continuously.</li> </ul>
<b>MODE</b>	<ul style="list-style-type: none"> <li>• Press to alternate between playing sounds from your Bluetooth source or sounds contained in your micro SD card.</li> <li>• When you first turn on your BST-100-20, it will default to the sounds contained in your micro SD card.</li> </ul>
	<ul style="list-style-type: none"> <li>• Blue LED indicates that the BST-100-20 is in the Bluetooth state and can play sounds/music streamed from your Bluetooth enabled source.</li> <li>• Blinking blue light – BST-100-20 is discoverable and ready to pair with a Bluetooth enabled device.</li> <li>• Solid blue light – BST-100-20 is connected to a Bluetooth device.</li> <li>• The solid blue light will turn off after about 10 seconds so the light does not interfere with your sleep. To check if Bluetooth is on, you can press any button and the solid blue light will activate for 10 seconds to confirm the BST-100-20 is in the Bluetooth state.</li> </ul>

Button	Description
<b>SD</b>	<ul style="list-style-type: none"> <li>• Amber LED indicates sound will play from the micro SD card.</li> <li>• The solid amber light will turn off after about 10 seconds so the light does not interfere with your sleep.</li> </ul>
<b>CHG</b>	<ul style="list-style-type: none"> <li>• Red LED indicates that your BST-100-20 is charging.</li> <li>• The red LED will stay lit until your BST-100-20 is fully charged – then the LED will dim to a very dim level.</li> </ul>
<b>Microphone</b>	<ul style="list-style-type: none"> <li>• Your BST-100-20 can operate as a hands-free speaker for your smartphone.</li> </ul>
	<ul style="list-style-type: none"> <li>• Plug-in your headphones for private listening.</li> <li>• The headphone jack accepts a 1/8" (3.5 mm) monaural or stereo type plug.</li> </ul>
<b>USB</b> 	<ul style="list-style-type: none"> <li>• Insert included USB charging cable to charge your BST-100-20's battery or power your BST-100-20 from a USB source.</li> </ul>
<b>INPUT</b>	<ul style="list-style-type: none"> <li>• Insert an optional audio cable with 1/8" (3.5 mm) plugs to play music from an external device (e.g. iPhone®, iPod®, MP3 player or CD player) through the unit's speaker system.</li> </ul>
<b>MICRO SD</b>	<ul style="list-style-type: none"> <li>• Your BST-100-20 comes with a micro SD card preloaded with Sound Oasis sounds. The micro SD card must be inserted into this slot in order for you to play the sounds on the micro SD sound card.</li> <li>• You may insert new micro SD cards preloaded with other MP3 sounds or content (see the Using Other Micro SD Cards section of this manual). Please check <a href="http://www.soundoasis.com">www.soundoasis.com</a> for our download library.</li> </ul>

## Operation

### Power Sources

Your BST-100-20 can operate as a wireless, cord free sound machine or a wireless Bluetooth speaker because it includes a built-in rechargeable battery. You can also keep your BST-100-20 plugged into a USB power source for continuous operation without recharging.

### To Power By Built-In Rechargeable Battery:

1. Prior to using your BST-100-20 in the wireless, cord free mode for the first time, please completely charge the built-in battery.
2. Connect the provided USB Charging Cable to a compatible AC-charger, computer or laptop USB port. The unit's CHG red LED is brightly illuminated while charging. It takes about 2 to 3 hours to charge the battery. When charging is completed, the CHG red LED will be very dim.
3. Disconnect the USB Charging Cable and operate your BST-100-20 as described below.
4. When the unit is in low power status, the red CHG LED and amber LED will flash. Please recharge the battery of your BST-100-20 when this occurs.

**Note:** When the battery is fully discharged, it needs about 30 minutes of charging before you can use the unit again.

### To Power By USB Charging Cable:

1. Connect the provided USB Charging Cable to a compatible AC-charger, computer or laptop USB port.
2. Operate your BST-100-20 as described below.

## Listening To Sounds/Music From The Micro SD Card

You can enjoy sounds or music from your BST-100-20 from the included preloaded MICRO SD CARD.

### Playing Sounds from the Built-In Micro SD Card

Your BST-100-20 includes a MICRO SD CARD that contains preloaded Sound Oasis sounds.

### To play sounds/music from the built-in MICRO SD CARD, please follow these steps:

1. Press and hold the POWER button down for 3 seconds.
2. Your BST-100-20 will automatically start playing the first sound on the Sound Oasis MICRO SD CARD.
3. The SD LED will be lit to indicate that you are now in the sound machine mode.
4. The first sound on the Sound Oasis MICRO SD CARD will automatically start playing.
5. Press the – VOL + buttons to increase or decrease volume.
6. Press the >|| button to pause and resume playback.
7. Press the >| button to skip to the next sound track.
8. Press the |< button to repeat the sound track.

### Please note:

- For the exact sounds preloaded on your MICRO SD SOUND CARD, please refer to the separate sound listing sheet included with your BST-100-20.
- Each preloaded Sound Oasis sound is 8 hours long so it plays throughout the night. After playing through the 8 hour sound track, your BST-100-20 will automatically replay the same sound track.

## Playing Bluetooth Streamed Sounds

Your BST-100-20 can also operate as a Bluetooth speaker so you can stream new sounds/music to your BST-100-20.

**To stream sounds/music from your Bluetooth enabled device (e.g. your mobile phone, music player, PC/laptop) to your BST-100-20, please follow these steps:**

1. Press and hold the POWER button down for 3 seconds.
2. Your BST-100-20 will play sounds from your MICRO SD CARD by default. Press the MODE button to activate the Bluetooth mode. Your BST-100-20 will then attempt to reconnect to the last connected device. If there are no paired devices, the BST-100-20 becomes discoverable.
3. On your Bluetooth enabled device, turn Bluetooth on, locate the Bluetooth device list and select the device named BST-100. Pair your BST-100-20 with your Bluetooth enabled device.
4. The Bluetooth LED will light up on your BST-100-20 and you will hear a Bluetooth pairing mode “blip” to indicate that you are in the Bluetooth streaming mode.
5. Press play on your Bluetooth device to play the streamed music/sound if the music/sound does not automatically start playing.
6. Press the – VOL + buttons to increase or decrease volume.
7. Press the >| button to pause and resume playback.
8. Press the >| button to skip to the next sound track on your music list.
9. Press the |< button to repeat the sound track playback.

### **Please note:**

- You can only pair one Bluetooth device at a time.
- If pairing fails, please turn your BST-100-20 off and then on again and retry pairing.

## Using Other Micro SD Cards

Your BST-100-20 includes a MICRO SD CARD that contains preloaded Sound Oasis sounds. You can use any other MICRO SD CARD with your BST-100-20. **Here are a few options:**

### **OPTION 1**

1. Download additional sound tracks from our Sound Oasis web site onto your computer and then move/drag these new Sound Oasis sound tracks to a new MICRO SD CARD. Insert the new MICRO SD CARD into the BST-100-20 and playback those tracks as described above under Listening To Sounds/Music From The Micro SD Card.

Sound Oasis’ patent pending tracks are ideal to download and use because they are 8 hours long and will play seamlessly and continuously through the night.

**Note:** If you drag new Sound Oasis sound tracks to your existing MICRO SD CARD, you will erase the existing sounds if there is not enough memory for the new sounds. Always use a newly purchased blank MICRO SD CARD to install new Sound Oasis sound tracks on.

### **OPTION 2**

2. Purchase custom made MICRO SD CARDS from Sound Oasis. Visit our web site at [www.soundoasis.com](http://www.soundoasis.com) and choose which specific tracks you would like. We will then preload your own custom MICRO SD CARD with your selected sounds and ship it to you.

### **OPTION 3**

3. Move/drag sound files from your computer’s music library to a new MICRO SD CARD. Unless they are Sound Oasis sound tracks, sounds from your music library will not be 8 hours long. As a result, the BST-100-20 will play each short track and then automatically replay it.

## Streaming Sound Oasis APPS

Sound Oasis has a growing library of APPS to help you and your family sleep. Please see more information at [www.soundoasis.com/apps](http://www.soundoasis.com/apps)



By purchasing this BST-100-20, you are entitled to use any of our PRO APPS for free. These PRO APPS provide you with many more sound options and they even allow you to customize the sounds with a built-in equalizer and set an auto off timer. To obtain these PRO APPS, please follow these steps:

1. Visit <http://www.soundoasis.com/apps/> and download the LITE version of your chosen APP (or download the LITE APPS from iTunes or Google Play). We have four (4) LITE APPS to choose from: Nature Sounds for Sleep, Tinnitus Therapy, Baby Sleep Sounds and White Noise plus a Pet Therapy APP.
2. Open the LITE APP.
3. Pair your smartphone or tablet to the BST-100-20.
4. The LITE APP will automatically convert to a PRO APP (which has more sounds and a sound frequency equalizer) after pairing is complete. The LITE APP must be open when the BST-100-20 connects.

When playing these APPS, you can stream them to your BST-100-20 for extra versatility and convenience.

## Technical Specifications

Bluetooth Specification	Bluetooth V5.0
Bluetooth Profiles	HSP v1.2, HFP v1.5, A2DP v1.2 aptX®
Operating Distance	30'/10m
Run Time	5 – 8 hours
Charging Time	2 – 3 hours
Dimensions	62.0mm/2.44" in diameter; 59.3mm/2.33" height
Weight	316g/11.14 oz.
Material	Aluminum housing/ABS plastic base
Supports USB Sound Card	Data transfer function
Supports Reading Micro SD Card	MP3 music format
Speaker	40mm/1.57" diameter, inner magnetic 4 ohm, 3W
Channels	Mono
Distortion THD	< / 1%
Signal to Noise Ratio	S/N: > / 80dB
Battery	Built-in lithium battery, 3.7V/600mAh
Charging Voltage	5V +/-0.25V



## Using As A Speakerphone

Your BST-100-20 can function as a Bluetooth speakerphone to add extra sound fidelity and convenience to your phone call.

### Please follow these steps to use as a speakerphone:

1. Press and hold the POWER button down for 3 seconds.
2. Your BST-100-20 will enter the Bluetooth streaming mode by default (i.e. you will hear a Bluetooth pairing mode “blip” and see the Bluetooth LED flash).
3. Make sure your BST-100-20 is Bluetooth paired with your smart phone.
4. Start your call.
5. You will be able to speak into the BST-100-20 (please speak towards the MICROPHONE) and hear your call through the BST-100-20 speaker. End the call on your smartphone or by pressing the >|| button. Repeat the call on your smartphone or by pressing and holding the >|| button on your BST-100-20. Adjust the volume during the call via the - VOL+ buttons.

**Note:** If you are streaming sounds/music to your BST-100-20 and you receive a call on your smartphone, you can stop the sounds/music and answer the call by pressing the >|| button. To hang up the call, press the >|| button again.

## Disposal



Dispose of all product parts in accordance with local regulations. If in doubt, please consult your local authorities.

The battery in the BST-100-20 needs to be recycled. Do not attempt to replace the built-in battery yourself.

The crossed-out wheeled bin means that within the European Union the product must be taken to separate collection at the product end-of-life. Do not dispose of these products as unsorted municipal waste.

### FCC Information

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

**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.

## Online Registration

Thank you for purchasing the Sound Oasis® Bluetooth® Sleep Sound Therapy System® (BST-100-20).

Please register your purchase online at [www.soundoasis.com/](http://www.soundoasis.com/) registration and receive a 20% discount toward any other Sound Oasis® product from our website. Use coupon code: WR-BST-100-20

We will never sell your personal information or allow others to see it. We simply want to know how we are doing and if we can do anything better so we can bring more innovative products to you.

Thank you!

## Sound Card Description For Model BST-100-20

Your Sound Oasis® BST-100-20 sound card includes 20 sounds to help you create a better sound environment for sleep, relaxation and tinnitus management.

Each patent pending sound track is 8 hours long so you can enjoy our superior Sound Oasis sounds all night long.

**The 20 sounds included in the enclosed MICRO SD sound card are described below:**

Soft Pink Noise	Pink noise with the highest frequencies removed for a more mellow sound.
Soft Pink Noise With Delta	Pink noise with the highest frequencies removed and Delta sleep pulsations added.
Pink Noise With Delta	Pink noise with Delta sleep pulsations added.
Soft White Noise	White noise with the highest frequencies removed. Similar to pink noise.
Brown Noise	Consistent low pitch white noise ideal for noise masking and creating a calm sound environment for sleep.
Ocean Surf	The ocean surf provides a calm rhythm that helps you drift off to sleep or creates a relaxing oceanside environment.
Thunder and Rain	Unwind to the exhilarating, but soothing sound of distant thunder and gentle rain.

Steady Rain	Sleep or relax with your favorite book as the wavering pattern of rain falls.
Rocky Mountain Stream	A rippling Rocky Mountain stream helps you unwind and creates an excellent background sound for daily activities in the home or at the office.
Gentle Surf	A night time Maui ocean surf provides a gentle rhythm to help you relax or drift off to sleep.
Ocean and Crickets	Rhythmic and consistent ocean surf from a New England beach compliments the nearby chorus of crickets creating a peaceful environment ideal for unwinding.
Heartbeat	This authentic heartbeat recording provides an ideal beat and rhythm for babies, children, adults and even young pets.
Woodlands	Peaceful song birds take you to a secluded forest for relaxation or contemplation.
Jet Interior	Ever wonder why so many people can sleep on airplanes? One of the reasons is the white noise generated by the plane. Sound Oasis has recorded the sound of a Boeing 777 at 35,000 feet and brought this sound to you in one perfect, 8 hour long track.
Natural White Noise	A towering Rocky Mountain waterfall provides a unique broad spectrum white noise as the cascading water pounds against the rocks.
Maui Surf	A Maui ocean surf provides a calm rhythm that helps you drift off to sleep or create a relaxing oceanside environment.
Summer Night	A gentle chorus of crickets provides a peaceful and restful environment.
Ocean Surf with White Noise	The sound of Maui ocean surf blended with white noise provides rhythmic and soothing tinnitus sound therapy.
Rain with White Noise	Block out noise, manage tinnitus or drift off to sleep with the soothing sound of rain blended with white noise.
Hawaiian Dream	This beautiful Hawaiian ocean surf sound combined with Delta brainwave entrainment provides an effective and calming sound for sleep.

**See our growing library of sounds at [www.soundoasis.com](http://www.soundoasis.com)**

Legal Notice: All Sound Oasis® sounds are the copyrighted property of Sound Oasis®. Each sound has been sound mapped for reference. Any unauthorized use is strictly prohibited and will be enforced.

# 1 Year Limited Warranty

Sound Oasis Company Warrants that this product is free from defects in materials or workmanship for a period of one (1) year from the date of original purchase.

If the Product fails to operate in accordance with the manufacturer's specifications, simply return the product to the retail location where you purchased it or call our toll free number below within one (1) year of the date of purchase. Proof of date of purchase is required.

Sound Oasis Company will, as its option, repair or replace the product at no charge to you.

This warranty does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, the affixing of any attachment not provided with the product, or loss of parts, or subjecting the product to anything but the specified voltage or batteries.

**This warranty is in lieu of any other warranty, express or implied. All implied warranties, including any implied warranty of merchantability or fitness for any particular purpose, are limited in duration to one (1) year from the date of original purchase. In no event will Sound Oasis Company be responsible for incidental, consequential, or special damages resulting from the use of this product.**

Some states do not allow limitation on how long an implied warranty lasts and / or the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, which vary from state to state.

To Speak with a Sound Oasis Customer Service Representative,  
Please call: 1-866-625-3218 or email us at [info@soundoasis.com](mailto:info@soundoasis.com)

**Thank you for choosing Sound Oasis®!**