

ASTI

SOUND+THERAPY™

USERS MANUAL





Figure 1.0 - Control Panel

OVERVIEW:

SOUND+THERAPY is a fully functional self-contained system for sound and light therapy. Please refer to Figure 1.0 above for the following discussions. ASTI proprietary “Sound Beat Technology” provides four sound beat synthesizers to choose from and a fan sound masking option.

SUGGESTED USE:

- 1) Turn on the SOUND+THERAPY machine with the Power button
- 2) Select the desired ASTI Beat synthesizer with the Beat button
- 3) Adjust the volume of the Beat with the center Dial to a comfortable level
- 4) [Optional] Set the Timer to the desired time interval
- 5) [Optional] Add in fan sounds with fan button
- 6) [Optional] Turn on the Light Flash to the desired intensity with Flash +/- buttons (not recommended for nighttime use)

FEATURES AND MACHINE DETAILS:

When turning on all settings will be saved except for the timer. The device will automatically play continuously unless the optional timer interval is selected. See section “USING THE TIMER” on page 5 for details on the timer.

The volume is controlled with the Dial. The “0” setting is barely audible. As you rotate the Dial clockwise it gets louder and louder up to the “9” setting which is quite loud.

MACHINE STATUS:



The machine status is shown on the panel lights. Press the status button to turn off and on the status lights.

NOTE: You cannot have the light flash button and the status show at the same time. The light flash will suspend the status and vice versa.

BEAT BUTTON:



The Beat button selects the sound beat. There are 4 total sound beat synthesizers to choose from.

FAN MASKING OPTION:



By pressing the Fan button, a fan sound will be added to the selected sound beat.

NOTE: The single Light to the right of the Fan button will light up when turned on.

USING THE TIMER:



The timer is off by default. Every press of the timer button will

add 30 minutes until 180 minutes is reached. To turn off the timer keep on pressing the timer button until none of the lights are lit.

NOTE: If all timer lights are off the unit runs continuously.

ADDING A LIGHT FLASH TO THE SOUND BEAT:



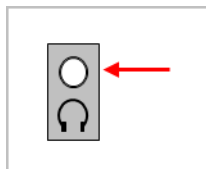
Pressing the Flash buttons lets you adjust the brightness of the “Light Flash” function. Pressing the upper “+” increases the brightness of the flash. Pressing the lower “-” button decreases the brightness of the

flash, or turns it off completely. There are five settings, off, low, medium, high and max.

NOTE: The lights are to be used during daytime and are not intended for night.

USER WARNING: Please consult with your physician before using the Light Flash function if you have a history of seizures (epilepsy).

HEADPHONE JACK FOR PRIVATE THERAPY:



headphone jack is located on the lower right side of the SOUND+THERAPY machine. When

headphones are plugged in, the unit's speaker is disabled.

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

EXTERNAL SOUND SYSTEM:

We do not recommend connecting the Headphone Jack to an external audio amplifier.

POWER REQUIREMENTS:

The SOUND+THERAPY machine is powered entirely off standard 5 Volt USB power. A suitable 5 Volt, 1 Amp, power adapter is provided.

The adapter included with SOUND+THERAPY is compatible with European power (though a plug adapter may be needed.) The adapter is marked for 100 to 240V and for 50 to 60 Hz.

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:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment to an outlet on a circuit different from the one to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

Declaration of Conformity

Trade Name:	ASTI Sleep Sound Therapy System
Model Name:	ASM1027-W
Responsible Party:	Adaptive Sound Technologies, Inc.
Address:	1475 South Bascom Ave, Campbell, CA. 95008
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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SOUND+THERAPY™



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