sound oasis®

sleep better. feel better. live better.®

# Instruction Manual

## Tinnitus Sound Therapy System® Alarm Clock

**FREE** Sound Oasis APPs

Bluetooth®

**www.soundoasis.com**

**Model: BST-150T**

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## Thank you for choosing Sound Oasis®!

Sound Oasis® is the world leader in sound therapy systems. We are passionate about helping you manage your tinnitus so you can sleep better, feel better and live better.

Your Sound Oasis® Tinnitus Sound Therapy System® Alarm Clock BST-150T has been designed to help you manage tinnitus and sleep better - at home or when traveling. 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-150T includes an alarm clock with 3 different types of alarm sounds and a clock display with brightness that you can dim from bright to zero.

Your BST-150T includes a USB-C charging cable for continuous power. A built-in rechargeable battery provides 7 - 16 hours of wireless playtime when your BST-150T is unplugged from your power source.

## Sound Oasis® Ecosystem of Therapy

Sound Oasis provides a unique ecosystem of sound therapy to deliver a superior sleep experience. You can use your BST-150T:

(i) as a sound machine with the included 30 built-in sounds, or

(ii) by streaming music from your smartphone, tablet or computer with Bluetooth to your BST-150T, or

(iii) with our great Sound Oasis APPs (we have tinnitus, white noise, nature, pet and baby APPs)

**To enjoy these APPs, please visit iTunes or Google Play and download any of the APPs on the next page.**

## Enjoy great Sound Oasis® APPs

**Tinnitus Therapy Pro** Tinnitus Management

- 24 "made for tinnitus" sounds, with 6 being doctor developed musical tracks
- 12-band equalizer so you can customize sound frequency levels

$5.99

**White Noise Pro** Sleep/Tinnitus/Privacy

- 13 great white noise sounds
- 12-band equalizer so you can customize sound frequency levels.

$1.99

**Nature Sounds Pro** Sleep/Relaxation/ Tinnitus/Privacy

- 27 great nature sounds.
- 12-band equalizer so you can customize sound frequency levels.

$1.99

**Baby Sleep Pro** Sleep Sounds for Baby

- 16 soothing sounds for baby relaxation and sleep, with 5 being doctor developed.
- 12-band equalizer so you can customize sound frequency levels.

$1.99

**BST-80-25T** Tinnitus Management

- 20 "made for tinnitus" sounds.
- 12-band equalizer so you can customize sound frequency levels.
- a white noise overlay that allows you to add white noise to any APP sound

FREE

**BST-100-ADCO** Sleep/Tinnitus Management

- 30 "made for tinnitus" sounds
- 12-band equalizer so you can customize sound frequency levels.
- a white noise overlay that allows you to add white noise to any APP sound.

FREE

**BST-400** Sleep/Tinnitus Management

- 25 "made for tinnitus and sleep" sounds. 10 of these sounds are in stereo so you can enjoy even better sound fidelity.
- 12-band equalizer so you can customize sound frequency levels.
- a white noise overlay that allows you to add white noise to any APP sound.

FREE

**S-6000** Sleep/Tinnitus Management

- 48 "made for tinnitus and sleep" sounds
- 12-band equalizer so you can customize sound frequency levels.

FREE

**Tinnitus Therapy Lite** Tinnitus Management

- 6 "made for tinnitus" sounds.

FREE

**Sound Therapy for Your Pet** Pet Relaxation/Sleep

- 15 "made for pet" sounds
- Add cat purring or heartbeat to any sound track
- 12-band equalizer so you can customize the sound for your pet or pet type

FREE

**White Noise Lite** Sleep/Tinnitus/Privacy

- 4 great white noise sounds.

FREE

**Nature Sounds Lite** Sleep/Relaxation/ Tinnitus/Privacy

- 4 great nature sounds.

FREE

**Baby Sleep Lite** Sleep Sounds for Baby

- 5 soothing sounds for baby relaxation and sleep.

FREE

## Important Safeguards

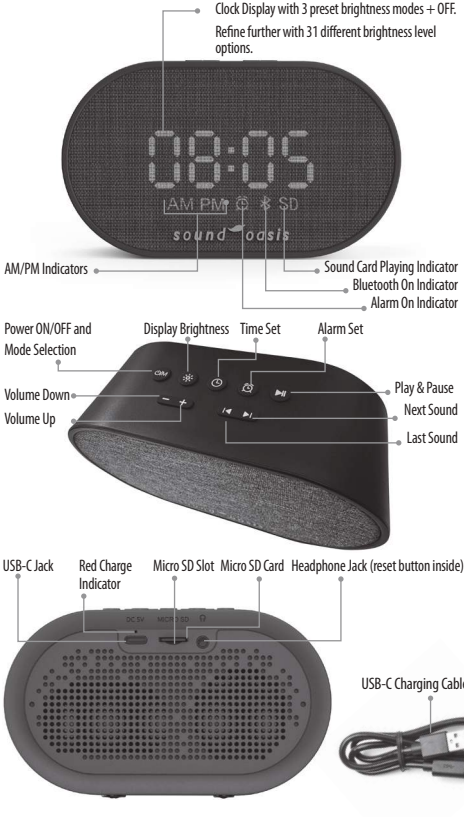
- Read all instructions.
- To reduce the risk of fire or electrical shock, do not expose this product to rain or moisture.
- Do not expose this product to dripping or splashing, and do not place objects filled with liquids, such as vases, on or near the product. As with any electronic product, use care 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℉ +/- 23℉ or 20℃ +/- 5℃).
- 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

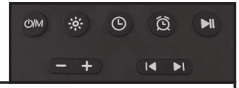
**Your BST-150T includes:**

1. Bluetooth Sound Therapy System
2. Micro SD sound card preloaded with 30 Sound Oasis sounds
3. USB-C charging cable
4. User manual
5. Living with Tinnitus Booklet
6. Free access to Sound Oasis APPs

# Key Buttons & Features

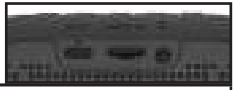



## Top Buttons



| Button | Description |
|---|---|
| | • Press and hold for 3 seconds to turn BST-150T on. Press and hold for 1 second to turn BST-150T off.<br>• BST-150T defaults to the sounds contained in your Micro SD Card when first turned ON (SD will be shown on the display for 10 seconds).<br>• Pressing this button again switches your BST-150T to the Bluetooth mode ( will be shown on the display for 10 seconds). |
| | • Press to adjust brightness of clock display. 3 preset brightness levels + OFF are available.<br>• Press and hold down the to choose among 31 brightness levels. Select your precise brightness with the symbol button. |
| | • Press & hold to set clock. Adjust hours and minutes with Volume Up/Down Buttons.<br>• Quickly press 2 times to select 12H or 24H clock.<br>• Quickly press to choose NO Sleep Timer, 30, 60, 90 minutes. |
| | • Press & hold to set Alarm Time and Alarm Sound. Adjust hours and minutes with Volume Up/Down Buttons. After setting Alarm Time, press this button to choose among 3 Alarm Sound options: Chime, Beep or Last Played SD Card Sound.<br>• Quickly press to choose Alarm On or Off. |
| | • Press to PLAY sounds or music.<br>• Press to PAUSE playback of sounds or music.<br>**IMPORTANT: You do not need to turn your BST-150T on and off every day. You can use this button to PAUSE the sound playback and return to the same sound (and volume) when you press this button again.**<br>For example, if you are listening to Brown Noise all night, pressing this button when you wake up will stop playback of Brown Noise. At bedtime that night, simply press this button again to start playing Brown Noise again at the same volume as the previous night. |
| | • Adjusts sound Volume Up and Down.<br>• When setting the Clock, Alarm Time, and Alarm Sound, use this button to scroll through the hour/minute options and the Alarm Sound options (chime, beep, last played SD card sounds). |
| | • Selects Last Sound and Next Sound for SD Card Sounds and Bluetooth streamed content. |

## Back of Unit



| Feature | Description |
|---|---|
| **DC 5V** | • Insert the included USB-C charging cable into this USB-C Jack to charge your BST-150T or to provide continuous power to your BST-150T from a USB power source. |
| **MICRO SD** | • Your BST-150T 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.<br>**IMPORTANT:** To reduce clock clutter and minimize light in your bedroom, the ᛒ and **SD** will only be visible for 10 seconds.<br>• 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 www.soundoasis.com for our download library. |
| 🎧 | • Plug-in your headphones or pillow speakers for private listening.<br>• The headphone jack accepts a 1/8" (3.5 mm) monaural or stereo type plug. |
| **RESET** | • To reset your BST-150T, insert a paperclip end inside the Headphone Jack to press the Reset Button located at the bottom of the Headphone Jack. |

## Clock Display

| Icon | Description |
|---|---|
| 08:05 | • Clock display can show time in 12H or 24H mode. Quickly press Time Set Button twice to select 12H or 24H time.<br>• Time can be set: (i) automatically by Bluetooth pairing with your smartphone or pressing and holding down the Play/Pause Button after Bluetooth pairing, or (ii) manually by pressing and holding down the Time Set Button, then using the Volume Down & Up Button to select the time. |
| **AM PM** | • When the 12H clock is selected, AM or PM is shown |
| ⏰ | • Indicates that Alarm is ON. Alarm is OFF when not visible. |
| ᛒ | • Indicates that Bluetooth is ON (the ᛒ will disappear after 10 seconds to reduce screen clutter). You can now stream sounds or music to your BST-150T. |
| **SD** | • Indicates that Sound Card mode is ON (the **SD** will disappear after 10 seconds to reduce screen clutter). In this mode, your BST-150T will play sounds stored in the micro SD Card. |

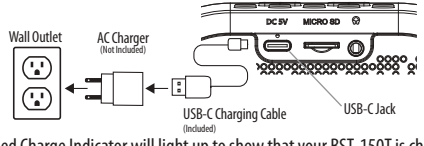
# Power Sources

**TIP!** Keep your unit plugged-in for continuous power. The built-in rechargeable battery will provide power during power outages or for limited cordless use when unplugged.

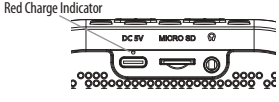
Your BST-150T is powered by the included USB-C Charging Cable. Your BST-150T also includes a built-in rechargeable battery that is charged when your BST-150T is plugged into a power source. The built-in rechargeable battery allows for limited cord free use when your BST-150T is not plugged into a power source and it allows your BST-150T to operate normally if you experience power outages in your home. **For daily use, we recommend keeping your BST-150T plugged-in to ensure continuous power to your BST-150T and to keep the rechargeable battery fully charged.**

### To Plug-In/Charge Your BST-150T

Connect the included USB-C Charging Cable to an AC Charger (not included) and plug the AC Charger into a wall outlet. You may also plug the USB-C Charging Cable into a computer/laptop USB port or USB power strip. Then connect the USB-C Charging Cable to the USB-C Jack on the back of your BST-150T.




1. The Red Charge Indicator will light up to show that your BST-150T is charging and it will stay lit until your BST-150T is fully charged. After reaching full charge, the Red Charge Indicator will turn off.



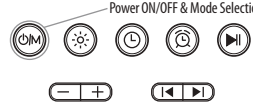

**Note:** When fully charged and unplugged, your BST-150T can operate for 7 - 16 hours depending on your clock brightness and sound playback settings (i.e. brighter light and playing sounds loud throughout the night will consume the most energy).



# Operation

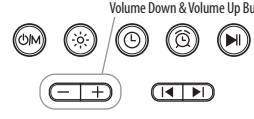
### To Play Sounds from the Included Micro SD Card

1. Press and hold down the Power ON/OFF & Mode Selection Button for 3 seconds to turn on your BST-150T.

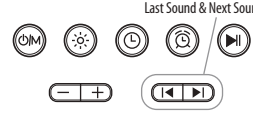



You will hear short musical tone to indicate your BST-150T has powered on.

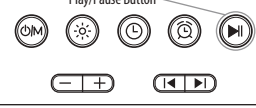
2. By default, your BST-150T will start playing the first sound on the included Sound Oasis Micro SD Card.
3. Press the Volume Up and Volume Down Button to increase or decrease the sound volume.
   The sound volume level will be temporarily shown on the display during volume selection. The sound volume range is 0 (lowest) to 16 (highest).




4. Press the Last Sound and Next Sound Button to play the last sound or next sound.




5. Press the Play/Pause Button to pause playback of sound and to resume playback.




**TIP!** Use the Play/Pause Button to stop and start playback rather than turning the unit off and on. We designed this button to be on the far right side so you can find it easier in the dark.

**Important:** This feature is a very convenient way to turn sounds on/off and to repeat the same sound, at the same volume during your next use.
For example, if you sleep to the Brown Noise sound track, when you wake up in the morning, you can simply press the Play/Pause Button to stop (pause) the playback of Brown Noise. When you go to bed that night, you only need to press the Play/Pause Button to resume playback of the Brown Noise sound at the same volume level as the previous night. There is no need to press the Power On/Mode Selection Button on your BST-150T.

### Using Other Micro SD Cards

Your BST-150T includes a Micro SD Card that contains 30 preloaded Sound Oasis sounds. This Sound Oasis exclusive feature allows you to enjoy new sounds or music by simply replacing the Micro SD Card.

You have four (4) options for adding sounds/music to your BST-150T:

### Option 1: Purchase Readymade Micro SD Cards from Sound Oasis

Sound Oasis has a wide variety of ready made sound cards that provide unique sound themes. This allows you to easily enjoy new, professionally composed and selected sounds to extend the enjoyment of your BST-150T.
These cards are summarized below:

**$34.99**

**Pet Therapy Sounds (20 Sounds)**
Calm
Tranquil Moments
Soothe
Relax
Peaceful
Unwind
Rest Time
Slumber
Slowdown
Daydream
Heartbeat
Brown Noise
Rain
Ocean Surf With White Noise
Music with Purring
Heartbeat with Purring
Woodlands
Waterfall
Stream
Pet Yoga

**$34.99**

**Tinnitus Therapy Plus (20 Sounds)**
Brown Noise
Stormy Surf
Cricket Chorus
Jet Interior
Ocean Surf with White Noise
Rain with White Noise
Stream with White Noise
White Noise 4K
White Noise 6K
Full Spectrum White Noise
Niagara Falls
Gray Noise
Niagara Falls with Green Noise
Pink Noise
Voilet Noise
Cooling Fan
Ocean Rain
Hawaii Falls
Natural White Noise
Rocky Mountain Stream

**$34.99**

**Colors of Noise (20 Sounds)**
White Noise
Soft White Noise
Natural White Noise
Brown Noise
White Surf with Brown Noise
Buzzing Bees with Brown Noise
Gray Noise
Niagara Falls
Pink Noise
Soft Pink Noise
Pink Noise with Delta
Green Noise
Niagara Falls Green Noise
Maui Surf Green Noise
Summer Night Green Noise
Stream Green Noise
Stormy Surf Green Noise
Ocean Surf Blue Noise
Maui Whales with Light Surf Blue Noise
Violet Noise

**$34.99**

**Green Noise (20 Sounds)**
Green Noise
Niagara Falls Green Noise
Cricket Chorus Ocean Night Green Noise
Stormy Surf Green Noise
Thunder and Rain Green Noise
Hawaii Falls Green Noise
White Rain Green Noise
Maui Surf Green Noise
Summer Night Green Noise
Thunderstorm Green Noise
Stream Green Noise
Jet Interior
Crickets with Light Ocean
Air Conditioner
Cooling Fan
Bullet Train
Crickets with Light Ocean Surf
Waterfall
Ocean Surf
Stream

**$34.99**

**Mechanical Sounds (20 Sounds)**
Jet Interior
Cooling Fan 1
Cooling Fan 2
Box Fan
Window Air Conditioner
Air Conditioner 2
Diesel Truck Idling
Bullet Train
New York City Subway
Car Ride
Country Road
Washing Machine
Furnace
Vacuum
Rain Stick Slow
Rain Stick Fast
Wind Chimes
Bamboo Chimes
Tibetan Bowl
Yoga

**$34.99**

**Baby Therapy Sounds (20 Sounds)**
White Noise
Ocean Surf
Gentle Rain
Summer Night
Dolphins
Prenatal
Heartbeat
Womb
Shushing & White Noise
Car Ride
Lullaby
Woodlands
Brown Noise
Yoga
Bullet Train
Oceanside Cricket Chorus
Niagara Falls
Calm
Tranquil Moments
Soothe

**$34.99**

**Nature Sounds (20 Sounds)**
Natural White Noise
Brown Noise
Rain and Thunder
Rocky Mountain Stream
Mountain Birds
Maui Surf
Cricket Chorus
Niagara Falls
Hawaii Falls
Ocean Surf with White Noise
Steady Rain
Buzzing Bees with Rocky Mountain Stream
Strong Mountain Top Wind
Whales and Ocean Surf
Ocean Surf
Summer Night
Thunder Blanket
Amazon Lagoon
Forest Rain
Camp Fire

Free shipping within the continental United States.
Please visit www.soundoasis/sound cards to learn more and to purchase.

### Option 2: Download new sound tracks from Sound Oasis and make your own sound card

Visit the sound download page on the Sound Oasis website (www. https://www.soundoasis.com/sounds/) to choose and purchase new sounds to enjoy on your BST-150T. Once downloaded onto your computer, move/drag these new Sound Oasis sound tracks onto a new Micro SD Card. Insert the new Micro SD Card into your BST-150T and playback those tracks as described above under To Play Sounds from the Included Micro SD Card.

**Important:** 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 3: Purchase custom made sound cards from Sound Oasis

Visit the sound download page on the Sound Oasis website (https://www.soundoasis.com/sounds/) to choose and purchase new sounds to enjoy on your BST-150T. We will then load your personal selection onto a new Micro SD Card and ship it to you.

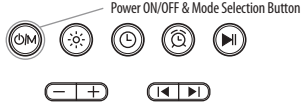
**TIP!** You can load your own MP3 sounds onto a blank Micro SD Card and play it on your BST-150T. Your BST-150T will repeat your sound after it finishes playing.

## To Play Bluetooth Streamed Sounds

Your BST-150T has Bluetooth technology so you can Bluetooth stream new sounds/music to your BST-150T.

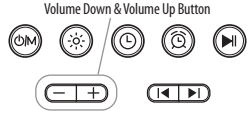
To Bluetooth stream sounds/music from your Bluetooth enabled device (e.g. your smartphone, tablet, computer, etc.) to your BST-150T, please follow these steps:

1. Your BST-150T will play sounds from your Micro SD Card by default. Press the Power ON/OFF & Mode Selection Button to activate the Bluetooth mode.



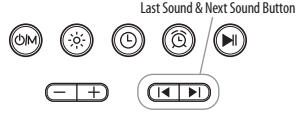

When your BST-150T is in the Bluetooth mode, the Bluetooth symbol is shown on the display for 10 seconds.

2. Your BST-150T will attempt to reconnect to your last connected device. If there are no paired devices, the BST-150T becomes discoverable.
3. On your Bluetooth enabled device, turn Bluetooth on, locate the Bluetooth device list and select the device named BST-150T. Pair your BST-150T with your Bluetooth enabled device.
4. The Bluetooth symbol will be visible on your display (for 10 seconds) and you will hear a Bluetooth pairing "blip" to indicate that you are in the Bluetooth streaming mode.
5. Press play on your Bluetooth device to play streamed music/sound if the music does not start playing automatically.
6. Press the Volume Up and Volume Down Button to increase or decrease the sound volume.

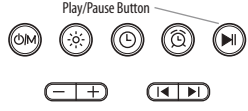



**TIP!** When Bluetooth streaming you can maximize sound volume by turning OFF your headphone safety feature on your smartphone.

7. Press the Last Sound and Next Sound Button to play the last sound or next sound on your music list.




8. Press the Play/Pause Button to pause playback of sound and to resume playback.




**TIP!** Use the Play/Pause Button to stop and start playback rather than turning the unit off and on. We designed this button to be on the far right side so you can find it easier in the dark.

**Please note:**

- You can only pair one Bluetooth device at a time.
- If pairing fails, please turn your BST-150T OFF and then ON again and retry pairing.

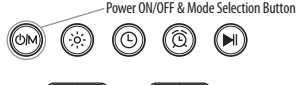
## Setting the Clock

You can set the clock time on your BST-150T in two (2) ways:

1. Automatically (by Bluetooth pairing with your smartphone)
2. Manually (by using the Time Set and Volume Down/Up Buttons)

**Automatically Set Clock Time**:

1. Press and hold down the Power ON/OFF & Mode Selection Button for 3 seconds to turn on your BST-150T.




You will hear short musical tone to indicate your BST-150T has powered on.

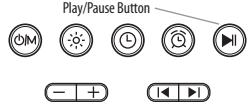
2. By default, your BST-150T will start playing the first sound on the included Sound Oasis Micro SD Card. SD will be visible on the display for 10 seconds to signify you are playing sound from the Sound Card.

3. Press the Power ON/OFF & Mode Selection Button again to change from Sound Card mode to Bluetooth mode. When Bluetooth is turn on, the Bluetooth symbol will be visible on the display for 10 seconds.

4. On your Bluetooth enabled device (e.g. smartphone), turn Bluetooth on and locate the Bluetooth device list. Then select the device named BST-150T. Pair your BST-150T with your Bluetooth enabled device.
5. You will hear a Bluetooth pairing mode "blip" to indicate successful pairing.
6. The time on your BST-150T clock will automatically sync with the time on your Bluetooth device.

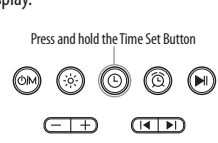
**TIP!** You can also update the time by pressing and holding down the Play/Pause Button while Bluetooth is on.

7. You can also update the BST-150T clock time by pressing and holding down the Play/Pause Button for a couple of seconds.

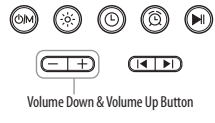



**Manually Set Clock Time**

1. Press and hold down the Time Set Button until the Hour digits flash on the display.



2. Press the Volume Down & Volume Up button to select Hours.



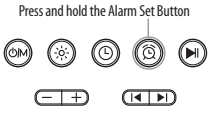
3. Once you have reached your desired Hours number, press the Time Set Button to store the Hours.

4. The Minute digits will then flash on the display.

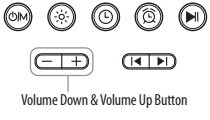
Press the Volume Down & Volume Up Button to select Minutes. Once you have reached your desired Minutes number, press the Time Set Button to store Minutes.

## Setting the Alarm

1. Press and hold down the Alarm Set button until the Hour digits flash on the display.



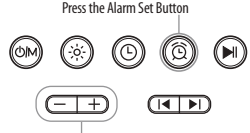
2. Press the Volume Down & Volume Up button to select Hours.



3. Once you have reached your desired Hours number, press the Alarm Set button to store the Hours.
4. The Minute digits will then flash on the display.

Press the Volume Down & Volume Up button to select Minutes. Once you have reached your desired Minutes number, press the Alarm Set Button to store Minutes.

5. Choose your alarm sound by pressing the Alarm Set Button and scrolling through the 3 alarm sound options. The 3 options are described below: Exit the alarm time set mode by pressing the Alarm Set button.



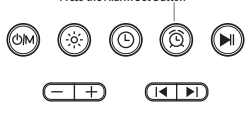
**Chime Alarm:** A pleasant chime sound.

**Beep Alarm:** A standard electronic beep.

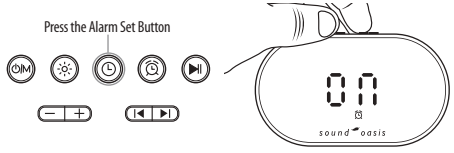
**Sound Card Sound Alarm:** Your last played Sound Card sound will play as the alarm sound.

**Note: You are not able to select any other sound other Sound Card than your last played sound.**

6. Exit the alarm time set mode by pressing the Alarm Set button.



7. Turn the Alarm On by pressing the Alarm Set button until you see ON.




When the Alarm is ON, you will see the Alarm On indicator on the display.

8. Turn the Alarm Off by pressing the Alarm Set button until you see OFF.

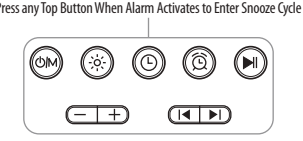
**TIP!** If you listen to a Sound Card (SD) sound all night and you have set the Alarm to be an SD sound, the BST-150T will instead use a Chime alarm to make sure you hear an alarm and wake up.

## Turning Off the Alarm

Your BST-150T alarm will gradually increase in volume to provide a less jarring wake. When your selected alarm plays back, you can turn it off by entering the Snooze cycle or turning the alarm OFF with the Alarm Set Button.

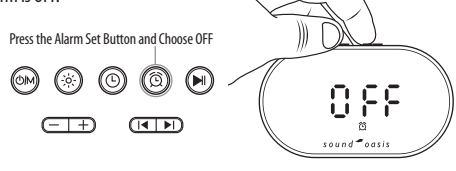
**1. Entering the Snooze Cycle:**

When your alarm activates, pressing any of the Top Buttons enters a 10-minute snooze cycle. The snooze cycle will repeat for 3 more 10-minute snooze cycles, then silence the alarms. The alarms will remain ON for the next day unless turned off as described in #2 below.




**2. Pressing the Alarm Set Button:**

When your alarm activates, you can skip the snooze cycle and turn the alarm OFF permanently by pressing the Alarm Set Button 3 times. OFF will be momentarily visible on the display and no Alarm Indicator will be displayed to confirm the alarm is OFF.




## Alarm Check

You can confirm what your alarm time, alarm sound and whether or not the alarm is ON or OFF by pressing down and holding the Alarm Set Button, then cycling through the alarm time, alarm sound and alarm ON/OFF selections.

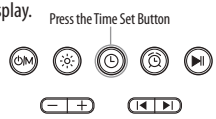
**30, 60, 90 Minute Auto-Off Timer**

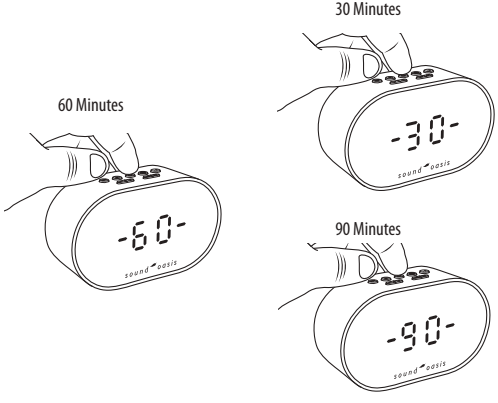
Your BST-150T will play sounds continuously unless you choose the sounds to turn off automatically in 30, 60 or 90 minutes. When the sounds automatically turn off, the sound volume gradually decreases during the last 10 minutes in order to avoid a jarring off..

**TIP!** The 30, 60 and 90 minute timer works with Sound Card played sounds and Bluetooth streamed sounds.

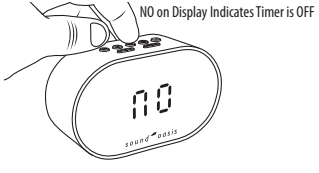
Please follow these steps to use the timer:

1. Press the Time Set Button until you see your desired Timer setting of 30, 60 or 90 minutes on the display.




2. The Timer is OFF when NO is visible on the clock display. **When the Timer is OFF, sound playback will be continuous.**




## Display Brightness

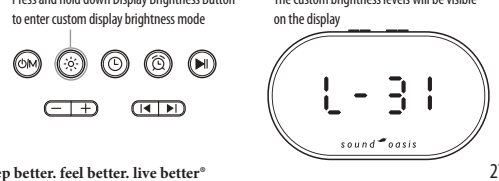
Your BST-150T display has been designed with Sleep Intelligent ™ technology to encourage better sleep. We accomplish this in two ways:

A. **Orange Display:** Your BST-150T has an orange display. According to the Sleep Foundation, orange colored lights have little impact on circadian rhythms and are a good option to use at night. In fact, orange lights may actually increase melatonin production and help prepare the mind and body for sleep, especially compared to cooler lights like blue.

B. **Preset and Custom Brightness Levels, plus OFF:** Your BST-150T provides a wide assortment of brightness levels to meet your display brightness needs.

i. **3 Preset Brightness Levels + OFF:** Pressing the Display Brightness Button allows you to scroll through Dim, Medium and Bright levels of brightness, plus OFF. When the display is set to OFF, all time and alarm settings are kept in place, but you will not see the information on the screen in order to provide complete darkness.

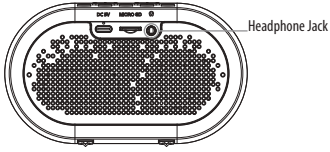
i i. **31 Custom Brightness Levels + OFF:** Press and hold down the Display Brightness Button to enter the custom display brightness mode. Use the (− | +) Button to select your preferred brightness level from 0 (complete darkness) to 31 (maximum brightness).



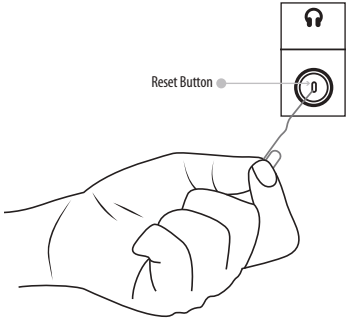
## Reset

Should you ever experience problems with the proper function of your BST-150T, you may need to reset the unit's computer controlled electronics. To do so, please follow these steps:

1. Locate the Headphone Jack on the back of your BST-150T.




2. Insert a paperclip end inside the Headphone Jack to press the Reset Button located at the bottom of the Headphone Jack




## Sound Card Description for your BST-150T

Your Sound Oasis® BST-150T sound card contains 30 sounds to help you create a better sound environment for sleep and tinnitus management.

Each patent pending sound track is 10 hours long and carefully repeats automatically so you can enjoy our superior Sound Oasis sounds all night long.

**The 30 sounds included in the enclosed Micro SD sound card are described below.**

| | |
|---|---|
| Niagara Falls | The steady flow of Niagra Falls is a perfect, high bass white noise. |
| Brown Noise | Consistent sound containing more low pitch sound frequencies than higher. |
| Pink Noise | Consistent sound containing more low pitch sound frequencies than higher frequencies. Pink Noise has more bass (low frequency) sound than white noise. |
| Ocean Surf with White Noise | The sound of Maui ocean surf blended with white noise provides rhythmic and soothing tinnitus sound therapy. |
| White Noise | Comprises consistent sound containing equal amounts of high and low pitch sound frequencies. |
| Maui Surf | A Maui ocean surf provides a calm rhythm that helps you drift off to sleep or create a relaxing oceanside environment. |
| Rocky Mountain Stream | A ripping Rocky Mountain Stream helps you unwind and creates an excellent background sound for daily activities in the home or at the office. |
| Cricket Chorus | An oceanside chorus of crickets under a blue moon provide an exceptionally soothing summer sound. |
| Thunder and Rain | Unwind to the exhilarating, but soothing sound of distant thunder and gentle rain. |

| | |
|---|---|
| Gray Noise | Consistent sound containing equal amounts of high and low pitch sound frequencies. Compensates for the human ear - sounds the same at all frequencies. |
| Waterfall Stream | Relax and sleep to the sounds of a Hawaiian stream flowing over the rocks to create a small waterfall. |
| Natural White Noise | A towering Rocky Mountain waterfall provides a unique broad spectrum white noise as the cascading water pounds against the rocks. |
| Cooling Fan | Sleep and manage tinnitus with the continuous, whirling sound of an electric fan without the chilling effect of the real thing. |
| Steady Rain | Sleep or relax with your favorite book as the wavering patter of rain falls. |
| Full Spectrum White Noise | A steady white noise covering a full 1,000 to 10,000 Hz range provides a broad frequency range for tinnitus management. |
| Mountain Birds with White Noise | A springtime melody of birds in a mountain forest with light white noise provides a soothing background sound. |
| Summer Night | A gentle chorus of crickets provides a peaceful and restful environment. |
| Stream with White Noise | Block out noise, manage tinnitus or drift off to sleep with the soothing sound of a mountain stream blended with white noise. |
| Rain with White Noise | Block out noise, manage tinnitus or drift off to sleep with the soothing sound of rain blended with white noise. |
| Buzzing Bees with Rocky Mountain Stream | An authentic recording of buzzing bees with a majestic rocky mountain stream in the background is a soothing and effective sound for masking tinnitus. |



| | |
|---|---|
| Ocean Surf with White Noise | The sound of Maui ocean surf blended with white noise provides rhythmic and soothing tinnitus sound therapy. |
| 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 recorded the sound of a Boeing 777 at 35,000 feet and brought this sound to you in one perfect track. |
| Air Conditioner | The steady hum of a window air conditioner is excellent for tinnitus management and blocking unwanted noise. |
| Ocean Rain | Sleep or relax with your favorite book as the wavering patter of rain falls upon the vast ocean. |
| White Noise 4k Hz | The steady flow of a cascading waterfall at 4,000 Hz is perfect as a "natural white noise" for masking unwanted background sounds and common tinnitus frequencies. |
| White Noise 6k Hz | The steady flow of a cascading waterfall at 6,000 Hz is perfect as a "natural white noise" for masking unwanted background sounds and common tinnitus frequencies. |
| Hawaii Falls | A towering Hawaiian waterfall generates natural white noise. |
| Violet Noise | The opposite of brown noise, violet noise contains more higher frequencies making it ideal to help manage tinnitus. |
| Green Noise | This authentic mountain stream recording with an emphasis on the green noise frequency band of 500 Hz works as a soothing noise blocker. |
| Stormy Surf | Ocean waves generated from a storm provide a robust and rhythmic white noise. |

**See our growing library of sounds at 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.

## Streaming Sound Oasis APPS

Sound Oasis has a great library of APPS to help you manage your tinnitus and sleep better. By owning this BST-150T, you are able to enjoy any Sound Oasis APP for free, even our PRO APPS which are not free.

Some APPS are theme specific (i.e. tinnitus, white noise, nature, baby and pet), while some APPS were developed for use with specific Sound Oasis models (BST-100-ADCO, BST-400, BST-80-25T and S-6000).

Tinnitus Therapy

White Noise

Nature Sounds for Sleep

Baby Sleep Sounds

Pet Therapy

BST-100-ADCO

BST-400

S-6000

BST-80-25T

The PRO APPS provide you with many more sound options and they allow you to customize the sounds with a built-in 12 band equalizer. 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: Tinnitus Therapy, White Noise, Nature Sounds for Sleep, and Baby Sleep Sounds.
2. Open the LITE APP.
3. Pair your smartphone or tablet to the BST-150T.
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-150T connects.

When playing these APPS, you can stream them to your BST-150T for extra versatility and convenience.

The Tinnitus Therapy PRO APP has a sound equalizer that allows you to change the frequency of sound playback. The BST-100-ADCO and BST-400 APPs also have a sound equalizer and white noise overlay for expanded sound customization.

## Online Registration

Thank you for purchasing the Sound Oasis® Tinnitus Sound Therapy System® Alarm Clock (BST-150T).

Please register your purchase online at www.soundoasis.com/registration and receive a **20% discount** toward any other Sound Oasis® product from our website. Use coupon code: SLEEP

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!

## Technical Specifications

| | |
|---|---|
| Bluetooth Specification | 5.0 Class II |
| Bluetooth Profiles | A2DP V1.2, AVRCP V1.4 |
| Operating Distance | 30'/10m |
| Run Time | 7 - 16 hours |
| Charging Time | 2 - 3 hours |
| Dimensions | 5.47" x 3.23" x 1.97" (138.9mm x 82.1mm x 50.0mm) |
| Weight | 266g (9.38 oz) |
| Material | ABS Plastic |
| Supports USB Sound Card | Data transfer function |
| Supports Reading Micro SD Card | MP3 music format |
| Speaker | Inner Magnetic 4Ω 3 watt with subwoofer |
| Channels | Mono |
| Distortion THD | ≤1% |
| Signal to Noise Ratio | S/N: ≥80dB |
| Battery | Built-in lithium battery, 3.7V/2000 mAh |
| Charging Voltage | 5V +/-0.25V/0.5 A |

## Disposal

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

The battery in the BST-150T 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.

## 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

# Notes

# Thank you for choosing Sound Oasis®!

sound oasis®

*sleep better. feel better. live better.®*