



**SOUND+SLEEP Travel Version**



# **Owner's Manual**

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- **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 highest quality, travel-friendly Sleep Therapy System on the market today with four unique features: the ability to listen to the noise in your environment and adapt its sound generation accordingly; the ability to create dynamic sound compositions that do not repeat; a new power management system allowing battery only or AC operation with battery backup; and the ability to conveniently listen to your music, movies, etc.

**nomad** is singularly unique, and the result of serious efforts by sleep, audio, electronics, and software specialists. Natural sound ecosystems were captured with professional recording equipment and are reproduced in real-time using the latest in advanced electronics. This convenient product, with a compact yet rugged design, will provide you with a truly enjoyable listening experience whether you are sleeping, reading, or relaxing during travel or at home.

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



Sam J. Nicolino Jr.

President and CEO, ASTI

**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 ASTI regarding this product.

Model Number: **ASM1004**

(label looks like this)



(your number will be different)

Name/Part Number: \_\_\_\_\_

Serial Number: \_\_\_\_\_

Date of Purchase: \_\_\_\_\_

**Protect your warranty:**

Please complete your warranty registration on-line at:

<http://soundofsleep.com/warranty-registration-form/>

or call 1-888-502-3815 and ask for Product Registration.

## **Table Of Contents**

<b>Getting Started.....</b>	<b>4</b>
<b>What is Special About this Machine?.....</b>	<b>5</b>
Adaptive Mode and Manual Mode .....	5
Richness.....	5
Using Richness and Adaptive Features .....	6
<b>Useful Features.....</b>	<b>6</b>
Sleep Timer .....	6
External Audio Mode .....	7
Display Lights .....	7
Power Options .....	8
Battery Backup .....	8
Battery Level Codes .....	8
<b>Technical Information.....</b>	<b>9</b>
Specifications .....	9
How to Restore Factory Settings .....	9
Trouble Shooting .....	9
Customer Support .....	9
<b>Safety, Warranty, and Certifications.....</b>	<b>10</b>
Safety Instructions .....	10
One Year Limited Warranty.....	11
FCC Declaration .....	12

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# Getting Started

**Unpack** the box, which contains:

1. **nomad** Unit
2. Power Adapter
3. Power Cable
4. Audio Cable
5. User Manual (this document)

**Connect Power** The Power Connector is located on the lower right edge, under the Audio Input Jack. It is a standard micro USB connector. Align and gently push the proper end of the Power Cable into the Power Connector (ensure wider edge of the plug is facing the front of the **nomad** unit), next plug the other end of the Power Cable into the supplied Power Adapter. Plug the Power Adapter into an un-switched wall outlet.

Note: **nomad** can also be powered by two AA batteries or by plugging the Power Cable into a powered USB connector on another device (personal computer, laptop, etc.).

**Turn on nomad** Press the Power Button. The unit will start playing in a second or two. The unit can be turned Off immediately with the Power Button, or turned Off gradually over time with the Sleep Timer (*see page 6*).

Note: Out of the box, the unit starts with the OCEAN SoundStory, in Adaptive Mode, with High Richness (*these are explained in the next section*). After that, the unit will return to settings used when you last powered it Off cleanly (*see Note on page 8*).

**Press The SoundStory Select Button** to select the desired SoundStory, and adjust the Volume with the Up/Down Buttons.



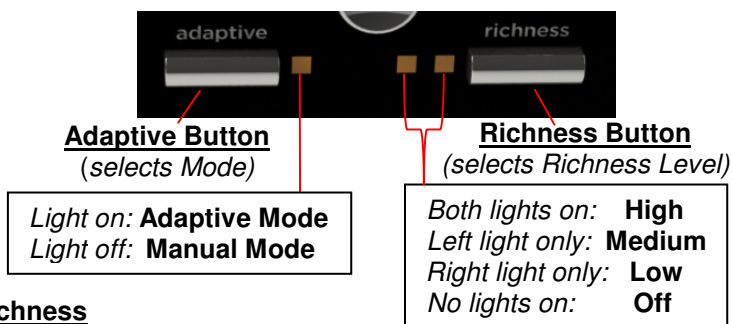
# What is Special About this Machine?

## Adaptive Mode and Manual Mode

In Internal Audio Mode (when no Audio Cable is attached) the Adaptive Button switches between Adaptive Mode and Manual Mode. The light next to the Adaptive Button is on in Adaptive Mode and off when in Manual Mode.

In Adaptive Mode, **nomad** adapts to noise in your room. It listens for disruptive noises and raises the volume and/or adds enhancing sounds (richness) to the SoundStory when it detects intrusive noises.

In Manual Mode the unit still listens but does not significantly change its volume in response to noise. Instead, it maintains a relatively constant volume level determined by the Volume Up/Down Buttons.



## Richness

Richness adds character to each SoundStory by dynamically mixing sounds to avoid repetition. The Richness Level controls how the sounds are mixed. (See Page 7 for usage of the Richness and Adaptive Buttons in External Audio mode)

Richness may be set to one of four levels in Internal Audio Mode:

**High:** These SoundStories are the most complex. For example, in the OCEAN setting, the sound of a fog horn or barking sea lion is occasionally heard. In the RAIN setting, a thunderclap is often heard and wind is more prevalent. In the BROOK setting, frogs croak.

**Medium:** Moderate sounds are incorporated into the SoundStory. For example, in the OCEAN setting additional sounds such as bird song are played but they occur less often than in the High Richness Level.

**Low:** Designed for sleep, the SoundStory will play at a steady, continuous level. OCEAN: mostly wave sounds with a few soft birds, BROOK: no frogs

**Off:** Designed for the most sensitive sleepers, the SoundStory will play at its most consistent level. Few, if any, additional sounds are included.

*Note: The NOISES SoundStory settings operate with Richness off. Accordingly, for the NOISES SoundStory only, the Richness Level selects the SoundStory variant to be played: Off: BROWN NOISE, Low: PINK NOISE, Medium: WHITE NOISE, High: ELECTRIC FAN.*

## Using Richness and Adaptive Features

The Richness and Adaptive Buttons allow the unit to be customized to suit personal preference and each situation. You might prefer a quiet, steady sound and use Manual Mode, especially if there is little noise, or steady noise, in your environment. However, you might need the additional masking that Adaptive Mode provides or prefer a more lively sound mix 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 setting the maximum volume it can reach when it detects a loud noise. Turn it up!

Activity/Environment – Starting Points	Adaptive	Richness
Sleeping, quiet room, sensitive sleepers	Off	Off-Low
Sleeping, noisy room, average sleepers	On	Off-Low
Sleeping, noisy room, good sleepers	On	Med-High
Reading or Studying, quiet room	Off	Low
Reading or Studying, noisy room	On	Med-High
Used as background sound for entertainment	Off	High
Used for speech privacy	On	High

## Useful Features

### Sleep Timer

Turning On **nomad** with the Power Button results in continuous play, until the Sleep Timer is turned on. In Internal Audio mode the Sleep Timer sets **nomad** to play for some number of minutes and then gradually shut Off.

#### Sleep Timer Button



*The Sleep Timer can be set to 30, 60 or 90 minutes. Press the Timer Button to select the desired interval. No lights means that the unit will play until you turn it Off. (Both lights lit => 90 minutes)*

In External Audio mode the Sleep Timer becomes a “two-stage” timer. The Sleep Timer can shut Off **nomad** gradually or switch to Internal Audio Mode when it expires. **nomad** can play music for a while, then automatically switch to your favorite SoundStory; either all night or for 30 or 60 minutes. The Richness Button in External Audio Mode sets the Timer Mode (see page 7).

For example, if you are listening to music in External Audio Mode and set the Timer to 90 minutes, with the Timer Mode set to “01” (right Richness light is on), **nomad** will play your music for 90 minutes. It will then slowly ramp down the music and switch to Internal Mode, slowly ramping up and playing whatever SoundStory you have selected, for 30 minutes. After that, **nomad** will gradually go Off. See Table (“**nomad Behavior When Timer Expires**”) at the top of page 7 for a listing of the various two-stage Sleep Timer options.

<b>nomad Behavior When Timer Expires</b>	<b>Mode</b>	<b>Timer State</b>	<b>Timer Mode</b>
Timer not set – <b>nomad</b> plays continually	-	Off	-
Goes Off gradually (in 30, 60 or 90 minutes)	Internal	On	-
Goes Off gradually (in 30, 60 or 90 minutes)	External	On	"00" - Both lights Off
Plays SoundStory 30 minutes then goes Off	External	On	"01" - Right light On
Plays SoundStory 60 minutes then goes Off	External	On	"10" - Left light On
Plays SoundStory till <b>nomad</b> is turned Off	External	On	"00" - Both lights On

### **External Audio Mode**

When no Audio Cable is plugged in to **nomad** it is in Internal Audio Mode. When an Audio Cable is plugged in, the unit automatically switches to External Audio Mode and **nomad** can be used to listen to an external audio source. This allows you to listen to an MP3 player, PC audio, movie soundtrack, or any other audio source from any device with a standard headphone or line-out connector.

A standard 3.5 mm stereo Audio Input Jack is located on the upper right side of the **nomad** unit (Audio Cable supplied). Simply connect the headphone jack, or line-out jack, of the audio source to the Audio Input Jack on the **nomad** with the supplied Audio Cable and adjust the volume to your liking. When you remove the Audio Cable, **nomad** switches back to Internal Audio Mode and plays the selected SoundStory. Please note that volume and other settings are maintained and saved separately for External Audio Mode and the two Internal Audio Modes (Adaptive Mode and Manual Mode).



In External Audio Mode the Adaptive Button can be used to increase the audio input level 6 dB. If you turn the Boost on (Adaptive light on), and the audio material sounds distorted, you should turn the Boost off. The Boost may be automatically disabled if operating **nomad** with weak batteries.

In External Audio Mode press the Richness Button to set the desired Timer Mode. This controls the behavior of **nomad** after the Sleep Timer expires.

**Adaptive Button**  
(6 dB Boost)  
- see text above



**Richness Button**  
(Timer Mode)  
- see Table above

**CAUTION:** It is best to connect the audio source with care: 1) Turn **nomad** volume down 2) Connect one end of Audio Cable to sound source 3) Connect other end of the Audio Cable to the **nomad** Audio Input Jack 4) Turn on 6 dB Boost if desired 5) Adjust the **nomad** volume to the desired listening level.

### **Display Lights**

When any button is pressed or the Audio Cable is inserted or removed, the lights on the front panel will come on and then automatically go off after 30 seconds in Internal Audio Mode or 5 seconds in External Audio Mode. In Internal Audio Mode you can choose to have the lights on all the time. To do so, when you turn the **nomad** unit On, press and hold the Power Button down for about 2 seconds until the Timer lights go on then release the Power Button.

## **Power Options**

The **nomad** unit contains a sophisticated power management system. This convenient and unique system allows you to power **nomad** in a variety of ways, provides for battery only operation, has battery backup capability, and extends the life of batteries used to power the device. The four options are:

1. Use two (2) "AA" batteries (install in bottom of **nomad** unit)
2. Use the supplied Power Adapter and Power Cable
3. Use both 1 and 2 above (battery backed up AC power)
4. Use the supplied Power Cable only (connect to laptop, etc.)

When you plug in the Power Cable and have the batteries installed, the system will only draw power from the Power Cable unless the power is interrupted. At that time the **nomad** power automatically switches to the batteries providing true battery back up. The audio from the **nomad** unit will not pop or click during the switchover. If the batteries become too weak to operate the device at the current volume level, the volume level is automatically and gradually reduced. This extends the useful life of the batteries, and eliminates jarring sounds from being produced when the batteries die under all but the most extreme cases. In general, **nomad** will automatically and quietly shutoff when the batteries are exhausted (Battery Shutdown) and the Battery Level will not be displayed (see Table below).

Note: User Settings will not be saved during a Battery Shutdown.

## **Battery Backup**

The **nomad** power management system uses the AA batteries if there is an AC power failure. When used for this purpose battery life is up to four years; however, ASTI recommends you change the batteries every year or two to minimize the possibility of battery leakage damaging your **nomad** unit.

Note: When you operate the **nomad** unit from batteries only, perhaps because an AC outlet is not available, the batteries are supplying power to the **nomad** system and will last for a time determined by many factors including mode of operation, volume settings you use, and battery quality.

## **Battery Level Codes**

The SoundStory lights indicate the battery status for approximately 3 seconds when **nomad** is turned Off (only if **nomad** has been On 10 seconds or longer).

OCEAN	RAIN	WATER FALL	MEADOW	BROOK	NOISES	BATTERY STATUS
ON	ON	ON	ON	ON	ON	New Battery
ON	ON	ON	ON	ON	OFF	2.4 – 2.9 v
ON	ON	ON	ON	OFF	OFF	1.9 – 2.4 v
ON	ON	ON	OFF	OFF	OFF	1.4 – 1.9 v
ON	ON	OFF	OFF	OFF	OFF	Almost Dead
OFF	OFF	OFF	OFF	OFF	OFF	No Battery



## Technical Information

### Specifications

SoundStories	6
Speaker Compensation	multi-band parametric EQ
Audio Input Jack	3.5 mm stereo
Power Requirements	5 Volts, 500 mA, DC
Product Dimensions	5.37" x 4.62" x 2.55"

### How to Restore Factory Settings

Turn the **nomad** unit Off. Remove batteries if installed. Connect the Power Adapter and Power Cable. Turn **nomad** On. Wait a few seconds, then press and hold the Power Button down again until the SoundStory lights flash (approximately 2 seconds), then release the Power Button.

### Trouble Shooting

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

SYMPTOM	POSSIBLE CAUSE	SOLUTION
No operation when power switch is pressed	Disconnected Power Cable	Check the power connection on the right side of the <b>nomad</b> unit and at the Power Adapter. Both ends of the cable must be firmly seated.
	Faulty wall outlet	Try another un-switched wall outlet.
	Batteries are dead or too weak to operate <b>nomad</b>	Replace batteries and power on again (use of Power Cable is optional).
	No batteries installed	Install new batteries.
Unit is On, but no sound	Volume is set too low	Press or hold Volume Up button down to increase <b>nomad</b> volume level.
	System is in External Audio Mode but has no audio input signal	Provide audio input signal, or disconnect the Audio Cable from the Audio Input Jack to switch to Internal Audio Mode.
Adaptive light flashing repeatedly	Batteries are dead	Remove Power Cable and remove dead batteries. Insert new batteries.
Unit goes On briefly but then goes Off	Batteries are very weak	Replace batteries or use Power Cable (see Power Options on previous page)
Other unexpected behavior	Try the "factory reset" procedure	<ol style="list-style-type: none"> <li>1) Remove batteries</li> <li>2) Plug Power Adapter into an AC outlet and connect Power Cable</li> <li>3) Press and hold the Richness Button</li> <li>4) Press the Power Button</li> <li>5) Release Power Button</li> <li>6) Release Richness Button</li> </ol>

### Customer Support

If you have problems or questions, please contact Adaptive Sound Technologies, Inc. at 1-408-377-3411 or email [support@soundofsleep.com](mailto:support@soundofsleep.com)

# Safety, Warranty, and Certifications

## **Software Licensing**

The software contained in the ASTI nomad Adaptive Sound Sleep Therapy System is licensed to you, not sold to you. This is only to protect our intellectual property and has no affect on your ability to use the nomad unit wherever you please. For details of the Software Licensing Agreement go to:

<http://www.soundofsleep.com/sw-license-agreement/>

## **Safety Instructions**

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

1. **WARNING: Do Not Operate Heavy Machinery or Motor Vehicles While Using this Device.**
2. 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.
3. Be careful not to have liquid or particulate material enter the microphone opening that is behind the round hole just to the left of the Adaptive Button.
4. The unit should not be used near water, such as a bathtub, swimming pool, faucet or basin to avoid electrocution.
5. 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 (one week) before plugging it into a wall outlet again. Following these instructions does not ensure that the unit will be operational.
6. Do not reach for the unit if it has fallen into water. Unplug it immediately at the wall outlet, and if at all possible drain water before retrieving the unit.
7. The unit should be situated away from heat sources such as radiators, heat registers, stoves or other appliances (including amplifiers) that produce heat.
8. Avoid placing the unit in areas that are exposed to direct sunlight or close to heat-radiating products such as electric heaters. Do not place unit on top of stereo equipment that radiates heat.
9. Avoid placing in areas that are dusty, humid, moist, lack ventilation, or are subject to constant vibration.
10. The 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 away from them as possible.
11. Do not apply excessive force when using any switches or controls.
12. The unit should only be used with the power adapter provided or AA batteries.
13. Power cords should be routed to avoid being walked on or pinched by items placed on or against them.
14. Unplug the power adapter from the outlet when the unit is unused for long periods of time or when moving the unit.
15. Do not attempt to service the unit yourself beyond what is described in the operating instructions.

## **One Year Limited Warranty**

Warranty only applies to units purchased from authorized ASTI resellers. See our website for an up-to-date list:

<http://www.soundofsleep.com/product-info/partners/>

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, ASTI 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 ASTI, 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 ASTI's property.

**Obtaining Service:** To obtain warranty service call ASTI at 1-408-377-3411. 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 ASTI. A purchase receipt must accompany all returns. Service options, parts availability and response times will vary. You are responsible for shipping and the cost of shipping the product or any parts to the authorized service center for replacement, per our instructions.

**Limits and Exclusions:** Coverage under this Limited Warranty is restricted to the continental United States of America; not including the District of Columbia, the U.S. Territories of Guam, Puerto Rico, or the U.S. Virgin Islands.

This Limited Warranty applies only to the Sleep Therapy System, and the Power Adapter. It does NOT apply to any supplied cables, or any bundled non-ASTI components or products.

This warranty does not apply to: a) damage caused by failure to follow instructions relating to the product's use or to 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 ASTI; 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 states 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 states. This warranty grants specific legal rights to buyers, but other rights may also be granted, which vary from state to state.

**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.

**Declaration of Conformity**

Trade Name: ASTI Sleep Therapy System  
Model Name: ASM1004  
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.



ASTI Sleep  
Therapy System  
ASM1004

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