



## QUICK GUIDE

QuietOn 3 features both active noise cancellation and passive noise reduction. To ensure full noise cancelling performance and comfort, it's important that the earbuds are worn correctly inside the ear.

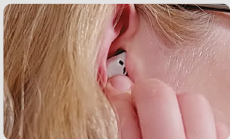
This leaflet demonstrates how to correctly insert the device and provides tips to guarantee the best comfort – so that you can enjoy the restful sleep you deserve!

# QuietOn



## Ensuring that the device is worn correctly

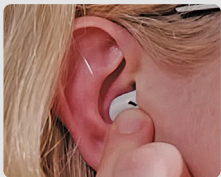
Once the case is opened and the LED lights are on, the device is ready to use.



Place the earbud in the ear and push it in firmly. If the earbud is unable to be worn without protruding, try changing the eartip to a smaller size. Note that the eartip should not be too small to ensure the airtightness.



When the earbuds are correctly in the ear, they are not visible when looking directly into a mirror.



Wait 15-20 seconds for the earbuds to expand and create an airtight seal in your ears. The change will be gradual as the device adjusts.

After that, you can test the airtightness by pressing the earbud – you should feel the pressure change.

## QuietOn 3 testing scenarios

### Scenario 1: Home Appliance

- With the correct size earbuds properly inserted in both ears, stand next to a home appliance (dishwasher, washing machine, refrigerator, AC unit, etc.) that makes a low-frequency rumbling noise. The hum of the appliance should be significantly reduced. In the same position, remove the earbuds to notice noise level increase.
- Then, if you're typically able to hear the appliance in a separate room, test that as well. From another room, the sound of the appliance should be very faint or even completely eliminated when wearing QuietOn 3.

**Note:** Appliance noise that comes through the walls, rather than appliance noise that is in the same room, is more likely to keep someone up at night. If you have AirPods Pro, place one QuietOn earbud in one ear and an AirPods in the other (make sure the Noise Cancelling feature of the AirPods is on). Listen to the sound source with each ear, it should be clear that QuietOn 3 is more effective in blocking out sound.

### Scenario 2: Traffic

- With the correct size earbuds properly inserted in both ears, stand in an area of your home where you typically hear traffic/street noise. Those low-frequency sounds should be significantly reduced, if not eliminated entirely when wearing QuietOn 3.
- In the same position, remove the earbuds to notice noise level increase.

## **Some tips to ensure the most comfortable sleep with QuietOn 3**

- Make sure your ears are dry.
- Test the different eartip sizes to determine the best fit for you.
- Ensure that the right and left plugs are in the correct ears.
- Place the earbud deep enough into the canal so that it doesn't protrude from the ear.
- Consider trying a soft pillow, or a pillow with a hole in the middle.
- Often, your ears may need time to adjust to a new device. We recommend wearing QuietOn 3 for a few nights consecutively so you become accustomed to them.

### **For more information, check out the following resources**

- The User Guide inside the package
- Getting started web page: [quieton.com/start](https://quieton.com/start)
- Or contact our customer care: [quieton.com/contact-support](https://quieton.com/contact-support)

**We are happy to answer any questions you may have!**