



USAGE:

- Place your SleepPhones®/RunPhones® on your head so that the Velcro® opening and cord is at the back.
- The speakers are fully adjustable. Move the flat speakers until they are positioned directly over your ears.
- Plug the 3.5mm audio jack into your music device and enjoy your listening experience!

CARE INSTRUCTIONS:

www.sleepphones.com/care-instructions

- Remove the speakers from the headband through the Velcro® opening at the back of the headband near the logo.
- Machine wash warm, tumble dry medium. Do not iron, bleach, or dry clean. Avoid fabric softener which reduces wicking.
- Once the headband is dry, insert the speakers back into the headband. The soft gray side of the speaker should be placed facing your ear. The right speaker will have red stitching and the letter "R" on the cord and the left speaker will have green stitching and the letter "L" on the cord.